

**Table S1.** Correct answers from the telephone interview on sports nutrition knowledge

Statements (correct answer)	FUEL		CON	
	Week 0	Week 17	Week 0	Week 17
<i>I should eat the same types of food and amounts every day (false)</i>	83%	100%	100%	100%
<i>My vitamin- and mineral needs are so high that it is hard to fulfill through ordinary food (false)</i>	72%	93%	70%	80%
<i>The absence of menstruation for longer or short periods is due to a high training load per se (false)</i>	31%	59%	20%	20%
<i>An athlete who is amenorrheic have the potential to regain her period through eating more food (true)</i>	83%	100%	50%	80%
<i>It is smart for me to train fasted (false)</i>	76%	97%	80%	90%
<i>Protein supplements contribute to a better protein synthesis than protein from ordinary food (false)</i>	93%	100%	90%	80%
<i>Athletes who are amenorrheic often have a lower resting metabolic rate than those who are eumenorrheic (true)</i>	31%	83%	20%	30%
<i>I should avoid eating saturated fat (false)</i>	83%	86%	30%	10%
<i>I should avoid eating food and drink with added sugar like cakes and other treats (false)</i>	83%	100%	20%	20%
<i>Endurance training does not increase my daily need for protein (false)</i>	83%	90%	90%	90%
<i>I should choose low fat foods in order to maintain a low weight (false)</i>	93%	100%	90%	100%
<i>I should supplement with vitamins and minerals to make sure I get enough (false)</i>	41%	79%	80%	60%
<i>I should consume carbohydrates on training sessions and competitions lasting &gt;1,5 hours (true)</i>	100%	100%	100%	100%
<i>For me there is no need to eat a recovery meal (false)</i>	97%	100%	90%	100%
<i>It is difficult to get enough protein from ordinary food (false)</i>	86%	100%	60%	80%
<i>Whole wheat products are what I should choose as my main carbohydrate source (false)</i>	35%	83%	20%	10%
<i>I need more iron than other female athletes who are not endurance athletes (true)</i>	76%	79%	60%	70%
<i>A high dietary fiber content may be the reason for an insufficient energy intake (true)</i>	41%	90%	40%	50%
<i>As a female endurance athlete, I should maintain the same body weight throughout the year (false)</i>	86%	97%	80%	80%
<i>Fruit and vegetables are sufficient snacking meals for me (false)</i>	48%	97% <sup>c</sup>	20%	10%
<b>Total number of correct answers</b>	<b>14.3 ± 2.6</b>	<b>18.3 ± 1.5</b>	<b>12.1 ± 2.6</b>	<b>12.6 ± 2.2</b>

For the FUEL intervention group, post data for the telephone interview were missing for *n*=2 participants. For the control group, pre data for the telephone interview were missing for *n*=2 participants and pre and post data were missing for *n*=3 participants. Abbreviations: FUEL: the FUEL intervention group, CON: control group.