

Supplementary Material

Energy, Nutrient and Food Intakes of Male Shift Workers Vary According to the Schedule Type but Not the Number of Nights Worked

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| | Day | Evening | Half Night | Split night | Night | Recovery | Off |
|---------|-----|---------|------------|-------------|-------|----------|-----|
| 5am–1pm | 48 | 34 | 33 | 37 | 33 | 29 | 36 |
| 1pm–9pm | 44 | 52 | 43 | 26 | 53 | 53 | 56 |
| 9pm–5am | 8 | 13 | 24 | 37 | 14 | 18 | 8 |