**Supplementary File 1.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Variable** | **Estimate** | **Std. Error** | **t value** | **Pr (>Chisq)** |
| Protein | 0.809 | 0.204 | 3.964 | < 0.001\*\*\* |
| Carbohydrate | -1.315 | 0.2178 | -6.035 | < 0.001\*\*\* |