|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   | **CHO** | **Fat** | **Protein** | **TE** |
|   | **Kcal.kg bw-1** | **g.kg bw-1** | **% TE** | **Kcal.kg bw-1** | **g.kg bw-1** | **% TE** | **Kcal.kg bw-1** | **g.kg bw-1** | **% TE** | **Kcal.kg bw-1** | **g.kg bw-1** |
| *Control* | 45.36 ± 16.17 | 11.34 ± 4.04 | 61.09 ± 10.44 | 18.17 ± 10.92 | 2.02 ± 1.21 | 24.56 ± 11.22 | 11.15 ± 5.32 | 2.79 ± 1.33 | 14.35 ± 2.94 | 74.67 ± 22.79 | 16.14 ± 5.26 |
| *Low ketosis* | 43.37 ± 14.55 | 10.84 ± 3.64 | 64.16 ± 8.42 | 16.64 ± 8.21 | 1.85 ± 0.91 | 22.94 ± 10.47 | 8.95 ± 3.92 | 2.24 ± 0.98 | 12.91 ± 2.70 | 68.95 ± 24.65 | 14.93 ± 5.25 |
| *High ketosis* | 47.19 ± 24.92 | 11.80 ± 6.23 | 57.09 ± 8.33 | 22.99 ± 7.68 | 2.55 ± 0.85 | 29.35 ± 6.38 | 11.50 ± 6.24 | 2.88 ± 1.56 | 13.57 ± 3.16 | 81.68 ± 35.37 | 17.23 ± 8.10 |

**SDC 3. Total energy intake and macronutrient composition of participants’ diets leading into each study visit.** Data was taken from self-reported diet diaries. TE = total energy. Values are expressed as means ± SD (n=6).