Supplementary Table 3. Dietary Intake and Nutrition Education Reporting for Sports (DINERS) – Checklist (Ratings: Yes, No, Unsure, Not Applicable).

1. **Participant Characteristics (1.1-1.10)**

***Are the general and athletic/sports specific characteristics of the participants clearly described?***

This includes age, sex, level of athletic calibre (e.g. recreational, state, collegiate, national, and international) and sport type. Is the sample of included participants’ representative of the athletes they aim to describe?

***Is the training e.g. frequency, intensity, type and duration of sessions across the study duration clearly described?***

These parameters are particularly important to evaluate the energy and nutrient (particularly carbohydrate and protein) requirements of the participants.

***Are the relevant physique characteristics (e.g. body mass, stature, body composition) and assessment techniques used to describe these characteristics clearly described and appropriately measured?***

Body mass and if relevant body composition should be measured using standardised protocols and reported at a minimum pre and in longitudinal studies post-intervention. In mature adults, stature does not need to be measured post-intervention. Changes or stability of these characteristics provide context to the interpretation of dietary intake data. Details on measurement timing, fasting state, equipment type and calibration and when relevant, the training of the individual(s) and the relevant error of the body composition techniques used should be clearly described.

1. **Targeted Dietary Outcomes of the Intervention (2.1-2.5)**

***Are the desired dietary targets or goals of the intervention clearly described and justified?***

If the intervention aims to elicit dietary change then the desired outcomes need to be clearly described and be scientifically justified. Depending on the aim of the intervention, this may be energy, macronutrient, micronutrient intake, or consumption of other nutrients (e.g. water, phytonutrients) of interest.

1. **Intervention Characteristics (3.1-3.10)**

***Is the dietary intervention described in sufficient detail to support replication in other studies?***

The dietary goals or curriculum covered needs to be clearly described in addition to the session length, frequency and total number of sessions. The background/qualifications/experience of the individual(s) delivering the intervention needs to be described. The modality of the intervention (e.g. face-to-face, individual or group, electronic or virtual engagement) also needs to be clearly described. Details of behaviour change models or theory if used need to be clearly outlined and justified. Session attendance, compliance and ideally process evaluation of the intervention is reported. Details of previous nutrition intervention(s) undertaken by the participants is ideal. Follow-up sessions or retention intervention outcomes should be reported when relevant.

1. **Dietary methodology details (4.1-4.20)**

***Is dietary methodology used to assess athlete diet intake clearly described and justified?***

This includes the number of days assessed, methodology type (e.g. food diary (weighed or estimated), food frequency questionnaire, 24 h recall or other method). Justification of the method used for the athlete group, nutrient of interest, and the participant n is required. Any supporting methodology used (e.g. food photos, atlas, models) and instructions to the participants to support adequate recording is clearly described. Cleaning of dietary data, assessment of implausible data (e.g. use of Goldberg and Black for energy intake) to justify inclusion/exclusion of dietary data is provided. Dietary analysis software and the training of the individual responsible for dietary data analysis and interpretation is clearly described. Methods used to collect dietary intake from supplements is clearly outlined (when relevant). Ideally, relevant regression equations, activity diaries or technology (e.g. GPS, accelerometer, heart rate/metabolic measurement) is used to assist in the quantification of energy expenditure. Environmental conditions (e.g. heat, extreme cold, altitude) may change requirements and associated specific requirements should be clearly described and justified.

***Is the reporting and evaluation of dietary data sufficiently detailed and justified?***

Reporting of energy, protein, carbohydrate and water/fluid (when relevant) should be in total and per kg body weight/day. Percent of energy should be reported for fat and g/day for alcohol. Types of fat should be reported when relevant. Intakes should be justified against relevant population guidelines (e.g. Recommended Dietary Intakes or Allowances, Estimated Average Requirements) and/or sports specific guidelines. The proportion of participants not meeting intake guidelines should be reported in addition to mean/median data. The contribution of dietary supplements or sports foods to dietary intake, if any, should be described.