



eSupplement

# Nutritional behavior of sports students in Karlsruhe

An empirical study on dietary patterns, nutritional motives, and self-perceived physical-sporting performance

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|                  | Recreational sports (n = 110) |          |       | Competitive sports (n = 82) |          |       |
|------------------|-------------------------------|----------|-------|-----------------------------|----------|-------|
|                  | Vegetarian                    | Omnivore | Total | Vegetarian                  | Omnivore | Total |
| Male (n = 76)    | 11                            | 27       | 38    | 11                          | 27       | 38    |
| Female (n = 116) | 45                            | 27       | 72    | 22                          | 22       | 44    |

Tab. e1: Distribution of frequency

1. What type of device are you using to participate in this survey?

- ☐ computer
- ☐ tablet/smartphone

Dear Participant,

My name is Annelie, and I am studying Sports Science at KIT. As part of my bachelor’s thesis, under the supervision of Prof. Dr. Klaus Bös and Hannah Kron, I would like to learn more about your eating behavior.

This survey contains 28 questions and takes about 5-10 minutes to complete.

For the success of the study, it is important that you complete the questionnaire fully and do not skip any questions. All data will be collected anonymously, cannot be traced back to you, and will be treated confidentially.

Please only fill out the survey if you are studying sports in Karlsruhe (at the university or the PH).

The goal of this survey is, among other things, to create a representative representation of the eating behavior and fitness level of sports students in Karlsruhe.

Thank you for your participation!

**What sport do you currently practice?**

Select the sport(s) that you practice most intensely/most frequently.

*Multiple answers are possible.*

- ☐ Endurance sports (e.g., long-distance running, cycling, cross-country skiing, ...)
- ☐ Strength training (e.g., weightlifting, bodybuilding, calisthenics/bodyweight training, ...)
- ☐ Explosive power sports (e.g., shot put, jumping disciplines, short sprints, gymnastics, ...)
- ☐ Team sports (e.g., football, handball, volleyball, tennis, ...)
- ☐ Combat sports (e.g., wrestling, judo, karate, boxing, ...)
- ☐ Other sports/ unclassified (e.g., archery, sailing, motorsport, horseback riding, ...)

**How often do you train per week?**

- ☐ Never
- ☐ Irregularly
- ☐ Less than once a week
- ☐ 1-2 times
- ☐ 3-4 times
- ☐ 5-6 times
- ☐ Every day
- ☐ Multiple times a day

**At what level do you practice your sport?**

Check: I practice the above-mentioned sport at...

- ☐ **Recreational level**  
(No competition/performance orientation, e.g., school sports, company sports, recreational sports)
- ☐ **Competitive level**  
(Competition performance and success are the focus, e.g., league play, high time commitment)
- ☐ **Elite level**  
(International competitions following a structured system, organized by (inter)national sports federations)
- ☐ **Professional level**  
(Professional sports, sport as a primary activity, usually earning a livelihood through sports)

What aspects of nutrition are important to you?

A healthy diet

|                        |  |  |  |                |
|------------------------|--|--|--|----------------|
| completely unimportant |  |  |  | very important |
|------------------------|--|--|--|----------------|

A balanced diet

|                        |  |  |  |                |
|------------------------|--|--|--|----------------|
| completely unimportant |  |  |  | very important |
|------------------------|--|--|--|----------------|

A conscious diet

|                        |  |  |  |                |
|------------------------|--|--|--|----------------|
| completely unimportant |  |  |  | very important |
|------------------------|--|--|--|----------------|

A meat- and fish-free diet

|                        |  |  |  |                |
|------------------------|--|--|--|----------------|
| completely unimportant |  |  |  | very important |
|------------------------|--|--|--|----------------|

A meat- and fish-inclusive diet

|                        |  |  |  |                |
|------------------------|--|--|--|----------------|
| completely unimportant |  |  |  | very important |
|------------------------|--|--|--|----------------|

An ecologically sustainable diet

|                        |  |  |  |                |
|------------------------|--|--|--|----------------|
| completely unimportant |  |  |  | very important |
|------------------------|--|--|--|----------------|

How do you primarily eat?

- ☐ Vegetarian (Consumption of animal products like milk, cheese, eggs, etc., no consumption of meat and fish)
- ☐ Omnivore (Eats everything)
- ☐ Vegan (No consumption of animal products like milk, cheese, eggs, etc., no consumption of meat and fish)
- ☐ Pescatarian (Consumption of fish, animal products like milk, cheese, eggs, etc., no consumption of meat)
- ☐ Other:



**How often do you consume animal-based foods?**

Animal-based products (e.g., milk, cheese, etc.), not including meat and fish.

- ☐ Never
- ☐ Less than once a week
- ☐ 1-2 times a week
- ☐ 3-4 times a week
- ☐ 5-6 times a week
- ☐ Every day
- ☐ Multiple times a day

**How often do you consume meat?**

This refers only to the consumption of meat, not other animal products (fish is not included here).

- ☐ Never
- ☐ Less than once a week
- ☐ 1-2 times a week
- ☐ 3-4 times a week
- ☐ 5-6 times a week
- ☐ Every day
- ☐ Multiple times a day

**How often do you consume fish?**

This refers only to the consumption of fish and seafood, not other animal products.

- ☐ Never
- ☐ Less than once a week
- ☐ 1-2 times a week
- ☐ 3-4 times a week
- ☐ 5-6 times a week
- ☐ Every day
- ☐ Multiple times a day

**Would you like to change something about your eating habits?**

|     |    |
|-----|----|
| Yes | No |
|-----|----|

What would you like to change about your eating habits?

| I would like to ...                             | Change nothing        |                       |                       |                                                 |
|-------------------------------------------------|-----------------------|-----------------------|-----------------------|-------------------------------------------------|
| Eat less meat                                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Eat more meat                                   |
| Eat less fish                                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Eat more fish                                   |
| Eat less fruit and vegetables                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Eat more fruit and vegetables                   |
| Eat less animal products (e.g., eggs and dairy) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Eat more animal products (e.g., eggs and dairy) |

How long have you been following your stated eating habits?

[please select] ▼

Have you noticed any changes since adjusting your diet?

If you have never changed your diet, please simply select the option *no changes*.

On a mental level

negative changes      no changes      positive changes

On a physical level

negative changes      no changes      positive changes

What aspects of nutrition are important to you?

I am convinced of my eating habits

I absolutely don't agree                I completely agree

I want to maintain my current eating habits in the long term

I absolutely don't agree                I completely agree

I am just trying out my current eating habits

I absolutely don't agree                I completely agree

I want to maintain my current eating habits only for a certain period of time

I absolutely don't agree                I completely agree

### What are the reasons for your eating habits?

Multiple answers are possible

- ☐ Religion
- ☐ Social environment (friends/family)
- ☐ Animal welfare
- ☐ Taste preferences
- ☐ Performance improvement
- ☐ Sustainability/Ecology
- ☐ Weight loss
- ☐ Diet (doctor prescribed)
- ☐ Health
- ☐ Other

### How much influence does your environment have on your eating habits?

Check how much influence the people in your environment have on your diet.

|                    | no<br>influence       |                       |                       | very strong<br>influence |                       |
|--------------------|-----------------------|-----------------------|-----------------------|--------------------------|-----------------------|
| Family and partner | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>    | <input type="radio"/> |
| Friends            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>    | <input type="radio"/> |
| Co-workers         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>    | <input type="radio"/> |
| Classmates         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>    | <input type="radio"/> |
| Media              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>    | <input type="radio"/> |

### Do you take dietary supplements?

**How often do you take dietary supplements?**

- ☐ Never
- ☐ Irregularly
- ☐ Less than once a week
- ☐ 1-2 times a week
- ☐ 3-4 times a week
- ☐ 5-6 times a week
- ☐ Every day
- ☐ Multiple times a day

**Which dietary supplements do you take?**

Multiple answers are possible

- ☐ Prescription-required
- ☐ Non-prescription
- ☐ Protein shakes
- ☐ Vitamin supplements
- ☐ Mineral supplements
- ☐ Other

**2. Additional (optional): What dietary supplements do you take?****Why do you take dietary supplements?**

Multiple answers possible

- ☐ Athletic benefits (e.g., muscle growth, etc.)
- ☐ For health benefits (personal choice)
- ☐ Medically necessary (prescribed by a doctor, diagnosed deficiency, etc.)
- ☐ Other

- ☐ Prefer not to answer

Which statement applies to you? Please indicate how much you agree with each statement.

|                                                                                                                        | I absolutely don't agree |                       |                       |                       |                       | I completely agree |  |  |  |  |
|------------------------------------------------------------------------------------------------------------------------|--------------------------|-----------------------|-----------------------|-----------------------|-----------------------|--------------------|--|--|--|--|
| I generally feel physically fit.                                                                                       | <input type="radio"/>    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                    |  |  |  |  |
| I consider my athletic performance to be very good.                                                                    | <input type="radio"/>    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                    |  |  |  |  |
| I assess my physical endurance as very good.                                                                           | <input type="radio"/>    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                    |  |  |  |  |
| I consider my ability to recover after physical exertion to be very good.                                              | <input type="radio"/>    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                    |  |  |  |  |
| I usually feel capable of completing a sports session.                                                                 | <input type="radio"/>    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                    |  |  |  |  |
| I feel fully capable of handling athletic challenges.                                                                  | <input type="radio"/>    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                    |  |  |  |  |
| I believe that with proper preparation, I could successfully complete a marathon.                                      | <input type="radio"/>    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                    |  |  |  |  |
| I would perform well in athletic performance tests (e.g. lactate test, spiroergometry, Cooper test, stress ECG, etc.). | <input type="radio"/>    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                    |  |  |  |  |
| I can consistently perform at my full potential in training.                                                           | <input type="radio"/>    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                    |  |  |  |  |
| I experience breathing difficulties during physical exertion.                                                          | <input type="radio"/>    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                    |  |  |  |  |
| I have bone or joint problems during athletic activities.                                                              | <input type="radio"/>    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                    |  |  |  |  |
| I often feel physically low on energy.                                                                                 | <input type="radio"/>    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                    |  |  |  |  |
| I find it difficult to jog several kilometers (5-10 km) without taking a break.                                        | <input type="radio"/>    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                    |  |  |  |  |
| I struggle to carry a heavy shopping bag (8 kg) up several flights of stairs.                                          | <input type="radio"/>    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                    |  |  |  |  |
| I can lift a heavy suitcase over my head (e.g., onto a luggage rack in a train).                                       | <input type="radio"/>    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                    |  |  |  |  |
| I can stand on one leg without holding onto anything (for at least 15 seconds).                                        | <input type="radio"/>    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                    |  |  |  |  |
| I can dribble a ball while walking quickly (like in basketball).                                                       | <input type="radio"/>    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                    |  |  |  |  |
| I can do a proper cartwheel.                                                                                           | <input type="radio"/>    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                    |  |  |  |  |
| I can touch the ground with my hands while standing with straight legs.                                                | <input type="radio"/>    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                    |  |  |  |  |
| I can reach my shoulder blade from below with my hand behind my back.                                                  | <input type="radio"/>    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                    |  |  |  |  |



|                                                                                                                                            |                       |                       |                       |                       |                       |
|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| I can lift a dumbbell heavier than my body weight.                                                                                         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I would perform well in a speed test measuring 100m sprint performance.                                                                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Over a short distance (up to 50m), I am slower than most of my fellow students.                                                            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I am good at sports that require quick reactions and movement (e.g., fast direction changes, short sprints, like in tennis, soccer, etc.). | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

**How old are you?**

[please select] ▼

**What is your gender?**

- ☐ female
- ☐ male
- ☐ divers

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☐ prefer not to answer

**How tall are you (in cm)?**

[please select] ▼

**How much do you weigh (in kg)?**

[please select] ▼

**What best describes your current living situation?**

*Please select the option that best applies to you.*

- ☐ Shared apartment/dormitory
- ☐ Alone
- ☐ With partner
- ☐ With family

**At which institution are you studying?**

Institution [please select] ▼

**Which degree program are you enrolled in?**

degree program [please select] ▼



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**Last page**

## **Thank you for your participation!**

Your responses have been saved, and you can now close the browser window.  
I sincerely appreciate your help. If you have any questions, feel free to reach out via email—the link can be found under my name at the bottom of the page.

Tab. e2: Questionnaire

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|                                    |                     |             | Healthy diet | Balanced diet | Conscious diet | Ecologically sustainable diet |
|------------------------------------|---------------------|-------------|--------------|---------------|----------------|-------------------------------|
|                                    |                     |             | MW (SD)      | MW (SD)       | MW (SD)        | MW (SD)                       |
| Female                             | Recreational sports | Vegetarians | 4.20 (0.84)  | 4.31 (0.70)   | 4.20 (0.87)    | 3.84 (0.93)                   |
|                                    |                     | Omnivores   | 4.04 (0.76)  | 4.30 (0.72)   | 4.07 (0.68)    | 3.33 (0.96)                   |
|                                    |                     | Total       | 4.14 (0.81)  | 4.31 (0.71)   | 4.15 (0.80)    | 3.65 (0.97)                   |
|                                    | Competitive sports  | Vegetarians | 4.23 (0.75)  | 4.36 (0.73)   | 4.14 (0.77)    | 3.55 (0.91)                   |
|                                    |                     | Omnivores   | 3.73 (0.63)  | 3.91 (0.75)   | 3.68 (0.57)    | 3.05 (0.84)                   |
|                                    |                     | Total       | 3.98 (0.73)  | 4.14 (0.77)   | 3.91 (0.71)    | 3.30 (0.90)                   |
|                                    | Total               | Vegetarians | 4.21 (0.81)  | 4.33 (0.71)   | 4.18 (0.83)    | 3.75 (0.93)                   |
|                                    |                     | Omnivores   | 3.90 (0.71)  | 4.12 (0.75)   | 3.90 (0.65)    | 3.20 (0.91)                   |
|                                    |                     | Total       | 4.08 (0.78)  | 4.24 (0.73)   | 4.06 (0.77)    | 3.52 (0.96)                   |
| Male                               | Recreational sports | Vegetarians | 4.36 (0.67)  | 3.73 (0.91)   | 4.09 (0.70)    | 3.27 (1009)                   |
|                                    |                     | Omnivores   | 3.74 (0.98)  | 3.74 (0.94)   | 3.89 (0.80)    | 2.93 (0.83)                   |
|                                    |                     | Total       | 3.92 (0.94)  | 3.74 (0.92)   | 3.95 (0.77)    | 3.03 (0.89)                   |
|                                    | Competitive sports  | Vegetarians | 4.27 (0.47)  | 4.18 (0.41)   | 4.09 (0.30)    | 3.91 (1136)                   |
|                                    |                     | Omnivores   | 4.07 (0.73)  | 3.89 (0.80)   | 3.85 (0.91)    | 3.37 (0.69)                   |
|                                    |                     | Total       | 4.13 (0.67)  | 3.97 (0.72)   | 3.92 (0.78)    | 3.53 (0.86)                   |
|                                    | Total               | Vegetarians | 4.32 (0.57)  | 3.95 (0.72)   | 4.09 (0.53)    | 3.59 (1098)                   |
|                                    |                     | Omnivores   | 3.91 (0.88)  | 3.81 (0.87)   | 3.87 (0.85)    | 3.15 (0.79)                   |
|                                    |                     | Total       | 4.03 (0.82)  | 3.86 (0.83)   | 3.93 (0.77)    | 3.28 (0.90)                   |
| Total                              | Recreational sports | Vegetarians | 4.23 (0.81)  | 4.20 (0.77)   | 4.18 (0.83)    | 3.73 (0.96)                   |
|                                    |                     | Omnivores   | 3.89 (0.88)  | 4.02 (0.88)   | 3.98 (0.74)    | 3.13 (0.91)                   |
|                                    |                     | Total       | 4.06 (0.86)  | 4.11 (0.83)   | 4.08 (0.79)    | 3.44 (0.98)                   |
|                                    | Competitive sports  | Vegetarians | 4.24 (0.66)  | 4.30 (0.64)   | 4.12 (0.65)    | 3.67 (0.99)                   |
|                                    |                     | Omnivores   | 3.92 (0.70)  | 3.90 (0.77)   | 3.78 (0.77)    | 3.22 (0.77)                   |
|                                    |                     | Total       | 4.05 (0.70)  | 4.06 (0.74)   | 3.91 (0.74)    | 3.40 (0.89)                   |
|                                    | Total               | Vegetarians | 4.24 (0.75)  | 4.24 (0.72)   | 4.16 (0.77)    | 3.71 (0.97)                   |
|                                    |                     | Omnivores   | 3.90 (0.80)  | 3.96 (0.83)   | 3.88 (0.76)    | 3.17 (0.85)                   |
|                                    |                     | Total       | 4.06 (0.79)  | 4.09 (0.79)   | 4.01 (0.77)    | 3.42 (0.94)                   |
| F <sub>Total</sub>                 |                     |             | 1.93         | 2.84*         | 1.38           | 3.79**                        |
| F <sub>Gender</sub>                |                     |             | 0.27         | 7.56*         | 0.12           | 0.26                          |
| F <sub>Level</sub>                 |                     |             | 0.01         | 0.30          | 1.02           | 0.75                          |
| F <sub>Diet</sub>                  |                     |             | 8.90*        | 2.36          | 4.37*          | 11.05*                        |
| F <sub>Gender x Level</sub>        |                     |             | 1.11         | 3.69*         | 0.73           | 8.54*                         |
| F <sub>Gender x Diet</sub>         |                     |             | 0.10         | 0.15          | 0.08           | 0.05                          |
| F <sub>Level xDiet</sub>           |                     |             | 0.03         | 2.34          | 0.56           | 0.10                          |
| F <sub>Gender x Level x Diet</sub> |                     |             | 2.34         | 0.08          | 0.36           | 0.13                          |
| r <sup>2</sup>                     |                     |             | 3.3%         | 6.3%          | 1.4%           | 9.3%                          |

Tab. e3: Aspects of dietary style (mean values [MV] and standard deviations [SD]) and differences between gender, performance level, and dietary pattern (three-factor analysis of variance [ANOVA])

Response scale: 1 = completely unimportant to 5 = very important

Significant differences ( $p < 0.05$ ) are marked with one asterisk (\*), highly significant differences ( $p < 0.001$ ) are marked with two asterisks (\*\*).

| Reasons (1/2)                      |                     |             | Religion | Social environment | Animal welfare | Taste preferences | Performance improvement |
|------------------------------------|---------------------|-------------|----------|--------------------|----------------|-------------------|-------------------------|
|                                    |                     |             | MW (SD)  | MW (SD)            | MW (SD)        | MW (SD)           | MW (SD)                 |
| Female                             | Recreational sports | Vegetarians | 0 (0)    | 0.38 (0.49)        | 0.69 (0.47)    | 0.49 (0.51)       | 0.11 (0.32)             |
|                                    |                     | Omnivores   | 0 (0)    | 0.48 (0.51)        | 0.41 (0.50)    | 0.81 (0.40)       | 0.26 (0.45)             |
|                                    |                     | Total       | 0 (0)    | 0.42 (0.50)        | 0.58 (0.50)    | 0.61 (0.49)       | 0.17 (0.38)             |
|                                    | Competitive sports  | Vegetarians | 0 (0)    | 0.27 (0.46)        | 0.68 (0.48)    | 0.45 (0.51)       | 0.45 (0.51)             |
|                                    |                     | Omnivores   | 0 (0)    | 0.50 (0.51)        | 0.05 (0.21)    | 0.82 (0.40)       | 0.36 (0.49)             |
|                                    |                     | Total       | 0 (0)    | 0.39 (0.49)        | 0.36 (0.49)    | 0.64 (0.49)       | 0.41 (0.50)             |
|                                    | Total               | Vegetarians | 0 (0)    | 0.34 (0.48)        | 0.69 (0.47)    | 0.48 (0.50)       | 0.22 (0.42)             |
|                                    |                     | Omnivores   | 0 (0)    | 0.49 (0.51)        | 0.24 (0.43)    | 0.82 (0.39)       | 0.31 (0.47)             |
|                                    |                     | Total       | 0 (0)    | 0.41 (0.49)        | 0.50 (0.50)    | 0.62 (0.49)       | 0.26 (0.44)             |
| Male                               | Recreational sports | Vegetarians | 0 (0)    | 0.36 (0.51)        | 0.82 (0.41)    | 0.27 (0.47)       | 0.64 (0.51)             |
|                                    |                     | Omnivores   | 0 (0)    | 0.41 (0.50)        | 0.15 (0.36)    | 0.67 (0.48)       | 0.59 (0.50)             |
|                                    |                     | Total       | 0 (0)    | 0.39 (0.50)        | 0.34 (0.48)    | 0.55 (0.50)       | 0.61 (0.50)             |
|                                    | Competitive sports  | Vegetarians | 0 (0)    | 0.27 (0.47)        | 0.55 (0.52)    | 0.18 (0.41)       | 0.36 (0.51)             |
|                                    |                     | Omnivores   | 0 (0)    | 0.56 (0.51)        | 0.22 (0.42)    | 0.63 (0.49)       | 0.56 (0.51)             |
|                                    |                     | Total       | 0 (0)    | 0.47 (0.51)        | 0.32 (0.47)    | 0.50 (0.51)       | 0.50 (0.51)             |
|                                    | Total               | Vegetarians | 0 (0)    | 0.32 (0.48)        | 0.68 (0.48)    | 0.23 (0.43)       | 0.50 (0.51)             |
|                                    |                     | Omnivores   | 0 (0)    | 0.48 (0.50)        | 0.19 (0.39)    | 0.65 (0.48)       | 0.57 (0.50)             |
|                                    |                     | Total       | 0 (0)    | 0.43 (0.50)        | 0.33 (0.47)    | 0.53 (0.50)       | 0.55 (0.50)             |
| Total                              | Recreational sports | Vegetarians | 0 (0)    | 0.38 (0.49)        | 0.71 (0.46)    | 0.45 (0.50)       | 0.21 (0.41)             |
|                                    |                     | Omnivores   | 0 (0)    | 0.44 (0.50)        | 0.28 (0.45)    | 0.74 (0.44)       | 0.43 (0.50)             |
|                                    |                     | Total       | 0 (0)    | 0.41 (0.49)        | 0.50 (0.50)    | 0.59 (0.49)       | 0.32 (0.47)             |
|                                    | Competitive sports  | Vegetarians | 0 (0)    | 0.27 (0.45)        | 0.64 (0.49)    | 0.36 (0.49)       | 0.42 (0.50)             |
|                                    |                     | Omnivores   | 0 (0)    | 0.53 (0.50)        | 0.14 (0.35)    | 0.71 (0.46)       | 0.47 (0.50)             |
|                                    |                     | Total       | 0 (0)    | 0.43 (0.50)        | 0.34 (0.48)    | 0.57 (0.50)       | 0.45 (0.50)             |
|                                    | Total               | Vegetarians | 0 (0)    | 0.34 (0.48)        | 0.69 (0.47)    | 0.42 (0.50)       | 0.29 (0.46)             |
|                                    |                     | Omnivores   | 0 (0)    | 0.49 (0.50)        | 0.21 (0.41)    | 0.73 (0.45)       | 0.45 (0.50)             |
|                                    |                     | Total       | 0 (0)    | 0.42 (0.49)        | 0.43 (0.50)    | 0.58 (0.49)       | 0.38 (0.49)             |
| F <sub>Total</sub>                 |                     |             | —        | 0.92               | 9.8**          | 4.26**            | 4.48**                  |
| F <sub>Gender</sub>                |                     |             | —        | 0.01               | 0.11           | 7.69*             | 10.85*                  |
| F <sub>Level</sub>                 |                     |             | —        | 0.01               | 4.25*          | 0.29              | 0.23                    |
| F <sub>Diet</sub>                  |                     |             | —        | 4.35*              | 48.21**        | 26.46**           | 0.50                    |
| F <sub>Gender x Level</sub>        |                     |             | —        | 0.21               | 0.38           | 0.11              | 6.76*                   |
| F <sub>Gender x Diet</sub>         |                     |             | —        | 0.00               | 0.08           | 0.26              | 0.10                    |
| F <sub>Level xDiet</sub>           |                     |             | —        | 1.32               | 0.00           | 0.10              | 0.00                    |
| F <sub>Gender x Level x Diet</sub> |                     |             | —        | 0.13               | 6.50*          | 0.00              | 2.66                    |
| r <sup>2</sup>                     |                     |             | —        | 0.3%               | 24.4%          | 10.7%             | 11.3%                   |

Tab. e4a: Reasons for current dietary styles (mean values [MV] and standard deviations[SD]) and differences between gender, performance level, and dietary pattern (three-factor analysis of variance [ANOVA])

Response scale: 0 = not selected, 1 = selected

Significant differences ( $p < 0.05$ ) are marked with one asterisk (\*), highly significant differences ( $p < 0.001$ ) are marked with two asterisks (\*\*).

| Reasons (2/2)                      |                     |             | Sustainability/Ecology | Weight loss | Diet        | Health      |
|------------------------------------|---------------------|-------------|------------------------|-------------|-------------|-------------|
|                                    |                     |             | MW (SD)                | MW (SD)     | MW (SD)     | MW (SD)     |
| Female                             | Recreational sports | Vegetarians | 0.80 (0.41)            | 0 (0)       | 0 (0)       | 0.53 (0.51) |
|                                    |                     | Omnivores   | 0.41 (0.50)            | 0.07 (0.27) | 0 (0)       | 0.59 (0.50) |
|                                    |                     | Total       | 0.65 (0.48)            | 0.03 (0.17) | 0 (0)       | 0.56 (0.50) |
|                                    | Competitive sports  | Vegetarians | 0.59 (0.50)            | 0.14 (0.35) | 0 (0)       | 0.64 (0.49) |
|                                    |                     | Omnivores   | 0.14 (0.35)            | 0.14 (0.35) | 0.05 (0.21) | 0.55 (0.51) |
|                                    |                     | Total       | 0.36 (0.49)            | 0.14 (0.35) | 0.02 (0.15) | 0.59 (0.50) |
|                                    | Total               | Vegetarians | 0.73 (0.45)            | 0.04 (0.21) | 0 (0)       | 0.57 (0.50) |
|                                    |                     | Omnivores   | 0.29 (0.46)            | 0.10 (0.31) | 0.02 (0.14) | 0.57 (0.50) |
|                                    |                     | Total       | 0.54 (0.50)            | 0.07 (0.25) | 0.01 (0.09) | 0.57 (0.50) |
| Male                               | Recreational sports | Vegetarians | 0.82 (0.41)            | 0.09 (0.30) | 0 (0)       | 0.82 (0.41) |
|                                    |                     | Omnivores   | 0.11 (0.32)            | 0.15 (0.36) | 0 (0)       | 0.56 (0.51) |
|                                    |                     | Total       | 0.32 (0.47)            | 0.13 (0.34) | 0 (0)       | 0.63 (0.49) |
|                                    | Competitive sports  | Vegetarians | 0.82 (0.41)            | 0 (0)       | 0 (0)       | 0.45 (0.52) |
|                                    |                     | Omnivores   | 0.26 (0.45)            | 0.04 (0.19) | 0 (0)       | 0.59 (0.50) |
|                                    |                     | Total       | 0.42 (0.50)            | 0.03 (0.16) | 0 (0)       | 0.55 (0.50) |
|                                    | Total               | Vegetarians | 0.82 (0.40)            | 0.05 (0.21) | 0 (0)       | 0.64 (0.49) |
|                                    |                     | Omnivores   | 0.19 (0.39)            | 0.09 (0.29) | 0 (0)       | 0.57 (0.50) |
|                                    |                     | Total       | 0.37 (0.49)            | 0.08 (0.27) | 0 (0)       | 0.59 (0.50) |
| Total                              | Recreational sports | Vegetarians | 0.80 (0.40)            | 0.02 (0.13) | 0 (0)       | 0.59 (0.50) |
|                                    |                     | Omnivores   | 0.26 (0.44)            | 0.11 (0.32) | 0 (0)       | 0.57 (0.50) |
|                                    |                     | Total       | 0.54 (0.50)            | 0.06 (0.25) | 0 (0)       | 0.58 (0.50) |
|                                    | Competitive sports  | Vegetarians | 0.67 (0.48)            | 0.09 (0.29) | 0 (0)       | 0.58 (0.50) |
|                                    |                     | Omnivores   | 0.20 (0.41)            | 0.08 (0.28) | 0.02 (0.14) | 0.57 (0.50) |
|                                    |                     | Total       | 0.39 (0.49)            | 0.09 (0.28) | 0.01 (0.11) | 0.57 (0.50) |
|                                    | Total               | Vegetarians | 0.75 (0.43)            | 0.04 (0.21) | 0 (0)       | 0.58 (0.50) |
|                                    |                     | Omnivores   | 0.23 (0.43)            | 0.10 (0.30) | 0.01 (0.10) | 0.57 (0.50) |
|                                    |                     | Total       | 0.47 (0.50)            | 0.07 (0.26) | 0.01 (0.07) | 0.58 (0.50) |
| F <sub>Total</sub>                 |                     |             | 12.13**                | 1.42        | 1.11        | 0.58        |
| F <sub>Gender</sub>                |                     |             | 0.07                   | 0.18        | 0.98        | 0.13        |
| F <sub>Level</sub>                 |                     |             | 1.53                   | 0.00        | 0.98        | 0.73        |
| F <sub>Diet</sub>                  |                     |             | 61.78**                | 1.04        | 0.98        | 0.24        |
| F <sub>Gender x Level</sub>        |                     |             | 5.46*                  | 5.91        | 0.98        | 1.45        |
| F <sub>Gender x Diet</sub>         |                     |             | 2.43                   | 0.02        | 0.98        | 0.09        |
| F <sub>Level xDiet</sub>           |                     |             | 0.10                   | 0.33        | 0.98        | 0.62        |
| F <sub>Gender x Level x Diet</sub> |                     |             | 0.61                   | 0.11        | 0.98        | 3.00        |
| r <sup>2</sup>                     |                     |             | 29.0%                  | 1.5%        | 0.4%        | 1.6%        |

Tab. e4b: Reasons for current dietary styles (mean values [MV] and standard deviations [SD]) and differences between gender, performance level, and dietary pattern (three-factor analysis of variance [ANOVA])

Response scale: 0 = not selected, 1 = selected

Significant differences ( $p < 0.05$ ) are marked with one asterisk (\*), highly significant differences ( $p < 0.001$ ) are marked with two asterisks (\*\*).

|                                    |                     |             | Eat less/more meat | Eat less/more fish | Eat less/more vegetables and fruit | Eat less/more animal products |
|------------------------------------|---------------------|-------------|--------------------|--------------------|------------------------------------|-------------------------------|
|                                    |                     |             | MW (SD)            | MW (SD)            | MW (SD)                            | MW (SD)                       |
| Female                             | Recreational sports | Vegetarians | −0.09 (0.29)       | −0.07 (0.25)       | 0.31 (0.47)                        | −0.33 (0.48)                  |
|                                    |                     | Omnivores   | −0.22 (0.42)       | 0.11 (0.42)        | 0.37 (0.49)                        | −0.22 (0.42)                  |
|                                    |                     | Total       | −0.14 (0.35)       | 0 (0.34)           | 0.33 (0.48)                        | −0.29 (0.46)                  |
|                                    | Competitive sports  | Vegetarians | −0.05 (0.21)       | 0.05 (0.38)        | 0.27 (0.46)                        | −0.18 (0.40)                  |
|                                    |                     | Omnivores   | −0.18 (0.40)       | 0.05 (0.38)        | 0.45 (0.51)                        | −0.09 (0.43)                  |
|                                    |                     | Total       | −0.11 (0.32)       | 0.05 (0.37)        | 0.36 (0.49)                        | −0.14 (0.41)                  |
|                                    | Total               | Vegetarians | −0.07 (0.27)       | −0.03 (0.30)       | 0.30 (0.46)                        | −0.28 (0.45)                  |
|                                    |                     | Omnivores   | −0.20 (0.41)       | 0.08 (0.40)        | 0.41 (0.50)                        | −0.16 (0.43)                  |
|                                    |                     | Total       | −0.13 (0.34)       | 0.02 (0.35)        | 0.34 (0.48)                        | −0.23 (0.44)                  |
| Male                               | Recreational sports | Vegetarians | 0 (0)              | 0 (0)              | 0.36 (0.51)                        | −0.18 (0.41)                  |
|                                    |                     | Omnivores   | −0.26 (0.45)       | 0.11 (0.42)        | 0.37 (0.49)                        | −0.11 (0.32)                  |
|                                    |                     | Total       | −0.18 (0.39)       | 0.08 (0.36)        | 0.37 (0.49)                        | −0.13 (0.34)                  |
|                                    | Competitive sports  | Vegetarians | −0.09 (0.30)       | 0.09 (0.30)        | 0.45 (0.52)                        | −0.27 (0.47)                  |
|                                    |                     | Omnivores   | −0.33 (0.48)       | 0.07 (0.27)        | 0.33 (0.48)                        | −0.08 (0.27)                  |
|                                    |                     | Total       | −0.26 (0.45)       | 0.08 (0.27)        | 0.37 (0.49)                        | −0.14 (0.35)                  |
|                                    | Total               | Vegetarians | −0.05 (0.21)       | 0.05 (0.21)        | 0.41 (0.50)                        | −0.23 (0.43)                  |
|                                    |                     | Omnivores   | −0.30 (0.46)       | 0.09 (0.35)        | 0.35 (0.48)                        | −0.09 (0.30)                  |
|                                    |                     | Total       | −0.22 (0.42)       | 0.08 (0.32)        | 0.37 (0.49)                        | −0.13 (0.34)                  |
| Total                              | Recreational sports | Vegetarians | −0.07 (0.26)       | −0.05 (0.23)       | 0.32 (0.47)                        | −0.30 (0.46)                  |
|                                    |                     | Omnivores   | −0.24 (0.43)       | 0.11 (0.42)        | 0.37 (0.49)                        | −0.17 (0.38)                  |
|                                    |                     | Total       | −0.15 (0.36)       | 0.03 (0.34)        | 0.35 (0.48)                        | −0.24 (0.43)                  |
|                                    | Competitive sports  | Vegetarians | −0.06 (0.24)       | 0.06 (0.35)        | 0.33 (0.48)                        | −0.21 (0.42)                  |
|                                    |                     | Omnivores   | −0.27 (0.45)       | 0.06 (0.32)        | 0.39 (0.49)                        | −0.08 (0.35)                  |
|                                    |                     | Total       | −0.18 (0.39)       | 0.06 (0.33)        | 0.37 (0.49)                        | −0.14 (0.38)                  |
|                                    | Total               | Vegetarians | −0.07 (0.25)       | −0.01 (0.28)       | 0.33 (0.47)                        | −0.27 (0.45)                  |
|                                    |                     | Omnivores   | −0.25 (0.44)       | 0.09 (0.37)        | 0.38 (0.49)                        | −0.13 (0.36)                  |
|                                    |                     | Total       | −0.17 (0.37)       | 0.04 (0.34)        | 0.35 (0.48)                        | −0.19 (0.41)                  |
| F <sub>Total</sub>                 |                     |             | 2.17*              | 1.09               | 0.36                               | 1.52                          |
| F <sub>Gender</sub>                |                     |             | 0.39               | 0.43               | 0.13                               | 0.52                          |
| F <sub>Level</sub>                 |                     |             | 0.12               | 0.22               | 0.10                               | 0.76                          |
| F <sub>Diet</sub>                  |                     |             | 10.95**            | 1.61               | 0.17                               | 3.28                          |
| F <sub>Gender x Level</sub>        |                     |             | 1.14               | 0.00               | 0.00                               | 1.72                          |
| F <sub>Gender x Diet</sub>         |                     |             | 0.99               | 0.15               | 1.32                               | 0.06                          |
| F <sub>Level x Diet</sub>          |                     |             | 0.00               | 2.04               | 0.00                               | 0.16                          |
| F <sub>Gender x Level x Diet</sub> |                     |             | 0.01               | 0.05               | 0.66                               | 0.32                          |
| r <sup>2</sup>                     |                     |             | 4.1%               | 0.3%               | −2.4%                              | 1.9%                          |

Tab. e5: Desire for change (mean values [MV] and standard deviations [SD]) and differences between gender, performance level, and dietary pattern (three-factor analysis of variance [ANOVA])

Response scale: −1 = eat less, 0 = change nothing, 1 = eat more

Significant differences ( $p < 0.05$ ) are marked with one asterisk (\*), highly significant differences ( $p < 0.001$ ) are marked with two asterisks (\*\*).

|                                    |                     |             | Endurance sports | Strength sports | Team sports | Combat sports |
|------------------------------------|---------------------|-------------|------------------|-----------------|-------------|---------------|
|                                    |                     |             | MW (SD)          | MW (SD)         | MW (SD)     | MW (SD)       |
| Female                             | Recreational sports | Vegetarians | 0.51 (0.51)      | 0.49 (0.51)     | 0.33 (0.48) | 0.04 (0.21)   |
|                                    |                     | Omnivores   | 0.41 (0.50)      | 0.44 (0.51)     | 0.33 (0.48) | 0.04 (0.19)   |
|                                    |                     | Total       | 0.47 (0.50)      | 0.47 (0.50)     | 0.33 (0.48) | 0.04 (0.20)   |
|                                    | Competitive sports  | Vegetarians | 0.27 (0.46)      | 0.23 (0.43)     | 0.59 (0.50) | 0 (0)         |
|                                    |                     | Omnivores   | 0.14 (0.35)      | 0.23 (0.43)     | 0.68 (0.48) | 0 (0)         |
|                                    |                     | Total       | 0.20 (0.41)      | 0.23 (0.42)     | 0.64 (0.49) | 0 (0)         |
|                                    | Total               | Vegetarians | 0.43 (0.50)      | 0.40 (0.49)     | 0.42 (0.50) | 0.03 (0.17)   |
|                                    |                     | Omnivores   | 0.29 (0.46)      | 0.35 (0.48)     | 0.49 (0.51) | 0.02 (0.14)   |
|                                    |                     | Total       | 0.37 (0.49)      | 0.38 (0.49)     | 0.45 (0.50) | 0.03 (0.16)   |
| Male                               | Recreational sports | Vegetarians | 0.45 (0.52)      | 0.55 (0.52)     | 0.55 (0.52) | 0 (0)         |
|                                    |                     | Omnivores   | 0.22 (0.42)      | 0.56 (0.51)     | 0.59 (0.50) | 0.07 (0.27)   |
|                                    |                     | Total       | 0.29 (0.46)      | 0.55 (0.50)     | 0.58 (0.50) | 0.05 (0.23)   |
|                                    | Competitive sports  | Vegetarians | 0.36 (0.51)      | 0.36 (0.51)     | 0.73 (0.47) | 0.09 (0.30)   |
|                                    |                     | Omnivores   | 0.22 (0.42)      | 0.44 (0.51)     | 0.96 (0.19) | 0 (0)         |
|                                    |                     | Total       | 0.26 (0.45)      | 0.42 (0.50)     | 0.89 (0.31) | 0.03 (0.16)   |
|                                    | Total               | Vegetarians | 0.41 (0.50)      | 0.45 (0.51)     | 0.64 (0.49) | 0.05 (0.21)   |
|                                    |                     | Omnivores   | 0.22 (0.42)      | 0.50 (0.51)     | 0.78 (0.42) | 0.04 (0.19)   |
|                                    |                     | Total       | 0.28 (0.45)      | 0.49 (0.50)     | 0.74 (0.44) | 0.04 (0.20)   |
| Total                              | Recreational sports | Vegetarians | 0.50 (0.51)      | 0.50 (0.51)     | 0.38 (0.49) | 0.04 (0.19)   |
|                                    |                     | Omnivores   | 0.31 (0.47)      | 0.50 (0.51)     | 0.46 (0.50) | 0.06 (0.23)   |
|                                    |                     | Total       | 0.41 (0.49)      | 0.50 (0.50)     | 0.42 (0.50) | 0.05 (0.21)   |
|                                    | Competitive sports  | Vegetarians | 0.30 (0.47)      | 0.27 (0.45)     | 0.64 (0.49) | 0.03 (0.17)   |
|                                    |                     | Omnivores   | 0.18 (0.39)      | 0.35 (0.48)     | 0.84 (0.37) | 0 (0)         |
|                                    |                     | Total       | 0.23 (0.43)      | 0.32 (0.47)     | 0.76 (0.43) | 0.01 (0.11)   |
|                                    | Total               | Vegetarians | 0.43 (0.50)      | 0.42 (0.50)     | 0.47 (0.50) | 0.03 (0.18)   |
|                                    |                     | Omnivores   | 0.25 (0.44)      | 0.43 (0.50)     | 0.64 (0.48) | 0.03 (0.17)   |
|                                    |                     | Total       | 0.33 (0.47)      | 0.42 (0.50)     | 0.56 (0.50) | 0.03 (0.17)   |
| F <sub>Total</sub>                 |                     |             | 2.24*            | 1.54            | 5.99**      | 0.83          |
| F <sub>Gender</sub>                |                     |             | 0.05             | 2.78            | 9.30*       | 0.56          |
| F <sub>Level</sub>                 |                     |             | 4.15*            | 6.10*           | 15.80**     | 0.34          |
| F <sub>Diet</sub>                  |                     |             | 4.34*            | 0.02            | 1.64        | 0.05          |
| F <sub>Gender x Level</sub>        |                     |             | 2.02             | 0.35            | 0.03        | 0.78          |
| F <sub>Gender x Diet</sub>         |                     |             | 0.21             | 0.19            | 0.43        | 0.01          |
| F <sub>Level x Diet</sub>          |                     |             | 0.04             | 0.14            | 0.92        | 2.00          |
| F <sub>Gender x Level x Diet</sub> |                     |             | 0.18             | 0.00            | 0.11        | 2.39          |
| r <sup>2</sup>                     |                     |             | 4.3%             | 1.9%            | 15.5%       | 0.6%          |

Tab. e6: Types of sport (mean values [MV] and standard deviations [SD]) and differences between gender, performance level, and dietary pattern (three-factor analysis of variance [ANOVA])

Response scale: 0 = not selected, 1 = selected

Significant differences ( $p < 0.05$ ) are marked with one asterisk (\*), highly significant differences ( $p < 0.001$ ) are marked with two asterisks (\*\*).

|                                    |                     |             | Training frequency |
|------------------------------------|---------------------|-------------|--------------------|
|                                    |                     |             | MW (SD)            |
| Female                             | Recreational sports | Vegetarians | 1.89 (1.99)        |
|                                    |                     | Omnivores   | 1.46 (1.21)        |
|                                    |                     | Total       | 1.73 (1.74)        |
|                                    | Competitive sports  | Vegetarians | 2.75 (1.60)        |
|                                    |                     | Omnivores   | 2.67 (2.44)        |
|                                    |                     | Total       | 2.71 (2.04)        |
|                                    | Total               | Vegetarians | 2.18 (1.90)        |
|                                    |                     | Omnivores   | 2.01 (1.94)        |
|                                    |                     | Total       | 2.10 (1.91)        |
| Male                               | Recreational sports | Vegetarians | 2.41 (2.77)        |
|                                    |                     | Omnivores   | 1.58 (1.37)        |
|                                    |                     | Total       | 1.82 (1.88)        |
|                                    | Competitive sports  | Vegetarians | 3.41 (2.33)        |
|                                    |                     | Omnivores   | 2.87 (1.92)        |
|                                    |                     | Total       | 3.03 (2.03)        |
|                                    | Total               | Vegetarians | 2.91 (2.55)        |
|                                    |                     | Omnivores   | 2.23 (1.78)        |
|                                    |                     | Total       | 2.42 (2.04)        |
| Total                              | Recreational sports | Vegetarians | 2.00 (2.15)        |
|                                    |                     | Omnivores   | 1.52 (1.28)        |
|                                    |                     | Total       | 1.76 (1.78)        |
|                                    | Competitive sports  | Vegetarians | 2.97 (1.87)        |
|                                    |                     | Omnivores   | 2.78 (2.15)        |
|                                    |                     | Total       | 2.86 (2.03)        |
|                                    | Total               | Vegetarians | 2.36 (2.10)        |
|                                    |                     | Omnivores   | 2.12 (1.85)        |
|                                    |                     | Total       | 2.23 (1.96)        |
| F <sub>Total</sub>                 |                     |             | 2.72*              |
| F <sub>Gender</sub>                |                     |             | 1.51               |
| F <sub>Level</sub>                 |                     |             | 12.84**            |
| F <sub>Diet</sub>                  |                     |             | 2.39               |
| F <sub>Gender x Level</sub>        |                     |             | 0.03               |
| F <sub>Gender x Diet</sub>         |                     |             | 0.49               |
| F <sub>Level x Diet</sub>          |                     |             | 1.28               |
| F <sub>Gender x Level x Diet</sub> |                     |             | 0.00               |
| r <sup>2</sup>                     |                     |             | 5.9%               |

Tab. e7: Training frequency (mean values [MV] and standard deviations [SD]) and differences between gender, performance level, and dietary pattern (three-factor analysis of variance [ANOVA])

Response scale: 0 = not at all, 0.25 = irregularly, 0.5 = >1x a week, 1.5 = 1–2x a week, 3.5 = 3–4x a week, 5.5 = 5–6x a week, 7 = every day, 10.5 = several times a day

Significant differences ( $p < 0.05$ ) are marked with one asterisk (\*), highly significant differences ( $p < 0.001$ ) are marked with two asterisks (\*\*).

| Self-perceived physical sporting performance (1/2) |                     |             | Endurance   | Strength    | Coordination |
|----------------------------------------------------|---------------------|-------------|-------------|-------------|--------------|
|                                                    |                     |             | MW (SD)     | MW (SD)     | MW (SD)      |
| Female                                             | Recreational sports | Vegetarians | 3.54 (1.12) | 3.76 (0.65) | 4.76 (0.44)  |
|                                                    |                     | Omnivores   | 2.81 (1.19) | 3.78 (0.65) | 4.79 (0.44)  |
|                                                    |                     | Total       | 3.27 (1.19) | 3.77 (0.64) | 4.77 (0.43)  |
|                                                    | Competitive sports  | Vegetarians | 3.41 (1.17) | 3.76 (0.84) | 4.67 (0.88)  |
|                                                    |                     | Omnivores   | 3.36 (1.04) | 3.77 (0.66) | 4.80 (0.39)  |
|                                                    |                     | Total       | 3.41 (1.10) | 3.77 (0.75) | 4.73 (0.68)  |
|                                                    | Total               | Vegetarians | 3.50 (1.13) | 3.76 (0.71) | 4.73 (0.61)  |
|                                                    |                     | Omnivores   | 3.06 (1.15) | 3.78 (0.65) | 4.80 (0.41)  |
|                                                    |                     | Total       | 3.31 (1.15) | 3.77 (0.68) | 4.76 (0.54)  |
| Male                                               | Recreational sports | Vegetarians | 3.95 (0.85) | 4.27 (0.33) | 4.73 (0.36)  |
|                                                    |                     | Omnivores   | 3.41 (1.21) | 4.20 (0.83) | 4.59 (0.52)  |
|                                                    |                     | Total       | 3.57 (1.13) | 4.22 (0.72) | 4.63 (0.48)  |
|                                                    | Competitive sports  | Vegetarians | 4.64 (0.74) | 4.55 (0.62) | 4.48 (0.46)  |
|                                                    |                     | Omnivores   | 4.39 (0.73) | 4.51 (0.48) | 4.52 (0.46)  |
|                                                    |                     | Total       | 4.46 (0.73) | 4.52 (0.52) | 4.51 (0.45)  |
|                                                    | Total               | Vegetarians | 4.30 (0.85) | 4.41 (0.50) | 4.61 (0.42)  |
|                                                    |                     | Omnivores   | 3.90 (1.10) | 4.35 (0.69) | 4.56 (0.48)  |
|                                                    |                     | Total       | 4.01 (1.05) | 4.37 (0.64) | 4.57 (0.46)  |
| Total                                              | Recreational sports | Vegetarians | 3.67 (1.08) | 3.86 (0.63) | 4.76 (0.42)  |
|                                                    |                     | Omnivores   | 3.11 (1.23) | 3.99 (0.77) | 4.69 (0.48)  |
|                                                    |                     | Total       | 3.37 (1.18) | 3.92 (0.70) | 4.72 (0.45)  |
|                                                    | Competitive sports  | Vegetarians | 3.82 (1.19) | 4.02 (0.85) | 4.61 (0.76)  |
|                                                    |                     | Omnivores   | 3.93 (1.01) | 4.18 (0.67) | 4.65 (0.45)  |
|                                                    |                     | Total       | 3.88 (1.08) | 4.11 (0.75) | 4.63 (0.59)  |
|                                                    | Total               | Vegetarians | 3.70 (1.12) | 3.92 (0.72) | 4.70 (0.57)  |
|                                                    |                     | Omnivores   | 3.50 (1.20) | 4.08 (0.73) | 4.67 (0.47)  |
|                                                    |                     | Total       | 3.59 (1.16) | 4.01 (0.72) | 4.68 (0.52)  |
| F <sub>Total</sub>                                 |                     |             | 6.30**      | 5.88**      | 1.26         |
| F <sub>Gender</sub>                                |                     |             | 23.10**     | 33.20**     | 4.57*        |
| F <sub>Level</sub>                                 |                     |             | 9.40*       | 1.80        | 1.49         |
| F <sub>Diet</sub>                                  |                     |             | 5.37*       | 0.04        | 0.04         |
| F <sub>Gender x Diet</sub>                         |                     |             | 3.41        | 1.94        | 0.51         |
| F <sub>Gender x Diet</sub>                         |                     |             | 0.00        | 0.12        | 0.65         |
| F <sub>Level x Diet</sub>                          |                     |             | 2.11        | 0.01        | 0.72         |
| F <sub>Gender x Level x Diet</sub>                 |                     |             | 0.32        | 0.01        | 0.03         |
| r <sup>2</sup>                                     |                     |             | 16.3%       | 15.2%       | 0.9%         |

Tab. e8a: Self-perceived physical sporting performance (mean values [MV] and standard deviations [SD]) and differences between gender, performance level, and dietary pattern (three-factor analysis of variance [ANOVA])

Response scale: 1 = I absolutely don't agree to 5 = I completely agree

Significant differences ( $p < 0.05$ ) are marked with one asterisk (\*), highly significant differences ( $p < 0.001$ ) are marked with two asterisks (\*\*).

| Self-perceived physical sporting performance (2/2) |                     |             | Flexibility | Total fitness |
|----------------------------------------------------|---------------------|-------------|-------------|---------------|
|                                                    |                     |             | MW (SD)     | MW (SD)       |
| Female                                             | Recreational sports | Vegetarians | 4.59 (0.70) | 4.16 (0.44)   |
|                                                    |                     | Omnivores   | 4.74 (0.58) | 4.03 (0.45)   |
|                                                    |                     | Total       | 4.65 (0.66) | 4.11 (0.44)   |
|                                                    | Competitive sports  | Vegetarians | 4.34 (1.20) | 4.04 (0.81)   |
|                                                    |                     | Omnivores   | 4.36 (0.79) | 4.08 (0.42)   |
|                                                    |                     | Total       | 4.35(1.00)  | 4.06 (0.63)   |
|                                                    | Total               | Vegetarians | 4.51 (0.89) | 4.13 (0.58)   |
|                                                    |                     | Omnivores   | 4.57 (0.70) | 4.05 (0.43)   |
|                                                    |                     | Total       | 4.53 (0.81) | 4.09 (0.52)   |
| Male                                               | Recreational sports | Vegetarians | 3.64 (1.10) | 4.15 (0.44)   |
|                                                    |                     | Omnivores   | 4.00 (1.06) | 4.05 (0.49)   |
|                                                    |                     | Total       | 3.89 (1.07) | 4.08 (0.47)   |
|                                                    | Competitive sports  | Vegetarians | 4.00 (1.20) | 4.42 (0.57)   |
|                                                    |                     | Omnivores   | 3.61 (1.20) | 4.26 (0.37)   |
|                                                    |                     | Total       | 3.72 (1.20) | 4.30 (0.44)   |
|                                                    | Total               | Vegetarians | 3.82 (1.14) | 4.28 (0.52)   |
|                                                    |                     | Omnivores   | 3.81 (1.14) | 4.18 (0.44)   |
|                                                    |                     | Total       | 3.81 (1.13) | 4.19 (0.47)   |
| Total                                              | Recreational sports | Vegetarians | 4.40 (0.87) | 4.16 (0.43)   |
|                                                    |                     | Omnivores   | 4.37 (0.92) | 4.04 (0.47)   |
|                                                    |                     | Total       | 4.39 (0.89) | 4.10 (0.45)   |
|                                                    | Competitive sports  | Vegetarians | 4.23 (1.19) | 4.17 (0.75)   |
|                                                    |                     | Omnivores   | 3.95 (1.10) | 4.18 (0.40)   |
|                                                    |                     | Total       | 4.06 (1.14) | 4.17 (0.56)   |
|                                                    | Total               | Vegetarians | 4.34 (1.00) | 4.16 (0.57)   |
|                                                    |                     | Omnivores   | 4.17 (1.03) | 4.10 (0.44)   |
|                                                    |                     | Total       | 4.25 (1.01) | 4.13 (0.50)   |
| F <sub>Total</sub>                                 |                     |             | 4.68**      | 1.18          |
| F <sub>Gender</sub>                                |                     |             | 21.09**     | 3.03          |
| F <sub>Level</sub>                                 |                     |             | 1.15        | 1.57          |
| F <sub>Diet</sub>                                  |                     |             | 0.06        | 1.28          |
| F <sub>Gender x Level</sub>                        |                     |             | 0.98        | 3.00          |
| F <sub>Gender x Diet</sub>                         |                     |             | 0.11        | 0.24          |
| F <sub>Level x Diet</sub>                          |                     |             | 2.11        | 0.11          |
| F <sub>Gender x Level x Diet</sub>                 |                     |             | 1.06        | 0.51          |
| r <sup>2</sup>                                     |                     |             | 11.9%       | 0.6%          |

Tab. e8b: Self-perceived physical sporting performance (mean values [MV] and standard deviations [SD]) and differences between gender, performance level, and dietary pattern (three-factor analysis of variance [ANOVA])

Response scale: 1 = I absolutely don't agree to 5 = I completely agree

Significant differences ( $p < 0.05$ ) are marked with one asterisk (\*), highly significant differences ( $p < 0.001$ ) are marked with two asterisks (\*\*).

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