## SUPPLEMENTARY MATERIAL 3

Table: Three day weighed food record information in prostate cancer patients over the 6-week control period and 12-week exercise and nutrition intervention.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Baseline</th>
<th>Pre-intervention</th>
<th>Mid-intervention</th>
<th>Post-intervention</th>
<th>P-value</th>
<th>Reference range</th>
</tr>
</thead>
<tbody>
<tr>
<td>N = 10 <strong>a</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Energy intake (kJ/d)</td>
<td>8128 ± 1303</td>
<td>7728 ± 1131</td>
<td>7584 ± 1853</td>
<td>7268 ± 2209</td>
<td>0.592</td>
<td>&gt; 8000</td>
</tr>
<tr>
<td>Protein (%) d</td>
<td>19.3 ± 1.6</td>
<td>17.9 ± 2.4</td>
<td>21.8 ± 2.9</td>
<td>20.8 ± 4.0</td>
<td>0.016</td>
<td>10 - 35</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>91.6 ± 10.5</td>
<td>81.4 ± 15.3</td>
<td>95.1 ± 14.4</td>
<td>87.1 ± 25.3</td>
<td>0.176</td>
<td>-</td>
</tr>
<tr>
<td>Protein per body weight (g/kg)</td>
<td>0.9 ± 0.2</td>
<td>0.8 ± 0.1</td>
<td>1.0 ± 0.2</td>
<td>0.9 ± 0.3</td>
<td>0.127</td>
<td>1.07</td>
</tr>
<tr>
<td>Fat (%)</td>
<td>32.5 [27.9 – 37.0]</td>
<td>34.0 [31.5 – 36.8]</td>
<td>31.1 [27.4 – 35.6]</td>
<td>31.4 [28.1 – 37.1]</td>
<td>0.668</td>
<td>20 - 35</td>
</tr>
<tr>
<td>Fat (g)</td>
<td>75.0 ± 20.9</td>
<td>73.3 ± 16.2</td>
<td>65.1 ± 20.0</td>
<td>63.4 ± 21.0</td>
<td>0.209</td>
<td>-</td>
</tr>
<tr>
<td>Saturated fat (g)</td>
<td>28.6 ± 11.0</td>
<td>27.3 ± 6.1</td>
<td>23.1 ± 7.1</td>
<td>25.5 ± 9.7</td>
<td>0.417</td>
<td>&lt; 10%</td>
</tr>
<tr>
<td>Polyunsaturated fat (g)</td>
<td>11.6 ± 4.4</td>
<td>11.2 ± 4.5</td>
<td>12.7 ± 7.5</td>
<td>8.4 ± 4.4</td>
<td>0.098</td>
<td>-</td>
</tr>
<tr>
<td>Monounsaturated fat (g)</td>
<td>28.0 ± 7.5</td>
<td>28.1 ± 7.3</td>
<td>24.8 ± 7.4</td>
<td>23.7 ± 8.3</td>
<td>0.220</td>
<td>-</td>
</tr>
<tr>
<td>Carbohydrates (%)</td>
<td>40.7 [37.1 – 43.8]</td>
<td>41.9 [33.4 – 44.6]</td>
<td>41.3 [32.9 – 45.3]</td>
<td>39.3 [36.7 – 43.5]</td>
<td>0.948</td>
<td>45 - 65</td>
</tr>
<tr>
<td>Carbohydrates (g)</td>
<td>201.5 ± 38.4</td>
<td>193.4 ± 44.0</td>
<td>191.8 ± 70.7</td>
<td>184.4 ± 69.9</td>
<td>0.910</td>
<td>-</td>
</tr>
<tr>
<td>Sugar (g)</td>
<td>88.5 [73.8 – 109.3]</td>
<td>94.9 [61.9 – 137.9]</td>
<td>82.8 [61.8 – 107.0]</td>
<td>77.6 [60.0 – 111.9]</td>
<td>0.948</td>
<td>50</td>
</tr>
<tr>
<td>Alcohol (%)</td>
<td>1.3 [0.0 – 4.3]</td>
<td>1.7 [0.0 – 5.4]</td>
<td>0.4 [0.0 – 3.5]</td>
<td>0.0 [0.0 – 4.2]</td>
<td>0.818</td>
<td>&lt; 5</td>
</tr>
</tbody>
</table>

Values are the mean ± SD or median [IQR].

*a* Complete data for only n = 10 patients was available. *b* Does not include nutritional supplements. Intake from whole foods only. *c* Reference range refers to the recommended daily intake based on a healthy diet and age as...
After the Bonferroni correction, where the difference occurred between the three time points could not be detected.

