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RESEARCH ARTICLE – SUPPLEMENTARY INFORMATION

Effects of a Nutrition Education Program on Mediterranean Diet Adherence in School-Age Boys Playing Amateur Soccer: A Pilot Pre-Post Study

➤ **Efectos de un programa de educación nutricional sobre la adherencia a la dieta mediterránea en niños en edad escolar que practican fútbol amateur: estudio piloto pre-post**

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Table S1: Changes in energy and nutrient intakes before and after the intervention and adequacy relative to TÜBER recommendations

Nutrient	TÜBER recommendation	Pre-intervention Mean(SD)	Adequacy ratio % (95% CI)	Pre Inadequate	Pre Adequate	Pre Excessive	Pre NA	Post-intervention Mean(SD)	Adequacy ratio % (95% CI)	Post Inadequate	Post Adequate	Post Excessive	Post NA	p
Energy (kcal)	Age-/sex-specific EER	1186.8 (378.1)	NA [†]				✓	1097.3 (291.3)	NA [†]				✓	0.183
CHO (%)	45–60%	45.9 (7.2)	—		✓			45.1 (7.9)	—		✓			0.554
CHO (g/day)	130 g/day	131.8 (54.7)	101.4 (90.5–112.3)		✓			122.3 (32.5)	94.1 (87.6–100.5)		✓			0.275
Protein (%)	5–20%	16.9 (4.4)	—		✓			18.6 (4.1)	—		✓			0.021
Protein (g/day)	23–28 g/day (upper bound = 28)‡	48.7 (16.6)	173.9 (158.6–189.2)‡			✓		51.6 (15.6)	184.3 (169.9–198.7)‡			✓		0.316
Fat (g/day)	No single reference value	49.8 (17.9)	NA§				✓	44.9 (14.8)	NA§				✓	0.108
Fat (%)	20–35%	36.8 (5.6)	—			✓		36.4 (10.0)	—			✓		0.379
Vitamin D (µg/day)	15/day	2.91 (4.24)	19.4 (12.1–26.7)	✓				2.05 (1.85)	13.7 (10.5–16.9)	✓				0.032
Calcium (mg/day)	800 mg/day	489.9 (251.2)	61.2 (53.1–69.3)	✓				533.3 (183.1)	66.7 (60.8–72.6)	✓				0.044

Footnote: Values are presented as Mean(SD) (N=60). For clarity, all adequacy categories are displayed, and the check mark (✓) indicates the category corresponding to the group mean at each time point (mean-based classification, not participant-level prevalence). For single-value recommendations, Adequacy ratio (%) = (mean intake / reference value) × 100; therefore, values may exceed 100% and should not be interpreted as “% of participants.” Categories for single-value recommendations were defined as <67% = Inadequate, 67–133% = Adequate, and >133% = Excessive. For range recommendations (e.g., CHO%, protein%, fat%), adequacy ratios were not calculated (shown as “—”); the category check mark (✓) was assigned by comparing the group mean with the recommended range (below range = Inadequate, within range = Adequate, above range = Excessive). 95% CIs for adequacy ratios were derived from Mean(SD) and N=60 using the t distribution (df=59; $t_{\{0.975\}}=2.001$). NA indicates “Not assessable.” †Energy: NA because required inputs to compute EER (e.g., physical activity level and/or anthropometrics) were unavailable. ‡Protein (g/day): adequacy ratio and CI were computed using the upper bound of the reference range (28 g/day) as the denominator. §Fat (g/day): NA because no single gram-based target value was provided; fat adequacy was evaluated using fat (%). Calcium post-intervention is borderline because its 95% CI crosses the 67% cut-off, although the mean remains <67%. p values were obtained using paired t-test or Wilcoxon signed-rank test, as appropriate.

Abbreviations: CHO, carbohydrate; EER, estimated energy requirement; CI, confidence interval; SD, standard deviation; kcal, kilocalorie; g, gram; mg, milligram; µg, microgram; NA, not assessable; TÜBER, Turkey Dietary Guidelines (Türkiye Beslenme Rehberi).