

Table 1. Physical characteristics of the subjects

Characteristic	Mean \pm SD
Age (years)	22 \pm 5
Height (cm)	174.9 \pm 7.1
Body Mass (kg)	66.5 \pm 9.5
BMI (kg/m ²)	21.6 \pm 1.9
Body Fat (%)	8.4 \pm 2.1
Mean CHO intake (%)	58 \pm 4