

intervention increased mean energy intake to 2451 kcal/d, but this increase was not significant. The AM group added an additional 360 kcal/d to the AM group at baseline, but not significantly. The AM group increased from 1.3 g/kg at pre to 1.4 g/kg at post, with the addition of the nutrition intervention. The mean protein intake in the EU group was 13 g/1000 kcal at the AM group at baseline. In Table 1, the AM group at pre and post and the EU group at pre and post and the EU group at pre and post (1.2g/kg), the AM group at pre (1.4 g/kg) and the EU (1.4 g/kg) group at pre (13 g/1000 kcal).

## Table 1. Participant Demographics

Post AM	EM	RDA/DRI
2451(±483)	2309(±472)	N/A
1.7(±0.5)	1.33(±0.3)	N/A
17.1%(±6.5)	14.0%(±3.5)	
105(±24.4)	89(±20.7)	

## Table 3. Participant Demographics

Demographics	
Description	Eumen (n=10)
	0-mos
Age (y)	23.1 (4.3)
Age at Menarche (y)	12.7 (1.3)
Weight (kg)	66.8 (9.3)
Lean Body Mass (kg)	48.5 (4.7)
Fat Free Mass (kg)	51.0 (5.0)
Body Mass Index (kg/m <sup>2</sup> )	23.2 (2.8)
Body Fat (%)	23.2 (4.4)
Exercise >4.0 METs (h/wk)	7.4 (3.6)

## Table 4. Examples of Very Low Energy-Dense Foods

Very Low (<0.6 kcal/g)	Low (0.6-1.5 kcal/g)
Most whole fruits: blueberries, oranges	Other fruits: bananas, pears



13.0(±3.2)	10.7(±4.1)	1
27.8(±10.3)	25.1(±8.6)	
2313(±581)	1423(±499)	1
243(±109)	286(±78)	
29(±14)	21(±6)	
517(±467)	404(±234)	
3.4(±2.8)	16.4(±40.1)	
13.3(±25.0)	6.2(±3.7)	
316(±308)	303(±296)	