Supplemental Digital Content Table 2. Dietary Comparison of Day Prior to Experimental Conditions.

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| Variable | Pre HC | Pre VLC | p-value | Mean Difference | 95% CI for Difference |
| Energy (kcal) | 2047 ± 802 | 1838 ± 865 | .067 | 209 | -15.26 – 432.51 |
| Carbohydrate (g) | 227 ± 112 | 198 ± 113 | .152 | 29 | -11.24 – 69.77 |
| Fat (g) | 81 ± 40 | 73 ± 39 | .150 | 8 | -2.75 – 17.48 |
| Protein (g) | 103 ± 54 | 97 ± 56 | .335 | 6 | -6.77 – 19.44 |
| Sodium (mg) | 3301 ± 1524 | 3041 ± 1399 | .141 | 260 | -89.07 – 608.63 |
| Fluid (oz) | 51 ± 32 | 46 ± 32 | .464 | 5 | -9.94 – 21.165 |

Data compared via dependent samples t-test. Mean difference indicates difference between means for each variable as calculated from diet records prior to the HC and VLC conditions. Data presented as mean ± SD. HC: high-carbohydrate; VLC: very low-carbohydrate.