

Dear Reviewer,

We would like to thank you very much for your in-depth review and critical comments, which helped us improve our article. At the same time, we would like to kindly inform you that we have made the suggested corrections, including:

1) Shortening the 'Introduction' (by 152 words) in such a way that we have deleted the detailed characteristics of psychological traits, and left short definitions explaining the conceptual scope of these traits, so that the text can be understood by readers who do not have psychological training. In this respect, we have also left fragments concerning the relationships between the analysed constructs and the nutritional behaviour. Thus, the 'Introduction' section is more concise, but still provides a good introduction to the issues of the research. Thank you for this comment.

2) Including the suggested publication (Moscatelli et al. 2023) in the part concerning the significance of educational influences in promoting a healthy lifestyle, including rational dietary choices (item 70 on the reference list).

3) Supplementing the units of age and sports experience (years) in Table 1.

4) We would like to thank you very much for your comment regarding the presentation of the results; We kindly explain that after carefully reviewing the results, we have decided to leave the tables, because they contain data that are essential in our assessment and could be omitted in possible graphs. We kindly ask you to accept this version. It seems that the detailed presentation of data in tables makes this section more organised and clear for potential readers.

5) As suggested, we have added an initial, introductory paragraph in the 'Discussion' section with more detailed trends in the scope of the identified relationships between the diet quality indices and the analysed variables in order to clarify the direction of these correlations. On the other hand, a more detailed reference to the obtained results of our own research in this area was placed in the 'Discussion' subsection 4.3., before discussing the obtained results in the context of research conducted by other authors. In this way, the entire introductory paragraph generally refers to the results of our own research. The added fragment is as follows: "The pro-Health Diet Index (pHDI-10) was shown to increase with experience and extraversion, and to decrease with openness to experience, while the non-Healthy Diet Index (nHDI-14) was particularly associated with basketball".

Once again, we would like to thank you very much for your kind review and we send our regards,  
The Authors