

Supplementary: Scoring key for sports nutrition related behavior

1) How often have you consumed carbohydrate containing drink/food during training sessions lasting more than 1 hour?

Never = 0

Sometimes = 1

Often = 2

Always = 3

2) Have you eaten breakfast before an early morning session?

Never = 0

Sometimes = 1

Often = 2

Always = 3

3) How often have you eaten a snack or meal right after a training session (within 30 min)?

Never = 0

Sometimes = 1

Often = 2

Always = 3

4) How often have you eaten carbohydrate-rich foods (for example bread, rice, pasta, potatoes, or cereal/oats)?

<1 time per day = 0

1 time per day = 1

2-3 times per day = 2

4-5 times per day = 3

≥ 6 times per day = 4

5) Have you practiced nutrition strategies before an important competition? (e.g. do you test your pre-race meal and mid-race fluids)?

Never = 0

Sometimes = 1

Often = 2

Always = 3

Not relevant = missing

6) Have you had routines that allows you to increase your carbohydrate stores before long-lasting competitions (> 90 min)?

Never = 0

Sometimes = 1

Often = 2

Always = 3

Not relevant = missing

7) Have you changed your energy intake when you have increased your training load?

When I have trained more, I have eaten less = 0

I have eaten the same amounts regardless of how much I have trained = 0

When I have trained more, I have eaten more = 3

Before an important training session or competition, I have tried to...

8) increase my carbohydrate intake = 3

9) limit my fiber intake = 2

10) increase my fluid intake = 3