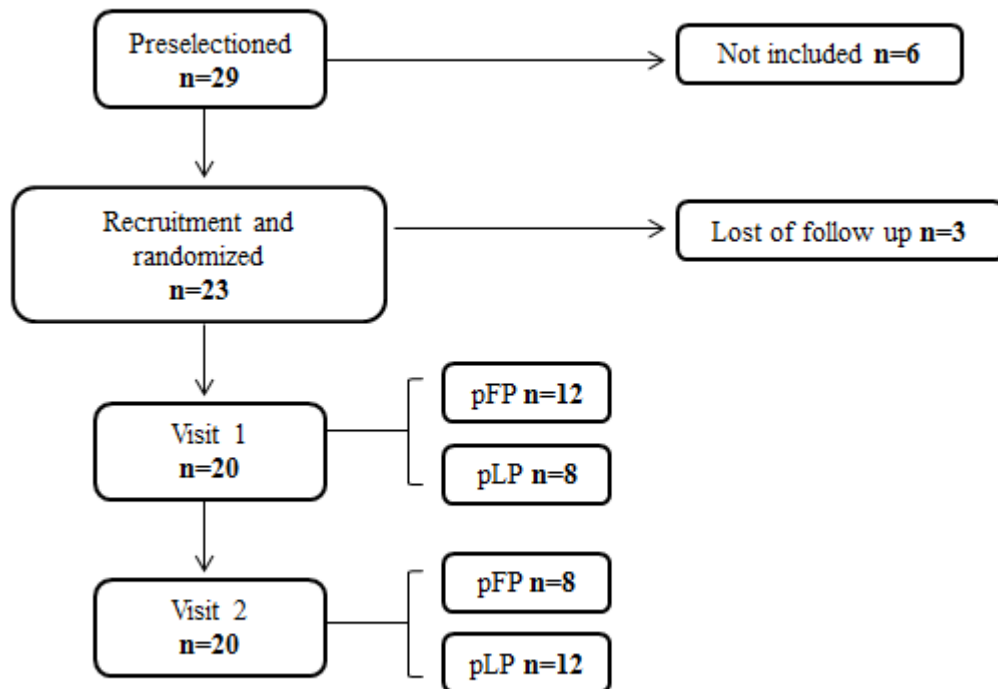


Participant flow diagram

Flow Diagram for volunteers recruitment



Abbreviations: pFP; predicted follicular phase, pLP; predicted luteal phase.

Baseline Characteristics:

Characteristics of the participants (n = 20)

	Mean \pm SD	Range
Age (years)	25.3 \pm 5.1	19.2 – 34.5
Weight (kg)	58.3 \pm 7.0	47.2 – 73.3
Height (m)	1.62 \pm 0.06	1.48 – 1.73
BMI (kg/m ²)	22.2 \pm 2.1	19.2 – 25.7
Duration of menstrual cycle (days)	29 \pm 3	24 – 35

Abbreviations: BM; Body mass index, SD; standar deviation

Outcome measures:

Primary outcomes measures during the menstrual cycle n=20

	pFP		pLP		<i>p value</i>
	Mean±SD	Range	Mean±SD	Range	
REE (kcal/d)	1222±130	932-1535	1242±114	969-1406	0.40
RQ	0.86±0.07	0.75-1.07	0.82±0.06	0.70-0.96	0.03
Progesterone (ng/ml)	0.28±0.11	0.20-0.58	6.40±4.88	0.20-16.56	<0.0001
Estradiol (pg/ml)	85.3±60.7	32.1-257.1	191.2±105.1	74.2-545.0	0.0007
Sweet taste preference (%)	Median 8.5	(P25-P75) (6-17)	Median 14.5	(P25-P75) (7-24)	

Abbreviations: pFP; predicted follicular phase, pLP; predicted luteal phase, REE; resting energy expenditure, RQ; respiratory quotient

Adverse events:

There were no adverse events associated with this trial