Supplementary table 1. Basal Metabolic Rate, Energy Intake, ratio Energy Intake:Basal Metabolic Mate and the calculated cut off limits at individual level according to physical activity category.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Age (years)** | **Physical activity category** | **PAL** | **pBMR (Kcal/d)** | | **rEI (Kcal/d)** | | **rEI:pBMR** | **Lower cut off** | **Upper cut off** |
|  | **n (%)** |  | **Mean** | **SD** | **Mean** | **SD** |  |  |  |
| **18-84** | Inactive  n= 1578 (43.4%) | 1.4 | 1537 | 251.8 | 1878 | 714.2 | 1.23 | 0.87 | 2.25 |
| Moderately active  n= 1037 (28.5%) | 1.6 | 1512 | 245.1 | 1891 | 707.7 | 1.26 | 1.00 | 2.57 |
| Active  n= 1024 (28.1%) | 1.8 | 1591 | 255.4 | 2041 | 825.9 | 1.29 | 1.12 | 2.89 |

PAL: Physical activity level; rEI: reported energy intake; pBMR: predicted basal metabolic rate; SD: standard deviation