

SUPPLEMENTARY DATA

Table S1: Characterization of Diet Quality in older people who practice running, according to sex.

	Men (n=47)	Women (n=21)	Overall (n=68)	P value
Total Rating				
Good diet quality	17 (36.2%)	15 (71.4%)	32 (47.1%)	0.007
Poor diet quality	30 (63.8%)	6 (28.6%)	36 (52.9%)	
Healthy Dietary Habits				
Breakfast				
Non-compliance	3 (6.4%)	0 (0%)	3 (4.4%)	0.236
Compliance	44 (93.6%)	21 (100%)	65 (95.6%)	
Dairy products				
Non-compliance	30 (63.8%)	13 (61.9%)	43 (63.2%)	0.879
Compliance	17 (36.2%)	8 (38.1%)	25 (36.8%)	
Fruits				
Non-compliance	33 (70.2%)	10 (47.6%)	43 (63.2%)	0.074
Compliance	14 (29.8%)	11 (52.4%)	25 (36.8%)	
Vegetables				
Non-compliance	27 (57.4%)	7 (33.3%)	34 (50.0%)	0.066
Compliance	20 (42.6%)	14 (66.7%)	34 (50.0%)	
Fish				
Non-compliance	7 (14.9%)	4 (19.0%)	11 (16.2%)	0.667
Compliance	40 (85.1%)	17 (81.0%)	57 (83.8%)	
Pulses				
Non-compliance	25 (53.2%)	8 (38.1%)	33 (48.5%)	0.250
Compliance	22 (46.8%)	13 (61.9%)	35 (51.5%)	
Oatmeal and whole grains				
Non-compliance	20 (42.6%)	4 (19.0%)	24 (35.3%)	0.061
Compliance	27 (57.4%)	17 (81.0%)	44 (64.7%)	

Homemade food				
Non-compliance	10 (21.3%)	1 (4.8%)	11 (16.2%)	0.088
Compliance	37 (78.7%)	20 (95.2%)	57 (83.8%)	
Dinner				
Non-compliance	22 (46.8%)	11 (52.4%)	33 (48.5%)	0.671
Compliance	25 (53.2%)	10 (47.6%)	35 (51.5%)	
Water				
Non-compliance	10 (21.3%)	0 (0%)	10 (14.7%)	0.022
Compliance	37 (78.7%)	21 (100%)	58 (85.3%)	
Meat				
Non-compliance	9 (19.1%)	2 (9.5%)	11 (16.2%)	0.319
Compliance	38 (80.9%)	19 (90.5%)	57 (83.8%)	
Eggs				
Non-compliance	18 (38.3%)	4 (19.0%)	22 (32.4%)	0.117
Compliance	29 (61.7%)	17 (81.0%)	46 (67.6%)	
Number of meals				
Non-compliance	31 (66.0%)	8 (38.1%)	39 (57.4%)	0.032
Compliance	16 (34.0%)	13 (61.9%)	29 (42.6%)	
Unhealthy Dietary Habits				
Sugary drinks				
Non-compliance	23 (48.9%)	7 (33.3%)	30 (44.1%)	0.231
Compliance	24 (51.1%)	14 (66.7%)	38 (55.9%)	
Alcohol				
Non-compliance	31 (66.0%)	10 (47.6%)	41 (60.3%)	0.153
Compliance	16 (34.0%)	11 (52.4%)	27 (39.7%)	
Fried food				
Non-compliance	33 (70.2%)	14 (66.7%)	47 (69.1%)	0.770
Compliance	14 (29.8%)	7 (33.3%)	21 (30.9%)	
Lard				
Non-compliance	11 (23.4%)	5 (23.8%)	16 (23.5%)	0.971

Compliance	36 (76.6%)	16 (76.2%)	52 (76.5%)	
Fast food				
Non-compliance	35 (74.5%)	13 (61.9%)	48 (70.6%)	0.294
Compliance	12 (25.5%)	8 (38.1%)	20 (29.4%)	
Cookies				
Non-compliance	35 (74.5%)	13 (61.9%)	48 (70.6%)	0.294
Compliance	12 (25.5%)	8 (38.1%)	20 (29.4%)	
Coffee				
Non-compliance	33 (70.2%)	16 (76.2%)	49 (72.1%)	0.612
Compliance	14 (29.8%)	5 (23.8%)	19 (27.9%)	
Adding salt				
Non-compliance	24 (51.1%)	5 (23.8%)	29 (42.6%)	0.036
Compliance	23 (48.9%)	16 (76.2%)	39 (57.4%)	

Data are presented as number and percentage. Chi-square test was used

Table S2: Association between Motivation to Run and Diet Quality in older people who practice running, according to food group.

	Non-compliance	Compliance	Beta 95% CI	P
Dairy products				
Health Orientation	5.85 (5.45; 6.26)	6.11 (5.59; 6.64)	0.29 (-0.47; 1.05)	0.454
Weight Concern	3.77 (3.19; 4.35)	3.79 (3.03; 4.55)	0.09 (-0.91; 1.10)	0.857
Personal goal achievement- Competition	5.08 (4.66; 5.50)	5.86 (5.31; 6.41)	0.43 (-0.30; 1.17)	0.243
Recognition	2.88 (2.38; 3.38)	3.70 (3.04; 4.36)	0.41 (-0.50; 1.32)	0.369
Affiliation	4.49 (4.08; 4.91)	5.39 (4.84; 5.93)	0.43 (-0.29; 1.14)	0.235
Psychological Coping	4.04 (3.45; 4.63)	4.17 (3.40; 4.94)	0.07 (-1.03; 1.16)	0.902
Life meaning-Self esteem	5.78 (5.41; 6.14)	6.15 (5.67; 6.63)	0.16 (-0.50; 0.83)	0.622
Fruits				
Health Orientation	5.88 (5.48; 6.29)	6.06 (5.53; 6.59)	0.00 (-0.80; 0.79)	0.990
Weight Concern	3.81 (3.23; 4.38)	3.72 (2.96; 4.48)	-0.74 (-1.78; 0.29)	0.155
Personal goal achievement- Competition	5.32 (4.89; 5.75)	5.45 (4.88; 6.01)	-0.11 (-0.89; 0.67)	0.782
Recognition	3.00 (2.49; 3.51)	3.49 (2.82; 4.16)	0.25 (-0.71; 1.20)	0.607
Affiliation	4.60 (4.18; 5.03)	5.19 (4.64; 5.75)	0.25 (-0.50; 1.00)	0.511
Psychological Coping	3.91 (3.33; 4.50)	4.39 (3.62; 5.15)	0.55 (-0.59; 1.69)	0.337
Life meaning-Self esteem	5.84 (5.47; 6.21)	6.03 (5.55; 6.51)	-0.06 (-0.75; 0.64)	0.866
Vegetables				
Health Orientation	5.91 (5.46; 6.37)	5.99 (5.53; 6.44)	0.08 (-0.67; 0.83)	0.837
Weight Concern	3.55 (2.90; 4.20)	4.00 (3.35; 4.65)	0.31 (-0.68; 1.29)	0.534
Personal goal achievement- Competition	5.15 (4.67; 5.63)	5.58 (5.10; 6.06)	0.29 (-0.43; 1.02)	0.422
Recognition	3.15 (2.57; 3.72)	3.22 (2.64; 3.79)	-0.27 (-1.16; 0.63)	0.554
Affiliation	4.70 (4.22; 5.18)	4.95 (4.47; 5.43)	-0.16 (-0.87; 0.54)	0.644
Psychological Coping	3.99 (3.33; 4.65)	4.19 (3.53; 4.85)	0.08 (-0.99; 1.16)	0.877

Life meaning-Self esteem	5.87 (5.46; 6.28)	5.96 (5.54; 6.37)	-0.13 (-0.79; 0.52)	0.683
Fish				
Health Orientation	6.36 (5.57; 7.16)	5.87 (5.52; 6.22)	-0.32 (-1.31; 0.66)	0.512
Weight Concern	4.30 (3.16; 5.44)	3.67 (3.17; 4.17)	-1.01 (-2.28; 0.26)	0.116
Personal goal achievement- Competition	5.14 (4.29; 5.99)	5.41 (5.04; 5.79)	0.35 (-0.61; 1.31)	0.463
Recognition	3.64 (2.63; 4.64)	3.09 (2.65; 3.53)	-0.90 (-2.05; 0.26)	0.125
Affiliation	4.83 (3.99; 5.68)	4.82 (4.45; 5.19)	-0.21 (-1.14; 0.72)	0.651
Psychological Coping	4.33 (3.18; 5.49)	4.04 (3.53; 4.55)	-0.73 (-2.14; 0.67)	0.299
Life meaning-Self esteem	6.15 (5.43; 6.88)	5.87 (5.55; 6.18)	-0.41 (-1.26; 0.44)	0.341
Oatmeal and whole grains				
Health Orientation	5.93 (5.39; 6.47)	5.96 (5.56; 6.36)	0.09 (-0.65; 0.84)	0.806
Weight Concern	3.68 (2.91; 4.45)	3.83 (3.25; 4.40)	0.29 (-0.69; 1.26)	0.56
Personal goal achievement- Competition	5.24 (4.66; 5.81)	5.44 (5.01; 5.86)	0.12 (-0.61; 0.85)	0.743
Recognition	3.06 (2.37; 3.74)	3.25 (2.75; 3.75)	0.15 (-0.74; 1.04)	0.729
Affiliation	4.93 (4.36; 5.50)	4.76 (4.34; 5.18)	-0.24 (-0.94; 0.46)	0.489
Psychological Coping	3.97 (3.19; 4.76)	4.15 (3.57; 4.73)	0.09 (-0.98; 1.16)	0.869
Life meaning-Self esteem	5.67 (5.19; 6.16)	6.04 (5.68; 6.40)	0.35 (-0.29; 0.99)	0.280
Homemade food				
Health Orientation	6.08 (5.28; 6.87)	5.93 (5.58; 6.28)	-0.10 (-1.15; 0.95)	0.851
Weight Concern	3.55 (2.40; 4.69)	3.82 (3.32; 4.32)	0.13 (-1.25; 1.52)	0.848
Personal goal achievement- Competition	5.65 (4.80; 6.50)	5.31 (4.94; 5.69)	-0.60 (-1.62; 0.41)	0.238
Recognition	2.65 (1.65; 3.65)	3.28 (2.84; 3.72)	0.29 (-0.96; 1.55)	0.645
Affiliation	4.80 (3.96; 5.65)	4.82 (4.45; 5.20)	-0.47 (-1.45; 0.51)	0.343
Psychological Coping	4.06 (2.90; 5.22)	4.09 (3.58; 4.60)	-0.12 (-1.63; 1.39)	0.871
Life meaning-Self esteem	5.91 (5.18; 6.63)	5.91 (5.59; 6.23)	-0.15 (-1.06; 0.76)	0.741
Dinner				

Health Orientation	6.01 (5.55; 6.47)	5.90 (5.45; 6.34)	0.00 (-0.71; 0.72)	0.995
Weight Concern	3.76 (3.10; 4.42)	3.79 (3.15; 4.43)	0.14 (-0.81; 1.08)	0.774
Personal goal achievement- Competition	5.01 (4.54; 5.48)	5.70 (5.25; 6.16)	0.73 (0.06; 1.40)	0.034
Recognition	2.97 (2.39; 3.55)	3.38 (2.82; 3.94)	0.33 (-0.52; 1.18)	0.441
Affiliation	4.68 (4.20; 5.16)	4.96 (4.49; 5.42)	0.31 (-0.36; 0.99)	0.353
Psychological Coping	3.79 (3.12; 4.45)	4.37 (3.73; 5.02)	0.39 (-0.64; 1.41)	0.454
Life meaning-Self esteem	5.73 (5.32; 6.14)	6.09 (5.69; 6.48)	0.40 (-0.21; 1.02)	0.192
Water				
Health Orientation	5.30 (4.49; 6.11)	6.06 (5.72; 6.40)	0.95 (-0.06; 1.97)	0.065
Weight Concern	4.07 (2.87; 5.26)	3.72 (3.23; 4.22)	-0.06 (-1.44; 1.32)	0.930
Personal goal achievement- Competition	5.52 (4.63; 6.41)	5.34 (4.97; 5.71)	-0.07 (-1.09; 0.96)	0.899
Recognition	2.77 (1.71; 3.82)	3.25 (2.81; 3.69)	1.00 (-0.23; 2.22)	0.108
Affiliation	4.63 (3.75; 5.52)	4.85 (4.49; 5.22)	0.45 (-0.53; 1.43)	0.363
Psychological Coping	3.70 (2.49; 4.91)	4.16 (3.65; 4.66)	0.80 (-0.68; 2.29)	0.284
Life meaning-Self esteem	5.37 (4.62; 6.12)	6.01 (5.69; 6.32)	0.72 (-0.17; 1.61)	0.109
Eggs				
Health Orientation	5.98 (5.42; 6.55)	5.93 (5.54; 6.33)	0.13 (-0.66; 0.93)	0.735
Weight Concern	3.67 (2.86; 4.47)	3.83 (3.27; 4.38)	0.27 (-0.77; 1.32)	0.601
Personal goal achievement- Competition	5.57 (4.97; 6.17)	5.27 (4.86; 5.69)	-0.37 (-1.13; 0.40)	0.346
Recognition	3.25 (2.53; 3.97)	3.15 (2.65; 3.64)	-0.18 (-1.13; 0.76)	0.699
Affiliation	5.04 (4.44; 5.63)	4.72 (4.31; 5.13)	-0.46 (-1.20; 0.28)	0.221
Psychological Coping	4.24 (3.43; 5.06)	4.01 (3.45; 4.58)	-0.46 (-1.60; 0.67)	0.415
Life meaning-Self esteem	5.74 (5.23; 6.25)	5.99 (5.64; 6.35)	0.13 (-0.56; 0.82)	0.701
Number of meals				
Health Orientation	6.06 (5.64; 6.48)	5.80 (5.31; 6.29)	-0.21 (-1.00; 0.59)	0.600
Weight Concern	3.63 (3.03; 4.24)	3.97 (3.27; 4.67)	0.44 (-0.60; 1.49)	0.396

Personal goal achievement- Competition	5.16 (4.71; 5.60)	5.66 (5.14; 6.17)	0.06 (-0.72; 0.84)	0.875
Recognition	2.98 (2.45; 3.51)	3.45 (2.84; 4.07)	0.15 (-0.80; 1.10)	0.756
Affiliation	4.70 (4.25; 5.15)	4.98 (4.46; 5.50)	-0.30 (-1.05; 0.45)	0.425
Psychological Coping	4.13 (3.51; 4.74)	4.03 (3.32; 4.75)	-0.46 (-1.59; 0.68)	0.423
Life meaning-Self esteem	5.82 (5.43; 6.20)	6.04 (5.59; 6.49)	0.03 (-0.66; 0.73)	0.923
Sugary drinks				
Health Orientation	6.03 (5.54; 6.51)	5.89 (5.46; 6.32)	-0.23 (-0.95; 0.49)	0.529
Weight Concern	3.43 (2.75; 4.12)	4.04 (3.43; 4.66)	0.39 (-0.56; 1.33)	0.418
Personal goal achievement- Competition	5.15 (4.64; 5.66)	5.54 (5.09; 6.00)	0.39 (-0.31; 1.09)	0.266
Recognition	2.78 (2.18; 3.38)	3.50 (2.96; 4.03)	0.57 (-0.28; 1.42)	0.187
Affiliation	4.66 (4.15; 5.17)	4.95 (4.50; 5.41)	0.15 (-0.53; 0.83)	0.662
Psychological Coping	4.16 (3.45; 4.86)	4.04 (3.41; 4.66)	-0.28 (-1.31; 0.76)	0.595
Life meaning-Self esteem	5.80 (5.36; 6.24)	6.00 (5.61; 6.39)	0.12 (-0.51; 0.75)	0.695
Lard				
Health Orientation	6.22 (5.56; 6.88)	5.87 (5.50; 6.23)	-0.38 (-1.26; 0.50)	0.393
Weight Concern	4.38 (3.44; 5.31)	3.59 (3.07; 4.11)	-0.79 (-1.94; 0.35)	0.170
Personal goal achievement- Competition	5.65 (4.94; 6.35)	5.28 (4.89; 5.67)	-0.56 (-1.41; 0.30)	0.196
Recognition	3.50 (2.66; 4.34)	3.08 (2.62; 3.55)	-0.28 (-1.33; 0.78)	0.604
Affiliation	5.15 (4.45; 5.84)	4.72 (4.33; 5.11)	-0.46 (-1.29; 0.37)	0.272
Psychological Coping	4.75 (3.81; 5.69)	3.88 (3.37; 4.40)	-1.10 (-2.34; 0.13)	0.080
Life meaning-Self esteem	6.23 (5.63; 6.83)	5.81 (5.48; 6.14)	-0.68 (-1.43; 0.07)	0.075
Cookies				
Health Orientation	5.82 (5.45; 6.20)	6.25 (5.66; 6.84)	0.50 (-0.29; 1.29)	0.207
Weight Concern	3.33 (2.81; 3.84)	4.85 (4.05; 5.65)	1.55 (0.58; 2.52)	0.002
Personal goal achievement- Competition	5.26 (4.86; 5.66)	5.63 (5.00; 6.25)	0.60 (-0.17; 1.37)	0.124

Recognition	3.03 (2.56; 3.50)	3.55 (2.82; 4.28)	0.77 (-0.16; 1.71)	0.104
Affiliation	4.82 (4.42; 5.23)	4.82 (4.19; 5.44)	0.18 (-0.57; 0.94)	0.628
Psychological Coping	3.88 (3.34; 4.43)	4.58 (3.74; 5.43)	0.80 (-0.34; 1.93)	0.164
Life meaning-Self esteem	5.89 (5.54; 6.24)	5.97 (5.43; 6.50)	0.08 (-0.62; 0.78)	0.821
Coffee				
Health Orientation	5.85 (5.48; 6.23)	6.20 (5.59; 6.80)	0.47 (-0.36; 1.31)	0.260
Weight Concern	3.43 (2.91; 3.95)	4.67 (3.83; 5.50)	1.55 (0.51; 2.58)	0.004
Personal goal achievement- Competition	5.29 (4.89; 5.69)	5.57 (4.92; 6.22)	0.54 (-0.28; 1.35)	0.192
Recognition	3.06 (2.58; 3.54)	3.49 (2.72; 4.26)	0.30 (-0.71; 1.31)	0.556
Affiliation	4.72 (4.33; 5.12)	5.07 (4.43; 5.71)	0.35 (-0.44; 1.15)	0.376
Psychological Coping	3.97 (3.43; 4.52)	4.39 (3.51; 5.26)	0.65 (-0.55; 1.86)	0.280
Life meaning-Self esteem	5.78 (5.44; 6.11)	6.26 (5.72; 6.81)	0.47 (-0.26; 1.20)	0.200
Adding salt				
Health Orientation	5.79 (5.30; 6.28)	6.07 (5.64; 6.49)	0.15 (-0.61; 0.90)	0.702
Weight Concern	3.44 (2.73; 4.14)	4.03 (3.42; 4.63)	0.32 (-0.67; 1.32)	0.516
Personal goal achievement- Competition	5.35 (4.83; 5.88)	5.38 (4.93; 5.83)	0.06 (-0.68; 0.80)	0.871
Recognition	2.96 (2.34; 3.58)	3.35 (2.81; 3.88)	0.30 (-0.60; 1.20)	0.509
Affiliation	4.71 (4.19; 5.23)	4.91 (4.46; 5.35)	0.09 (-0.63; 0.80)	0.804
Psychological Coping	4.23 (3.52; 4.94)	3.98 (3.37; 4.60)	-0.22 (-1.30; 0.87)	0.69
Life meaning-Self esteem	5.80 (5.35; 6.25)	6.00 (5.61; 6.38)	0.11 (-0.55; 0.77)	0.741

*Data presented as mean and their respective 95% confidence intervals. **Data presented as beta coefficient (Δ) and their 95% confidence interval. Linear regression adjusted by sex (overall analysis), age and level of education.