

SUPPLEMENTARY MATERIAL 3

Table: Three day weighed food record information in prostate cancer patients over the 6-week control period and 12-week exercise and nutrition intervention.

Variable N = 10 ^{ab}	Baseline	Pre-intervention	Mid-intervention	Post-intervention	P-value	Reference range ^c
Energy intake (kJ/d)	8128 ± 1303	7728 ± 1131	7584 ± 1853	7268 ± 2209	0.592	> 8000
Protein (%) ^d	19.3 ± 1.6	17.9 ± 2.4	21.8 ± 2.9	20.8 ± 4.0	0.016	10 - 35
Protein (g)	91.6 ± 10.5	81.4 ± 15.3	95.1 ± 14.4	87.1 ± 25.3	0.176	-
Protein per body weight (g/kg)	0.9 ± 0.2	0.8 ± 0.1	1.0 ± 0.2	0.9 ± 0.3	0.127	1.07
Fat (%)	32.5 [27.9 – 37.0]	34.0 [31.5 – 36.8]	31.1 [27.4 – 35.6]	31.4 [28.1 – 37.1]	0.668	20 - 35
Fat (g)	75.0 ± 20.9	73.3 ± 16.2	65.1 ± 20.0	63.4 ± 21.0	0.209	-
Saturated fat (g)	28.6 ± 11.0	27.3 ± 6.1	23.1 ± 7.1	25.5 ± 9.7	0.417	< 10%
Polyunsaturated fat (g)	11.6 ± 4.4	11.2 ± 4.5	12.7 ± 7.5	8.4 ± 4.4	0.098	-
Monounsaturated fat (g)	28.0 ± 7.5	28.1 ± 7.3	24.8 ± 7.4	23.7 ± 8.3	0.220	-
Carbohydrates (%)	40.7 [37.1 -43.8]	41.9 [33.4 – 44.6]	41.3 [32.9 – 45.3]	39.3 [36.7 – 43.5]	0.948	45 - 65
Carbohydrates (g)	201.5 ± 38.4	193.4 ± 44.0	191.8 ± 70.7	184.4 ± 69.9	0.910	-
Sugar (g)	88.5 [73.8 – 109.3]	94.9 [61.9 – 137.9]	82.8 [61.8 – 107.0]	77.6 [60.0 – 111.9]	0.948	50
Alcohol (%)	1.3 [0.0 – 4.3]	1.7 [0.0 – 5.4]	0.4 [0.0 – 3.5]	0.0 [0.0 – 4.2]	0.818	< 5
Dietary fibre (g)	26.5 [20.1 – 32.6]	21.1 [17.5 – 29.7]	25.6 [18.6 – 33.8]	18.1 [16.5 – 27.2]	0.229	30
Calcium (mg)	901 [552 – 965]	704 [470 – 876]	733 [641 – 1101]	631 [500 – 850]	0.266	< 1200

Values are the mean ± SD or median [IQR].

^a Complete data for only n = 10 patients was available. ^b Does not include nutritional supplements. Intake from whole foods only. ^c Reference range refers to the recommended daily intake based on a healthy diet and age as

reported in (1-3). ^d After the Bonferroni correction, where the difference occurred between the three time points could not be detected.

1. Rock CL, Doyle C, Demark-Wahnefried W, Meyerhardt J, Courneya KS, Schwartz AL, et al. Nutrition and physical activity guidelines for cancer survivors. *CA Cancer J Clin.* 2012;62(4):242-74.
2. World Health Organization. Guideline: sugars intake for adults and children: World Health Organization; 2015.
3. Capra S, Members of the Working Party. Nutrient reference values for Australia and New Zealand: including recommended dietary intakes. Canberra, Australia: Commonwealth of Australia; 2006.