

Supplementary table 1 Daily intake of energy and macronutrients in young normal weight Japanese women with low, normal and high percentage body fat

	Percentage body fat		
	low n=48	normal n=107	high n=11
Energy (kcal/day)	1746 ± 426	2043 ± 878	2056 ± 578
Energy (kcal/kg of body weight)	35.7 ± 8.4	38.9 ± 16.3	35.6 ± 9.9
Carbohydrate (%)	52.8 ± 5.3	54.3 ± 5.9	56.8 ± 5.2
Protein (%)	13.7 ± 1.6	13.3 ± 1.8	12.8 ± 2.0
Fat (%)	31.8 ± 4.3	30.6 ± 5.2	28.9 ± 4.7

Mean ± SD

Supplementary table 2 Weight trajectories since birth, current body composition and metabolic traits in young normal weight (BMI: 18.5-22.9 kg/m²) Japanese women with low, normal and high percentage body fat

	Percentage body fat			*
	low n=68	normal n=151	high n=13	
Weight (kg) at birth	3.2 ± 0.4	3.2 ± 0.4	3.2 ± 0.5	
at 12 years	40.8 ± 5.3	43.9 ± 6.0	43.2 ± 6.7	†
at 15 years	46.9 ± 4.5	49.5 ± 5.7	51.9 ± 4.6	††
Δ Body weight ₀₋₁₂ (kg)	37.6 ± 5.2	40.7 ± 6.0	40.0 ± 6.6	†
BMI (kg/m ²) at 20 years	19.5 ± 0.9	20.5 ± 1.1	21.1 ± 1.0	††
Waist (cm)	68.1 ± 4.1	71.9 ± 3.9	76.2 ± 4.0	††

Percentage trunk fat (%)	23.1 ± 2.4	30.2 ± 3.5	37.9 ± 2.0	††§
Percentage body fat (%)	22.8 ± 1.9	29.2 ± 2.7	36.2 ± 1.3	††§
%ASM (%)	30.8 ± 2.4	28.4 ± 1.7	25.5 ± 1.2	††§
Triglyceride (mg/dL)	53 ± 23	56 ± 24	63 ± 23	
Cholesterol (mg/dL)	177 ± 24	182 ± 26	196 ± 30	
HDL cholesterol (mg/dL)	75 ± 12	75 ± 14	72 ± 15	
LDL cholesterol (mg/dL)	91 ± 20	95 ± 21	112 ± 27	†§
Apolipoprotein A1 (mg/dL)	165 ± 18	165 ± 20	156 ± 22	
Apolipoprotein B (mg/dL)	66 ± 12	69 ± 14	84 ± 16	†§
Leptin (ng/mL)	5.8 ± 1.7	9.0 ± 3.0	11.9 ± 4.9	††§
Adiponectin (µg/mL)	11.6 ± 3.7	11.4 ± 4.3	10.8 ± 4.3	
log hsCRP	0.93 ± 0.45	1.06 ± 0.47	1.43 ± 0.58	†§

Mean ± SD *: the same as in Table 1.