

Supplementary data: Daily total dietary energy intake and macronutrient (g/day) ingestion during the 15 days course

		-10 day	-9 day	-8 day	-7 day	-6 day	-5 day	-4 day	-3 day	-2 day	-1 day	0	1 day	2 day	3 day	4 day
Energy (kcal/d)	O	2750.3	2751.6	2786.4	2797.8	2734.3	2706.6	2752.9	2622.1	2735.6	2652.1	2695.6	2681.9	2656.0	2673.3±	2737.9
	P	±135.5	±122.9	±190.0	±106.6	±88.5	±192.5	±171.5	±181.7	±190.4	±183.4	±152.7	±128.0	±129.6	147.9	±131.6
	P	2735.0	2728.4	2760.6	2772.0	2794.3	2714.0	2702.0	2692.8	2687.6	2654.6	2756.4	2653.0	2682.1	2601.3±	2670.9
	L A	±181.7	±175.6	±109.9	±87.3	±91.5	±133.8	±169.3	±181.6	±194.3	±168.4	±158.2	±131.5	±147.8	137.2 <sup>##</sup>	±130.1
Carbohy drate (g/d)	O	342.6±	346.7±	346.7±	345.7±	343.6±	338.4±	349.4±	339.1±	343.4±	343.4±	342.5±	343.2±	343.3±	346.0±7.	350.2±
	P	11.3	8.0	7.7	9.5	8.4	9.5	13.4	9.2	12.0	11.7	9.8	7.4	7.5	4	7.3
	P	347.6±	342.7±	346.9±	343.9±	342.7±	340.3±	345.2±	342.3±	343.5±	340.0±	347.7±	342.4±	347.5±	345.2±7.	349.0±
	L A	10.2	7.8	8.4	9.7	9.3	8.1	10.5	15.5	10.6	8.8	10.2	6.7	8.6	5	6.4
Fat (g/d)	O	73.9±6.	72.0±5.	71.6±5.	71.2±6.	72.5±5	71.8±3.	71.0±3.	69.2±6.	72.2±7.	69.3±6.	72.9±4.	72.6±3.	71.7±4.	70.6±4.8	73.2±4.
	P	4	5	2	5	.0	8	9	7	0	8	3	9	6	6	
	P	72.6±5.	71.8±6.	71.6±5.	74.0±4.	72.7±1	71.8±4.	74.5±4.	72.6±7.	73.3±6.	71.9±6.	74.9±4.	70.6±4.	72.7±4.	70.7±4.6	71.4±3.
	L A	6	2	6	4	.9	6	5	2	7	3	8	9	6	#	8
Protein (g/d)	O	84.1±6.	84.0±6.	83.7±4.	85.2±6.	84.4±5	84.6±4.	85.3±5.	81.5±8.	84.0±8.	82.6±7.	86.4±4.	88.3±6.	87.4±6.	86.6±5.5	86.9±5.
	P	0	0	2	0	.1	9	5	1	8	3	3	3	1	4	
	P	83.5±5.	84.0±5.	82.3±6.	81.9±5.	83.9±6	82.3±3.	85.2±6.	84.2±7.	84.0±7.	81.4±5.	87.4±5.	87.2±5.	87.1±4.	84.3±4.7	85.5±5.
	L A	1	1	1 <sup>#</sup>	9	.1	6	5	7	0	6	7	1	8	1	

Supplements were not included. Values are provided as mean ± standard deviation for each group (n = 8). OP: oats protein; PLA: placebo. Energy: Mauchly's test of sphericity:  $P = 0.001$ ; time: within-subjects effects  $F = 1.542$ ,  $P = 0.172$ ; time × group: within-subjects effects  $F = 0.380$ ,  $P = 0.895$ ; group: between-subjects effects  $F = 0.124$ ,  $P = 0.730$ . Carbohydrate: Mauchly's test of sphericity:  $P < 0.01$ ; time: within-subjects effects  $F = 1.288$ ,  $P = 0.271$ ; time × group: within-subjects effects  $F = 0.446$ ,  $P = 0.848$ ; group: between-subjects effects  $F = 0.012$ ,  $P = 0.914$ . Fats: Mauchly's test of sphericity:  $P = 0.014$ ; time: within-subjects effects  $F = 0.520$ ,  $P = 0.800$ ; time × group: within-subjects effects  $F = 0.482$ ,  $P = 0.828$ ; group: between-subjects effects  $F = 0.751$ ,  $P = 0.401$ . Protein: Mauchly's test of sphericity:  $P = 0.112$ ; time: within-subjects effects  $F = 1.414$ ,  $P = 0.149$ ; time × group: within-subjects effects  $F = 0.244$ ,  $P = 0.998$ ; group: between-subjects effects  $F = 0.747$ ,  $P = 0.402$ . \*  $P < 0.05$  versus the PLA group; \*\*  $P < 0.01$  versus the PLA group; #  $P < 0.05$  versus testing day; ##  $P < 0.01$  versus testing day.