Supplemental Online Content

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This supplemental material has been provided by the authors to give readers additional information about their work.

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eTable 1: Search strategy and key concepts/MeSH

Medline (via Ovid)

(((Meal adj3 Frequency) or (meal adj3 timing) or "time-restricted eating" or "time-restricted feeding").tw. or exp "intermittent fasting"/ or "intermittent fasting".tw. or (breakfast adj3 skipping).tw. or "no breakfast".tw. or (morning adj3 fasting).tw. or (morning adj3 fasted).tw. or (morning adj3 fast).tw. or "time restricted fasting".tw. or "time restricted diet".tw. or "delayed eating".tw. or (meal adj3 regularity).tw. or (breakfast adj3 omission).tw. or (omitting adj3 breakfast).tw. or (skipping adj3 meal).tw. or (skipping adj3 meals).tw. or "three-meal diet".tw. or "six meal".tw. or "six meals".tw. or "chrono nutrition".tw. or chrono-nutrition.tw. or "High-calorie breakfast".tw.) and (exp "body weight"/ or "body weight".tw. or exp "body mass index"/ or overweight.tw. or obesity.tw. or "weight loss".tw.)

Cochrane CENTRAL

(((Meal:ti,ab NEAR/3 Frequency:ti,ab) OR (meal:ti,ab NEAR/3 timing:ti,ab) OR "time-restricted eating":ti,ab OR "time-restricted feeding":ti,ab) OR [mh "intermittent fasting"] OR "intermittent fasting":ti,ab OR (breakfast:ti,ab NEAR/3 skipping:ti,ab) OR "no breakfast":ti,ab OR (morning:ti,ab NEAR/3 fasting:ti,ab) OR (morning:ti,ab NEAR/3 fasted:ti,ab) OR (morning:ti,ab NEAR/3 fast:ti,ab) OR "time restricted fasting":ti,ab OR "time restricted diet":ti,ab OR "delayed eating":ti,ab OR (meal:ti,ab NEAR/3 regularity:ti,ab) OR (breakfast:ti,ab NEAR/3 omission:ti,ab) OR (omitting:ti,ab NEAR/3 breakfast:ti,ab) OR (skipping:ti,ab NEAR/3 meal:ti,ab) OR (skipping:ti,ab NEAR/3 meals:ti,ab) OR "three-meal diet":ti,ab OR "six meal":ti,ab OR "six meals":ti,ab OR "chrono nutrition":ti,ab OR chrono-nutrition:ti,ab OR "High-calorie breakfast":ti,ab) AND ([mh "body weight"] OR "body weight":ti,ab OR [mh "body mass index"] OR overweight:ti,ab OR obesity:ti,ab OR "weight loss":ti,ab)

CINAHL

((((TI Meal OR AB Meal) N3 (TI Frequency OR AB Frequency)) OR ((TI meal OR AB meal) N3 (TI timing OR AB timing)) OR (TI "time-restricted eating" OR AB "time-restricted eating") OR (TI "time-restricted feeding" OR AB "time-restricted feeding")) OR (MH "intermittent fasting+") OR (TI "intermittent fasting" OR AB "intermittent fasting") OR ((TI breakfast OR AB breakfast) N3 (TI skipping OR AB skipping)) OR (TI "no breakfast" OR AB "no breakfast") OR ((TI morning OR AB morning) N3 (TI fasting OR AB fasting)) OR ((TI morning OR AB morning) N3 (TI fasted OR AB fasted)) OR ((TI morning OR AB morning) N3 (TI fast OR AB fast)) OR (TI "time restricted fasting" OR AB "time restricted fasting") OR (TI "time restricted diet" OR AB "time restricted diet") OR (TI "delayed eating" OR AB "delayed eating") OR ((TI meal OR AB meal) N3 (TI regularity OR AB regularity)) OR ((TI breakfast OR AB breakfast) N3 (TI omission OR AB omission)) OR ((TI omitting OR AB omitting) N3 (TI breakfast OR AB breakfast)) OR ((TI skipping OR AB skipping) N3 (TI meal OR AB meal)) OR ((TI skipping OR AB skipping) N3 (TI meals OR AB meals)) OR (TI "three-meal diet" OR AB "three-meal diet") OR (TI "six meal" OR AB "six meal") OR (TI "six meals" OR AB "six meals") OR (TI "chrono nutrition" OR AB "chrono nutrition") OR (TI chrono-nutrition OR AB chrono-nutrition) OR (TI "High-calorie breakfast" OR AB "High-calorie breakfast")) AND ((MH "body weight+") OR (TI "body weight" OR AB "body weight") OR (MH "body mass index+") OR (TI overweight OR AB overweight) OR (TI obesity OR AB obesity) OR (TI "weight loss" OR AB "weight loss"))

Embase

(((meal NEAR/3 frequency):ti,ab) OR ((meal NEAR/3 timing):ti,ab) OR 'time-restricted eating':ti,ab OR 'time-restricted feeding':ti,ab OR 'intermittent fasting'/exp/mj OR 'intermittent fasting' OR 'intermittent fasting':ti,ab OR ((breakfast NEAR/3 skipping):ti,ab) OR 'no breakfast':ti,ab OR ((morning NEAR/3 fasting):ti,ab) OR ((morning NEAR/3 fasted):ti,ab) OR ((morning NEAR/3 fast):ti,ab) OR 'time restricted

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fasting':ti,ab OR 'time restricted diet':ti,ab OR 'delayed eating':ti,ab OR ((meal NEAR/3 regularity):ti,ab) OR ((breakfast NEAR/3 omission):ti,ab) OR ((omitting NEAR/3 breakfast):ti,ab) OR ((skipping NEAR/3 meal):ti,ab) OR ((skipping NEAR/3 meals):ti,ab) OR 'three-meal diet':ti,ab OR 'six meal':ti,ab OR 'six meals':ti,ab OR 'chrono nutrition':ti,ab OR 'high-calorie breakfast':ti,ab) AND ('body weight'/exp OR 'body weight' OR 'body weight':ti,ab OR 'body mass'/exp/mj OR 'body mass index' OR overweight:ti,ab OR obesity:ti,ab OR 'weight loss':ti,ab)

Note. eTable 1 shows the exact search strategies used for each of the mentioned databases

eTable 2: Notable studies excluded with reasoning

Author, Date	Reason for Exclusion
Alencar, 2015	Wrong intervention duration
Bantle, 2022	No anthropometric measurements
Crimarco, 2019	Wrong intervention duration
Erdem, 2022	Wrong comparator
Papamichou, 2022	Study protocol
White, 2023	Study protocol
Isenmann, 2021	Wrong intervention duration
Astbury, 2011	Wrong intervention duration
Nowak, 2021	Wrong intervention
Gabel, 2022	Study protocol
Bao, 2022	Wrong intervention duration
Pala, 2022	Study protocol
Moro, 2021	Wrong comparator
Obermayer, 2022	Wrong intervention
Obermayer, 2023	Wrong intervention
Suthutvoravut, 2022	Study protocol
Yang, 2023	Wrong intervention
Ferrocino, 2022	Wrong study design
Kanaley, 2014	Wrong study design
Griffiths, 2016	Wrong intervention
Munsters, 2012	Wrong intervention duration
Lee, 2023	Study protocol
Correia, 2021	Wrong intervention duration
Opstad, 2021	Wrong intervention
Godlin Jeneta, 2016	Wrong study design
Gabel, 2019	Wrong study design
Yildiran, 2019	Wrong study design
Agyepong, 2021	Wrong study design
Moore, 2022	Wrong study design
Yoshimura, 2017	Wrong intervention duration
Young, 1972	Wrong intervention duration
Zimmermann, 2023	Wrong intervention duration

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Zhang, 2022	Wrong intervention duration
Vondra, 1976	Wrong study design

Note. eTable 2 details each of the full text articles excluded from the review with the excluded reason.

eTable 3: Included studies

Study	Reports
Che 2021	1. Che T, Yan C, Tian D, Zhang X, Liu X, Wu Z. Time-restricted feeding improves blood glucose and insulin sensitivity in overweight patients with type 2 diabetes: a randomised controlled trial. *Nutrition & Metabolism*. 2021;18(1)doi:10.1186/s12986-021-00613-9
Chow 2020	1. Bantle A, Alvear A, Knights D, Chow L, Johnson A. Weight Loss Associated With Time Restricted Eating Is Not Reflected in Changes in the Human Gut Microbiome. *Current Developments in Nutrition*. 2022;6doi:10.1093/cdn/nzac069.003 2. Chow LS, Manoogian E, Alvear AC, Wang Q, Panda S, Mashek DG. Time restricted eating (TRE) promotes weight loss, alters body composition, and improves metabolic parameters in overweight humans. 2019;68doi:10.2337/db19-2076-P 3. Chow LS, Manoogian ENC, Alvear A, et al. Time-Restricted Eating Effects on Body Composition and Metabolic Measures in Humans who are Overweight: A Feasibility Study. *Obesity (19307381)*. 2020;28(5)doi:10.1002/oby.22756 4. Crose A, Alvear A, Singroy S, et al. Time-Restricted Eating Improves Quality of Life Measures in Overweight Humans. *Nutrients*. 2021;13(5)doi:10.3390/nu13051430 5. Hibbing PR, Shook RP, Panda S, Manoogian ENC, Mashek DG, Chow LS. Predicting energy intake with an accelerometer-based intake-balance method. 2022;doi:10.1017/S0007114522003312 6. Mehfooz A, Lee YL, Wang Q, Chow LS. Time-Restricted Eating Did Not Alter Glycemic Variability in Humans Who Are Overweight and without Diabetes. *Diabetes*. 2022;71doi:10.2337/db22-699-P 7. Simon SL, Fleischer JG, Manoogian EN, Panda S, Mashek DG, Chow L. Objectively-measured sleep following a time restricted eating intervention in adults with obesity. 2020;43(SUPPL 1)doi:10.1093/sleep/zsaa056.1025
de Oliveira Maranhao Pureza 2021	1. de Oliveira Maranhão Pureza IR, da Silva Junior AE, Silva Praxedes DR, et al. Effects of time-restricted feeding on body weight, body composition and vital signs in low-income women with obesity: A 12-month randomized clinical trial. *Clinical Nutrition*. 2021;40(3)doi:10.1016/j.clnu.2020.06.036
Dhurandhar 2014	1. Dhurandhar EJ, Dawson J, Alcorn A, et al. The effectiveness of breakfast recommendations on weight loss: a randomized controlled trial. *American Journal of Clinical Nutrition*. 2014;100(2)doi:10.3945/ajcn.114.089573
Jamshed 2022	1. Hanick C, Jamshed H, Bryan D, et al. Effects of time-restricted eating on appetite, eating behaviors, and physical activity in adults. 2020;28(SUPPL 2)doi:10.1002/oby.23063

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2. Hanick C, Steger F, Jamshed H, et al. Early Time-Restricted Eating for Weight Loss and Metabolic Health: a Secondary Per-Protocol Analysis. 2022;30doi:10.1002/oby.23626

3. Jamshed H, Steger FL, Bryan DR, et al. Effectiveness of Early Time-Restricted Eating for Weight Loss, Fat Loss, and Cardiometabolic Health in Adults With Obesity: A Randomized Clinical Trial. *JAMA Internal Medicine*. 2022;182(9)doi:10.1001/jamainternmed.2022.3050

4. Steger F, Jamshed H, Bryan D, et al. Effect of time-restricted eating on weight, fat loss and cardiometabolic risk in adults with obesity. 2020;28(SUPPL 2)doi:10.1002/oby.23057

5. Steger FL, Jamshed H, Bryan DR, et al. Early time-restricted eating affects weight, metabolic health, mood, and sleep in adherent completers: a secondary analysis. 2023;31 Suppl 1(Suppl 1)doi:10.1002/oby.23614

6. Steger FL, Jamshed H, Martin CK, et al. Impact of early time-restricted eating on diet quality, meal frequency, appetite, and eating behaviors: a randomized trial. 2023;31 Suppl 1(Suppl 1)doi:10.1002/oby.23642

Kunduraci 2020 1. Kunduraci YE, Ozbek H. Does the Energy Restriction Intermittent Fasting Diet Alleviate Metabolic Syndrome Biomarkers? A Randomized Controlled Trial. *Nutrients*. 2020;12(10)doi:10.3390/nu12103213

Lin 2023 1. Lin S, Cienfuegos S, Ezpeleta M, et al. Time-Restricted Eating Without Calorie Counting for Weight Loss in a Racially Diverse Population: A Randomized Controlled Trial. *Annals of Internal Medicine*. 2023;176(7)doi:10.7326/M23-0052

Liu 2022 1. Liu D, Huang Y, Huang C, et al. Calorie Restriction with or without Time-Restricted Eating in Weight Loss. *New England Journal of Medicine*. 2022;386(16)doi:10.1056/NEJMoa2114833

Lowe 2020 1. Lowe DA, Wu N, Rohdin-Bibby L, et al. Effects of Time-Restricted Eating on Weight Loss and Other Metabolic Parameters in Women and Men With Overweight and Obesity: The TREAT Randomized Clinical Trial. *JAMA Internal Medicine*. 2020;180(11)doi:10.1001/jamainternmed.2020.4153

Manoogian 2022 1. Manoogian ENC, Zadourian A, Lo HC, et al. Feasibility of time-restricted eating and impacts on cardiometabolic health in 24-h shift workers: The Healthy Heroes randomized control trial. *Cell Metabolism*. 2022;34(10)doi:10.1016/j.cmet.2022.08.018

Montero 2023 1. Montero MD. *Effects of three 8-hour time-restricted eating schedules on visceral adipose tissue, body composition and cardiometabolic health in men and women with overweight/obesity: A multicenter randomized controlled trial*. University of Granada; 2023. https://digibug.ugr.es/bitstream/handle/10481/84704/89159.pdf?sequence=4&isAllowed=y

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Pavlou 2023	1. Pavlou V, Cienfuegos S, Lin S, et al. Effect of Time-Restricted Eating on Weight Loss in Adults With Type 2 Diabetes: A Randomized Clinical Trial. *JAMA Netw Open*. Oct 2 2023;6(10):e2339337. doi:10.1001/jamanetworkopen.2023.39337
Philips 2021	1. Papageorgiou M, Biver E, Mareschal J, et al. The Effects Of Time-Restricted Eating (Tre) And Weight Loss On Bone Metabolism And Health: an Exploratory Analysis In A 6-Month Randomised Controlled Trial. 2023;54doi:10.1016/j.clnesp.2022.09.296
	2. Papageorgiou M, Biver E, Mareschal J, et al. The effects of time-restricted eating and weight loss on bone metabolism and health: a 6-month randomized controlled trial. 2023;31 Suppl 1(Suppl 1)doi:10.1002/oby.23577
	3. Phillips NE, Mareschal J, Schwab N, et al. The Effects of Time-Restricted Eating versus Standard Dietary Advice on Weight, Metabolic Health and the Consumption of Processed Food: A Pragmatic Randomised Controlled Trial in Community-Based Adults. *Nutrients*. 2021;13(3)doi:10.3390/nu13031042
Roman 2020	1. Roman SN, Fitzgerald KC, Beier M, Mowry EM. Safety and feasibility of various fasting-mimicking diets among people with multiple sclerosis. *Multiple Sclerosis and Related Disorders*. 2020;42doi:10.1016/j.msard.2020.102149
Suthutvoravut 2023	1. Suthutvoravut U, Anothaisintawee T, Boonmanunt S, et al. Efficacy of Time-Restricted Eating and Behavioral Economic Intervention in Reducing Fasting Plasma Glucose, HbA1c, and Cardiometabolic Risk Factors in Patients with Impaired Fasting Glucose: A Randomized Controlled Trial. 2023;15(19). doi:10.3390/nu15194233
Thomas 2022	1. Thomas EA, Zaman A, Sloggett KJ, et al. Early time-restricted eating compared with daily caloric restriction: A randomized trial in adults with obesity. *Obesity (19307381)*. 2022;30(5)doi:10.1002/oby.23420
	2. Zaman A, Grau L, Jeffers R, et al. The effects of early time restricted eating plus daily caloric restriction compared to daily caloric restriction alone on continuous glucose levels. *Obesity Science and Practice*. 2023;doi:10.1002/osp4.702
Wei 2023	1. Wei X, Lin B, Huang Y, et al. Effects of Time-Restricted Eating on Nonalcoholic Fatty Liver Disease: The TREATY-FLD Randomized Clinical Trial. *JAMA Network Open*. 2023;6(3)doi:10.1001/jamanetworkopen.2023.3513
Bachman 2012	1. Bachman JL, Raynor HA. Effects of manipulating eating frequency during a behavioral weight loss intervention: a pilot randomized controlled trial. *Obesity (Silver Spring, Md)*. 2012;20(5)doi:https://dx.doi.org/10.1038/oby.2011.360
Forslund 2008	1. Forslund HB, Klingström S, Hagberg H, Löndahl M, Torgerson JS, Lindroos AK. Should snacks be recommended in obesity treatment? A 1-year randomized clinical trial. *European Journal of Clinical Nutrition*. 2008;62(11)doi:10.1038/sj.ejcn.1602860
Grangeiro 2021	1. Grangeiro É, Trigueiro MS, Siais LO, et al. Hypocaloric diet with lower meal frequency did not affect weight loss, body composition and insulin responsiveness, but improved lipid profile: a randomized clinical trial. 2021;12(24)doi:10.1039/d1fo00484k

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Jakubowicz 2019

1. Jakubowicz D, Froy O, Tsameret S, et al. Three meals diet with high energy breakfast is an effective strategy for weight loss, reduction of glucose variability and of total daily insulin dose in type 2 diabetes. 2018;61doi:10.1007/s00125-018-4693-0

2. Jakubowicz D, Froy O, Tsameret S, et al. High energy breakfast diet is an effective strategy for weight loss and reduction of the total daily insulin dose in type 2 diabetes. 2018;39(2)

3. Jakubowicz D, Landau Z, Tsameret S, et al. Reduction in Glycated Hemoglobin and Daily Insulin Dose Alongside Circadian Clock Upregulation in Patients With Type 2 Diabetes Consuming a Three-Meal Diet: A Randomized Clinical Trial. *Diabetes Care*. 2019;42(12)doi:10.2337/dc19-1142

Kahleova 2014

1. Belinova L, Kahleova H, Hajek M, Dezortova M, Hill M, Pelikanova T. The effect of frequency of meals on hepatic fat content in patients with type 2 diabetes. *Diabetologia*. 2012;55doi:10.1007/s00125-012-2688-9

2. Belinova L, Kahleova H, Malinska H, et al. The effect of meal frequency in a reduced-energy regimen on the gastrointestinal and appetite hormones in patients with type 2 diabetes: a randomised crossover study. 2017;12(4)doi:10.1371/journal.pone.0174820

3. Kahleova H, Belinova L, Hajek M, Dezortova M, Hill M, Pelikanova T. Prolonged fasting reduces hepatic fat content in patients with type 2 diabetes. *Diabetes*. 2012;61doi:10.2337/db12-2763-2907

4. Kahleova H, Belinova L, Hill M, Pelikanova T. The effect of frequency of meals on body weight, HbA1c and resting energy expenditure in patients with type 2 diabetes. *Diabetologia*. 2012;55doi:10.1007/s00125-012-2688-9

5. Kahleova H, Belinova L, Hill M, Pelikanova T. Two meals a day are better than six for patients with type 2 diabetes. *Diabetes*. 2012;61doi:10.2337/db12-656-835

6. Kahleova H, Belinova L, Malinska H, et al. Meal frequency and type 2 diabetes. 2015;8doi:10.1159/000382140

7. Kahleova H, Belinova L, Malinska H, et al. Eating two larger meals a day (breakfast and lunch) is more effective than six smaller meals in a reduced-energy regimen for patients with type 2 diabetes: a randomised crossover study. 2014;57(8)doi:10.1007/s00125-014-3253-5

8. Kahleova H, Belinova L, Tura A, et al. The effect of frequency of meals on beta cell function in subjects with type 2 diabetes. *Diabetologia*. 2013;56doi:10.1007/s00125-013-3012-z

9. Kahleova H, Malinska H, Kazdova L, Belinova L, Hill M, Pelikanova T. The effect of meal frequency on fatty acid composition in serum phospholipids in patients with type 2 diabetes. *Diabetologia*. 2014;57(1)doi:10.1007/s00125-014-3355-0

Papakonstantinou 2016

1. Papakonstantinou E, Kechribari I, Mitrou P, et al. Effect of meal frequency on glucose levels in women with polycystic ovary syndrome: a randomized trial. 2015;8doi:10.1159/000382140

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	2. Papakonstantinou E, Kechribari I, Mitrou P, et al. Effect of meal frequency on glucose and insulin levels in women with polycystic ovary syndrome: a randomised trial. 2016;70(5)doi:10.1038/ejcn.2015.225
Papakonstantinou 2018	1. Papakonstantinou E, Kontogianni MD, Mitrou P, et al. Effects of 6 vs 3 eucaloric meal patterns on glycaemic control and satiety in people with impaired glucose tolerance or overt type 2 diabetes: A randomized trial. *Diabetes Metab*. Jun 2018;44(3):226-234. doi:10.1016/j.diabet.2018.03.008
	2. Papakonstantinou E, Mitrou P, Kontogianni MD, Dimitriadis G. Effect of meal frequency on glucose and insulin responses in obese people with impaired glucose tolerance and with type 2 diabetes: a randomised trial. 2017;60(1)doi:10.1007/s00125-017-4350-z
Zargaran 2014	1. Zargaran ZH, Salehi M, Taghi Heydari S, Babajafari S. The effects of 6 Isocaloric Meals on Body Weight, Lipid Profiles, Leptin, and Adiponectin in Overweight Subjects (BMI > 25). 2014;8(2)
Jakubowicz 2013	1. Jakubowicz D, Bar Dayan Y, Wainstein J. Differential effect of high calorie breakfast vs. high calorie dinner diet on weight loss and glucose metabolism in women with metabolic syndrome. 2013;5doi:10.1111/1753-0407.12032
	2. Jakubowicz D, Barnea M, Wainstein J, Froy O. High caloric intake at breakfast vs. dinner differentially influences weight loss of overweight and obese women. 2013;21(12)doi:10.1002/oby.20460
	3. Jakubowicz D, Boaz M, Bar-Dayan Y, Wainstein J. Comparison of the effect of high calorie breakfast diet vs high calorie dinner diet on weight loss, ghrelin, lipids and appetite scores in obese non diabetic women. 2012;33(3)
	4. Jakubowicz D, Wainstein J, Froy O. High-calorie breakfast improves weight loss and metabolism vs. isocaloric meal at dinner in obese women with metabolic syndrome. 2013;62doi:10.2337/db13-1395-1677
Lombardo 2014	1. Lombardo M, Bellia A, Padua E, et al. Morning meal more efficient for fat loss in a 3-month lifestyle intervention. *J Am Coll Nutr*. 2014;33(3):198-205. doi:10.1080/07315724.2013.863169
Madjd 2016	1. Madjd A, Taylor MA, Delavari A, Malekzadeh R, Macdonald IA, Farshchi HR. Beneficial effect of high energy intake at lunch rather than dinner on weight loss in healthy obese women in a weight-loss program: a randomized clinical trial. *Am J Clin Nutr*. Oct 2016;104(4):982-989. doi:10.3945/ajcn.116.134163
Madjd 2021	1. Madjd A, Taylor MA, Delavari A, Malekzadeh R, Macdonald IA, Farshchi HR. Effects of consuming later evening meal v. earlier evening meal on weight loss during a weight loss diet: a randomised clinical trial. *Br J Nutr*. Aug 28 2021;126(4):632-640. doi:10.1017/s0007114520004456

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eTable 4: Details of Intervention Delivery

Author, year	Instructions given	Energy/macro-nutrient prescription	Personalisation	Intervention maintenance	Frequency of contact	Mode of delivery	Intervention provider
Time-restricted eating							
Che 2021[33]	C: Usual diet, no time restriction I_1: 10h TRE, 8 am - 6 pm Guidance on how to estimate portion sizes and keep detailed food records to obtain accurate dietary intake	Ad libitum	None	Supervisor meetings	Weekly	Face-to-face	Research supervisor Nutritionist
Chow 2020[34]	C: Usual diet, no time restriction I1: 8h TRE (self-selected)	Ad libitum	None	Phone call, email or text reminders	Weekly	Online	Not stated
de Oliveira Maranhao Pureza 2021[35]	C: Daily energy restriction I_1: 12h TRE (self-selected eating window)	Energy restriction	Energy goal: 500-1000 kcal subtracted from total energy expenditure Meal plan based on Brazilian	Nutrition counselling	Monthly	Face-to-face	Dietitian

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			guideline on obesity and habitual food consumption				
Dhurandhar 2014[36]	C: General good nutrition habits I_1: Ate breakfast before 10 am I_2: No energy intake before 11 am Received a USDA pamphlet "Let's Eat for the Health of It" and a summary handout	None	None	Phone calls	Weeks 4, 8 and 12	Hybrid	Study coordinators
Erdem 2022[29]	I_1: 6h TRE (1-7 pm) I_2: 8h TRE (1-9 pm) Initial visit: portion size training	Ad libitum	None	None	/	Face-to-face	Researcher
Jamshed 2022[40]	C: Self-selected ≥12h eating window I_1: 8h TRE (7 am - 3 pm)	Energy restriction = REE – 500kcal/day	None	Nutrition counselling Group classes	Baseline, weeks 2, 6 and 10 ≥3 times a month	Face-to-face Hybrid	Dietitian

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	Encouraged to increased exercise to 75-150 minutes/week						
Kunduraci 2020[42]	C: Daily energy restriction I_1: 8h TRE (Self-selected eating window) Instructions to fill out food diaries and fasting log given	Energy restriction	Energy goal: 25% reduction from habitual energy intake Macro- and micro-nutrient distribution Meal plan based on Turkey National Dietary Guidelines (Mediterranean Diet)	Phone calls and compliance interviews	Weekly	Hybrid	Clinician & Dietitian
Lin 2023[15]	C: Maintained weight, physical activity habits & 10h+ baseline eating window I_1: 8h TRE (12-8 pm). At 26 weeks, eating window widened to 10h	Ad libitum	None	Nutrition counselling	Weekly for first 12 weeks Fortnightly for next 12 weeks Monthly for the final 6 months	Online	Dietitian
Liu 2022[43]	C: No time restriction	Energy restriction = 1500-1800	None	Phone calls/app messages	Twice a week then monthly in	Hybrid	Trained health coach

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	I_1: 8h TRE (8am - 4pm) Encouraged to weigh food to ensure accuracy of intake 1 protein shake per day for first 6 months Written dietary information booklets with food portion advice and sample menus Mobile app for daily food log with pictures and mealtimes	kcal/d for men & 1 200-1500 kcal/d for women Macronutrient distribution (40-55% carbohydrate, 15-20% protein, 20-30% fat)		Nutrition counselling Health education sessions	the last 6 months Fortnightly then monthly in the last 6 months Monthly		
Lowe 2020[45]	C: 3 meals daily (7-11 am, 11 am-3 pm, 4-10 pm) Snacking between meals was permitted.	Ad libitum	None	App reminders	Three times a day	Remote	Not stated

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	I_1: 8h TRE (12-8 pm) Mobile app with Bluetooth scale connected for weight and blood pressure measurements, surveys and message reminders						
Manoogian 2022[46]	C: No time restriction	Ad libitum	None	App reminders	Not stated	Remote	Dietitian
	I_1: 10h TRE (self-selected eating window) Mediterranean Diet cookbook Mobile app for food log	Mediterranean Diet (60% carbohydrates, 15% protein and 25% fat)		Nutrition counselling	Week 6		
Montero 2023[18]	Received an educational program C: Usual care	No energy restriction	None	None	N/A	N/A	N/A

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	I1: 8h TRE (starting by 10:00am) I2: 8h TRE (starting by 12:00pm) I3: 8h TRE (self-selected eating window)	Education on Mediterranean diet					
Pavlou 2023[19]	Instructed to maintain their weight ad usual eating and exercise habits C: Usual care I1:8h TRE (Ad libitum 12-8pm)	No energy restriction General healthy eating instructions	None	Recorded adherence, weight changes, etc. TRE groups were taught about healthy food choices.	Weekly until 3 months, bi-weekly thereafter.	Telephone/zoom	Dietitian
Philips 2021[49]	C: Usual care (10-minute nutritional counselling at randomisation and a leaflet summarising food pyramid and Swiss dietary advice) I_1: 12h TRE (self-selected eating window with no nutritional advice)	Ad libitum	None	Phone calls and email	After 2 weeks of observation, and after 2 and 4 months of intervention	Remote	Not stated

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	Mobile app for food log						
Roman 2020[50]	C: Usual diet I_1: 8h TRE (self-selected eating window)	Ad libitum	None	SMS message	Twice a week	Remote	Not stated
Suthutvoravut 2023[20]	C: Usual care I_1: 9h TRE (8 am - 5 pm)	Ad libitum	None	None	/	/	Not stated
Thomas 2022[51]	C: No time restriction I_1: 10h TRE (starting within 3 h of waking) Encouraged to perform 150min/week of moderate activity	Energy restriction = REE - 10%	Energy goal	Group-based program based on PreventT2 curriculum	Weekly first 12 weeks then monthly during weeks 13-39	Cohort 1 & 2: Face-to-face Cohort 3: Face-to-face then remote from week 6 due to COVID	Dietitian
Wei 2023[21]	C: No time restriction I_1: 8h TRE (8 am - 4 pm) Encouraged to weigh food to	Energy restriction = 1500-1800 kcal/d for men & 1200-1500 kcal/d for women Macronutrient composition	Energy goal	Phone calls/app messages Nutrition counselling	Twice a week then monthly in the last 6 months	Hybrid	Trained nutritionist

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	ensure accuracy of intake 1 protein shake per day for first 6 months Written dietary information booklets with food portion advice and sample menus Mobile app for daily dietary log with pictures and mealtimes	(40% to 55% carbohydrate, 15% to 20% protein, and 20% to 30% fat)		Health education sessions	Fortnightly then monthly in the last 6 months Monthly		
Meal Frequency							
Bachman 2012[32]	I_1: 3 meals per day I_2: Grazing group - ≥100kcal every 2-3 h. Distribution of energy recommended to follow typical diet for Americans (75% energy from	Isocaloric energy and fat restriction	Encouraged to decide how they wanted to divide their energy intake between the 3 meals. Guidelines in form of meal plan provided. Asked	Meetings At each meeting, participants were weighed, homework was discussed, and a behavioural	Weekly for 4 months then bimonthly for remaining 2 months	Face-to-face	Study principle investigator (Masters level training in nutrition, registered dietitian, and training in exercise physiology and

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	meals). Provided a list of snack ideas. Participants with a body weight ≤200 lbs were prescribed 1,200 kcals/day and participants with body weight >200 lbs were prescribed 1,500 kcals/ day. Intake of fat was restricted to <30% energy from fat. Encouraged to build up physical activity.		to create individual eating schedule, schedules reviewed and adjusted if needed.	lesson. Self-monitoring records were turned in at each meeting and individualized feedback on program goals was provided.			behavioural psychology)
Forslund 2008[37]	**I_1:** 3 meals per day. Recommended daily energy distribution: 30% Breakfast, 35% Lunch, 35% Dinner. **I_2:** 3 snacks + 3 meals per day.	Isocaloric energy restriction	Instruction about eating frequency and individualized diet plan provided. Energy needs calculated; participants given personal energy restriction 30% less than needs.	Meetings	Every 2 weeks for first 12 weeks then every four weeks until week 52	Face-to-face?	Local dietician, physician and nurse

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	Recommended daily energy distribution: 20% Breakfast, 25% lunch, 25% dinner + 3 snacks 10% each		All diets followed the Swedish Nutrition Recommendations				
Grangeiro 2021[14]	I_1: 6 meal diet I_2: 3 meal diet Hypocaloric diet (decreased from TEE by ~700kcal/day) consisting of six daily meals: breakfast (15%TEE), snack (5%–10% TEE), lunch (25%TEE), snack (5%–10% TEE), dinner (25%TEE) and evening snack (5%–10% TEE) OR consisting of three daily	Isocaloric energy restriction	The dietary prescription was devised by trained nutritionists and the diets were calculated a software.	Initial meeting to teach use of dietary records, second meeting for assessments. Diet compliance measured through self-reported food record (assessed during 3 individual meetings). Dietary registration forms reviewed for accuracy.	Carried out until week 12	? Face-to-face?	Nutritionists

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	meals: breakfast (20%-25%TEE), lunch (35%–40% TEE), and dinner (35%–40% TEE)						
Jakubowicz 2019[39]	I_1: 3 meal diet I_2: 6 meal diet 3 meal diet consisted of a large breakfast of 700 kcal, a medium-sized lunch of 600 kcal, and a small dinner of 200 kcal; 6 meal diet consisted of six meals (breakfast, lunch, dinner, and three snacks) with relatively uniform daily caloric distribution in the meals plus 150 kcal in each one of the three snacks.	Isocaloric energy restriction	Isocaloric energy restriction by subtracting 500 kcal from the individual calculated Harris Benedict equation.	Personal dietary counselling by dietitian	Every 2 weeks	Face-to-face?	Dietitian
				10-15 minute conversation	Twice a week	Phone	
				Appointment for insulin titration	Biweekly	Face-to-face?	Physician

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	All participants were asked to eat breakfast before 0930, lunch between 1200-1500, and dinner between 1800-2000. Additional three snacks at 1100, 1700, and 2200. For both - same macronutrient composition of fat, protein, and carbohydrates (35:25:40%, respectively)						
Kahleova 2014[41]	I_1: 6 meal diet (3 main meals (breakfast, lunch, dinner) + 3 smaller snacks in between)	Isocaloric energy restriction	Restriction of 500 kcal/day from resting energy expenditure (REE) of individuals measured by indirect calorimetry	Four day diet tutorial with follow up meetings (lectures + cooking classes) Diet records	Initial tutorial followed by 1 hour weekly for entire study duration	Face-to-face	Unspecified Dietitian assessed dietary records

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	I_2: 2 meal diet (Breakfast and Lunch) Followed Diabetes and Nutrition of the European Association for the Study of Diabetes guidelines. Total daily energy breakdown: 50–55% carbohydrates, 20–25% protein and less than 30% fat with 30–40 grams of fibre. Meals provided for a randomised ½ of study participants.				Weeks 0, 12 and 24 (3-day record)		
Papakonstantinou 2016[47]	I_1: 3 meal diet I_2: 6 meal diet	Energy maintenance	Instructions provided on how to record food	Energy intake records	Daily	Face-to-face??	Participants kept food records

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Macronutrient breakdown: 40% carbohydrates, 25% protein and 35% fat.	Monitored and adjusted food records	Biweekly	Dietitians checked food records
Three-meal pattern carbohydrate distribution pattern was 20% at breakfast, 50% at lunch and 30% at dinner.			
The six-meal carbohydrate breakdown was 20% at breakfast, 10% at morning snack, 30% at lunch, 10% at afternoon snack, 20% at dinner and 10% at before bedtime snack.			

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Papakonstantinou 2018a[48]	I_1: 3 meal diet I_2: 6 meal diet Macronutrient breakdown: 45% carbohydrates, 20% protein and 35% fat. Three-meal pattern carbohydrate distribution pattern was 20% at breakfast, 50% at lunch and 30% at dinner. The six-meal carbohydrate breakdown was 20% at breakfast, 10% at morning snack, 30% at lunch, 10% at afternoon snack,	Energy maintenance Dietary plans provided with guidance foods to eat and meal preparation. Caloric requirements calculated using Schofield equation.	For each 12-week intervention, five 7-day food diaries were used to check compliance with the dietary plan. Detailed instructions were given on how to record the quantity of food consumed, using standard household weights and measures.	Food records daily Education sessions and structured interviews where changes were proposed	Reviewed every 2-weeks	??	Kept by participants, reviewed by dietitian

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	20% at dinner and 10% at bedtime snack.						
Papakonstantinou 2018b[48]	I_1: 3 meal dietI_2: 6 meal diet Macronutrient breakdown: 45% carbohydrates, 20% protein and 35% fat. Three-meal pattern carbohydrate distribution pattern was 20% at breakfast, 50% at lunch and 30% at dinner. The six-meal carbohydrate breakdown was 20% at breakfast, 10% at morning	Energy maintenance Dietary plans provided with guidance foods to eat and meal preparation. Caloric requirements calculated using Schofield equation.	For each 12-week intervention, five 7-day food diaries were used to check compliance with the dietary plan. Detailed instructions were given on how to record the quantity of food consumed, using standard household weights and measures.	Food records daily Education sessions and structured interviews where changes were proposed	Reviewed every 2-weeks	??	Kept by participants, reviewed by dietitian

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	snack, 30% at lunch, 10% at afternoon snack, 20% at dinner and 10% at bedtime snack.						
Zargaran 2014[52]	C: Normal diet (mostly three meals and two snacks) I_1:6 meal diet (iso-caloric meals) The control group was trained only about healthy nutrition in 2 sessions. 6 iso-caloric meals, energy is divided into six equal parts (one meal every three hours), instead of their previous meal pattern. The intervention	Energy restriction	Weight loss diet written for both groups. Energy intake planned for each subject was 400 kcal less energy needed for weight maintenance. Macronutrient percentage was the same in both groups.	Training sessions	2 sessions (control), 4 sessions (intervention)	N/A	N/A

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	group was trained on how to divide daily energy into 6 isocaloric meals in 4 sessions.						
Meal Distribution							
Jakubowicz 2013[38]	**I1:** High-calorie breakfast with a small dinner I2: high-calorie dinner (D) with a small breakfast Meal times: Breakfast: 6:00-9:00, lunch: 12:00-15:00, dinner: 18:00-21:00.	Total daily energy of 1400 +/- 25 kcal with identical macronutrient content and composition between groups. BF meal plan: a large breakfast (700 kcal, 50%), medium-sized lunch (500 kcal, 36%), and a small dinner (200 kcal, 14%) Dinner plan was opposite above	Meal plans provided and proper food replacement choices for each item allowed for variation	Weekly 3-day food record Bi-weekly Nutrition consults	Weekly	Face-to-face	Research supervisor, Dietitian

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Lombardo 2014[44]	C: Even energy distribution 55% energy breakfast to lunch, 45% energy afternoon tea to dinner) I1: Front loading energy 70% energy breakfast to lunch, 30% energy afternoon tea to dinner	Ad libitum	Mediterranean-style diet tailored to individual	3-day diet diary each week Weekly nutrition counselling As needed phone support consultation service	Weekly	Face-to-Face, Phone	Dietitian
Madjd 2016[16]	I1: Large Lunch group: Energy distribution 15% breakfast 15% snacks, 50% lunch, 20% dinner I2: Large Dinner group Energy distribution same as above with lunch (20%) and	Hypoenergetic diet designed for 7-10% weight loss over 12 weeks 17% of energy from protein, 23% from fat (10% from saturated fat), and 60% from carbohydrate,	Individualised diet programs in line with food record and preferences with gradual modification to NovinDiet protocol	Nutrition counselling Nutrition resources (booklets) Access to a website, weekly internet magazines	Bi-weekly	Phone, Face-to-Face	Dietitian, physician

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	dinner (50%) swapped	with 400 g fruit and vegetables		Physician support			
Madjd 2021[17]	I1: Early dinner group Evening meal between 7 pm-7:30 pm I2: Late Dinner group Evening meal between 10:30 pm – 11 pm	2092–2184 kJ (500–1000 kcal) energy deficit based on EER Energy distribution both groups 15 % breakfast 15% snacks, 50 % lunch, 20 % dinner 17% of energy from protein, 23 % from fat (<10 % from saturated fat) and 60 % from carbohydrate – with at least 400 g/d fruits and vegetables	Individualised diet program based on food diary and preferences	Nutrition counselling	Bi-Weekly	Phone, Face-to-Face	Dietitian

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eTable 5: Adherence outcomes

Study	Definition	Mean (SD)
Time-restricted eating		
Che 2021	Daily self-reported eating window adherence (no. of days/week)	I_1: 6.59 (0.95)
Chow 2020	(a) Daily self-reported logging adherence (b) Eating window compliance within ±15 minutes, ±30 minutes, and ±60 minutes via myCircadianClock (mCC) app over 12 weeks	C: (a) 90.9% (8.3) I_1: (a) 83.1% (13.4) (b) ±15 minutes: 55.5% (22.4) ±30 minutes: 60% (23) ±60 minutes: 66.3% (20.7)
Dhurandhar 2014	Self-reported percentage of days complying with the breakfast skipping recommendation over 16 weeks	I: 92.40%
Jamshed 2022	Daily self-reported eating window adherence (no. of days/week) via REDCap (Research Electronic Data Capture) surveys	C: 6.3 (0.8) I_1: 6.0 (0.8)
Lin 2023	Control: Percentage of participants adhering to energy restriction from food record data TRE: Daily self-reported eating window adherence via app (no. of days/week)	C: 61% I_1: 6.1 (0.8)
Liu 2022	Mean percentage of days adhering to the assigned diet assessed from daily dietary log, food pictures, and the eating window noted via app over 12 months	C: 83.8% (12.6) I_1: 84.0% (16.1)
Lowe 2020	Percentage of days adhering to protocol reported on daily adherence surveys	C: 92.10% I_1: 83.50%
Manoogian 2022	Logging adherence (number of days out of 14 days) via myCircadianClock (mCC) app over 12 weeks	C: 10.07 (2.67) I_1: 10.23 (2.71)
Roman 2020	Self-reported percentage of study days with a calorie intake interval (CII) <8 hours duration	C: 29.7% (13.87) I_1: 64.61% (19.80)
Thomas 2022	Self-reported adherence (no. of days/week) via questionnaires over 12 weeks (a) Energy restriction (b) Eating window	C: (a) 3.9 (1.5) I_1: (a) 4.4 (1.6) (b) 5.5 (1.2)
Wei 2023	Percentage of days adhering to the diet program via dietary log, food pictures and mealtimes via app over 12 months	C: 85.0% (10.7) I_1: 85.7% (9.4)

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Meal frequency		
Bachman 2012	(a) Percentage of self-monitoring diaries submitted (b) Percentage of attendance	I_1: (a) 78.8% (23.4) (b) 91.2% (14.1) I_2: (a) 69.2% (31.1) (b) 81.2% (23.0)
Grangeiro 2021	Average percentage of stipulated meals consumed assessed from the periodic food record assessed three times over 12 weeks	I_1: 76.80% (16.96) I_2: 70.81% (16.78)
Meal distribution		
Jakubowicz 2013	Self-reported weekly three-day diet record Noncompliance: a deviation of 10% or more from the recommended energy intake	Higher compliance in BF group than D group
Madjd 2021	Percentage of days following dinner time recommendation from self-reported diary log	I_1: 91.80% I_2: 93.20%

Note. eTable 5 details the reported mean (SD) for adherence to the prescribed intervention over the duration of the study based on how each study reported adherence. SD = Standard deviation, C = control group, I_1 = first intervention group, I_2 = second intervention group, BF = Breakfast, D = Dinner

eTable 6: Hunger outcomes

Study	Measuring tool	Timepoints extracted	Mean (SD)
Time-restricted eating			
Jamshed 2022 (Steger 2023)	VAS (0-100 mm)	Baseline & 14 weeks	C: -18 (38.34) I_1: -3 (53.85)
Thomas 2022	VAS (0-100 mm)	Baseline & 12 weeks	C: 0.3 (4.27) I_1: -2.5 (3.75)
	TFEQ (0-14)	Baseline & 12 weeks	C: -1.1 (0.89) I_1: -1.0 (0.84)
Meal frequency			
Bachman 2012	VAS (0-100 mm)	Baseline & 26 weeks	I_1: no significant difference I_2: significant decrease ($p<0.05$)
Jakubowicz 2019	VAS (0-100 mm)	Baseline & 12 weeks	I_1: -18 (3)

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			I_2: 2 (1.7)
Papakonstantinou 2016	VAS (0-10)	Biweekly average for 12 weeks	I_1: 3.1 (0.35) I_2: 2.3 (0.30)
Papakonstantinou 2018	VAS (0-10)	Biweekly average for 12 weeks	I_1: 3.30 (2.12) I_2: 2.54 (1.65)
Meal distribution			
Jakubowicz 2013	VAS (0-100 mm)	Week 2	Mean daily hunger levels in BF group were 28% lower than D group (p<0.0001)

Note. eTable 6 details the reported mean (SD) for hunger as measured using the detailed measuring tool. SD = Standard deviation, C = control group, I_1 = first intervention group, I_2 = second intervention group

eTable 7: Satiety outcomes

Study	Measuring tool	Timepoints extracted	Mean (SD)
Time-restricted eating			
Jamshed 2022 (Steger 2023)	VAS (0-100 mm)	Baseline & 14 weeks	C: -20 (38.34) I_1: -6 (32.31)
Thomas 2022	VAS (0-100 mm)	Baseline & 12 weeks	C: -0.3 (5.24) I_1: -2.4 (4.5)
Meal frequency			
Papakonstantinou 2016	VAS (0-10)	Biweekly average	I_1: 8.0 (0.22) I_2: 8.3 (0.24)
Papakonstantinou 2018	VAS (0-10)	Biweekly average	I_1: 7.84 (1.58) I_2: 7.72 (1.99)
Meal distribution			
Jakubowicz 2013	VAS (0-100 mm)	Week 2	Mean daily satiety levels in BF group were 31% higher than D group (p<0.0001)

Note. eTable 7 details the reported mean (SD) for satiety as measured using the detailed measuring tool. SD = Standard deviation, C = control group, I_1 = first intervention group, I_2 = second intervention group

eTable 8: Notable clinical trials excluded

Clinical Trial Number	Intervention	Year	Stage of completion	Notes
ACTRN12620000453987	Time-restricted eating	2020	Completed	Full text not found No anthropometric measurements

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ACTRN12613000935730	Time-restricted eating	2013	Completed	Full text found Wrong comparator
ChiCTR2000032048	Time-restricted eating	2020	Not yet recruiting	Full text not found
ChiCTR1800016271	Intermittent fasting	2018	Recruiting	Full text not found
ChiCTR2200058929	Breakfast skipping	2022	Not yet recruiting	Full text not found
ChiCTR2100052582	Time-restricted eating	2021	Recruiting	Full text not found
ChiCTR2100052876	Time-restricted eating	2021	Recruiting	Full text not found
ChiCTR2100051792	Time-restricted eating	2021	Recruitment completed	Full text not found
ChiCTR2000029797	Time-restricted eating	2020	Completed	Full text found Wrong intervention duration
ChiCTR1800016104	Intermittent fasting	2018	Not yet recruiting	Full text not found
ChiCTR1900025424	Intermittent fasting	2019	Not approved	Full text not found
ChiCTR2000039115	Time-restricted eating	2020	Recruiting	Wrong intervention duration
ChiCTR2200056363	Time-restricted eating	2022	Not yet recruiting	Full text not found
ChiCTR2300067375	Time-restricted eating	2023	Not yet recruiting	Full text not found
ChiCTR2300074846	Time-restricted eating	2023	Not yet recruiting	Full text not found
CTRI/2022/02/040292	Time-restricted eating	2022	Open to recruitment	Full text not found
CTRI/2022/06/043312	Time-restricted eating	2022	Open to recruitment	Wrong comparator
CTRI/2022/11/047684	Time-restricted eating	2022	Not yet recruiting	Full text not found
CTRI/2022/07/044356	Time-restricted eating	2022	Closed to recruitment	Wrong comparator

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DRKS00031928	Time-restricted eating	2023	Recruiting	Full text not found
DRKS00028261	Time-restricted eating	2022	Recruiting	Full text not found
IRCT2012102911307N1	Meal frequency	2012	Completed	Full text included (Zargaran 2014)
KCT0005390	Time-restricted eating	2020	Recruiting	Full text not found
NCT02525419	High-protein intermittent fasting	2015	Completed	Full text found Wrong intervention
NCT05742165	Time-restricted eating	2023	Recruiting	Full text not found
NCT02948517	Time-restricted eating	2016	Completed	Full text found Wrong study design
NCT05581862	Meal frequency	2022	Completed	Full text not found
NCT03571048	Time-restricted eating	2018	Completed	Full text included (Thomas 2022)
NCT03745612	Time-restricted eating	2018	Completed	Full text included (Liu 2022)
NCT03792282	Time-restricted eating	2019	Completed	Full text not found Wrong comparator
NCT04692532	Time-restricted eating	2021	Enrolling by invitation	Full text not found
NCT05548517	Time-restricted eating	2022	Recruiting	Full text not found
NCT04916730	Time-restricted eating	2021	Recruiting	Full text not found
NCT05870982	Time-restricted eating	2023	Not yet recruiting	Full text not found
NCT05880095	Time-restricted eating	2023	Recruiting	Full text not found
NCT05629858	Time-restricted eating	2023	Enrolling by invitation	Full text not found
NCT04127994	Meal frequency	2019	Recruiting	Full text not found
NCT01178723	Meal distribution	2010	Unknown status	Full text not found

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NCT03689608	Intermittent fasting	2018	Completed	Full text found Wrong intervention
NCT04155619	Time-restricted eating	2019	Recruiting	No anthropometric measurements
NCT04997486	Time-restricted eating	2021	Active, not recruiting	No anthropometric measurements
NCT04243746	Time-restricted eating	2020	Completed	Full text not found
NCT04057339	Time-restricted eating	2019	Active, not recruiting	Full text not found
NCT05220956	Time-restricted eating	2022	Recruiting	No anthropometric measurements
NCT04502329	Time-restricted eating	2020	Completed	Full text included (Kunduraci 2020)
NCT01277471	Meal frequency	2011	Completed	Full text included (Kahleova 2014)
NCT01781780	Breakfast skipping	2013	Completed	Full text included (Dhurandhar 2014)
NCT03393195	Time-restricted eating	2018	Completed	Full text included (Lowe 2020)
NCT03459703	Time-restricted eating	2018	Completed	Full text included (Jamshed 2022)
NCT03802253	Time-restricted eating	2019	Recruiting	Full text not found
NCT04062773	Time-restricted eating	2019	Unknown status	Full text not found
NCT04131647	Intermittent fasting	2019	Recruiting	Full text not found Wrong intervention
NCT04534985	Time-restricted eating	2020	Active, not recruiting	Full text not found
NCT04557540	Intermittent fasting	2020	Recruiting	Wrong comparator
NCT05126199	Time-restricted eating	2021	Recruiting	Full text not found

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NCT05225337	Time-restricted eating	2022	Completed	Full text included (Pavlou 2023)
NCT05229835	Time-restricted eating	2022	Active, not recruiting	No anthropometric measurements
NCT05230160	Intermittent fasting	2022	Not yet recruiting	Wrong intervention
NCT05290246	Time-restricted eating	2022	Recruiting	Wrong comparator
NCT05310721	Time-restricted eating	2022	Completed	Full text included (Montero 2023)
NCT05549362	Time-restricted eating	2022	Recruiting	No anthropometric measurements
NCT05730231	Time-restricted eating	2022	Active, not recruiting	Full text not found
NCT05860413	Time-restricted eating	2022	Recruiting	Wrong comparator
NCT06018415	Time-restricted eating	2023	Not yet recruiting	Full text not found
NL9756	Time-restricted eating	2021	NA	Trial not found
PACTR202301674821174	Time-restricted eating	2023	Recruitment completed	Full text not found
RBR-3p8346g	Meal frequency	2021	Not yet recruiting	Full text not found
RBR-45fpgqh	Time-restricted eating	2023	Recruiting	Full text not found
SLCTR/2018/001	Time-restricted eating	2018	Pending	Full text not found
TCTR20230131002	Time-restricted eating	2023	Recruitment completed	Not yet published
TCTR20210520002	Time-restricted eating	2021	Completed	Full text included (Suthutvoravut 2023)
UMIN000045481	Breakfast skipping	2021	Recruitment suspended	Full text not found

Note. eTable 8 details the clinical trials excluded from the review at full text screening with current stage of completion and reason for exclusion.

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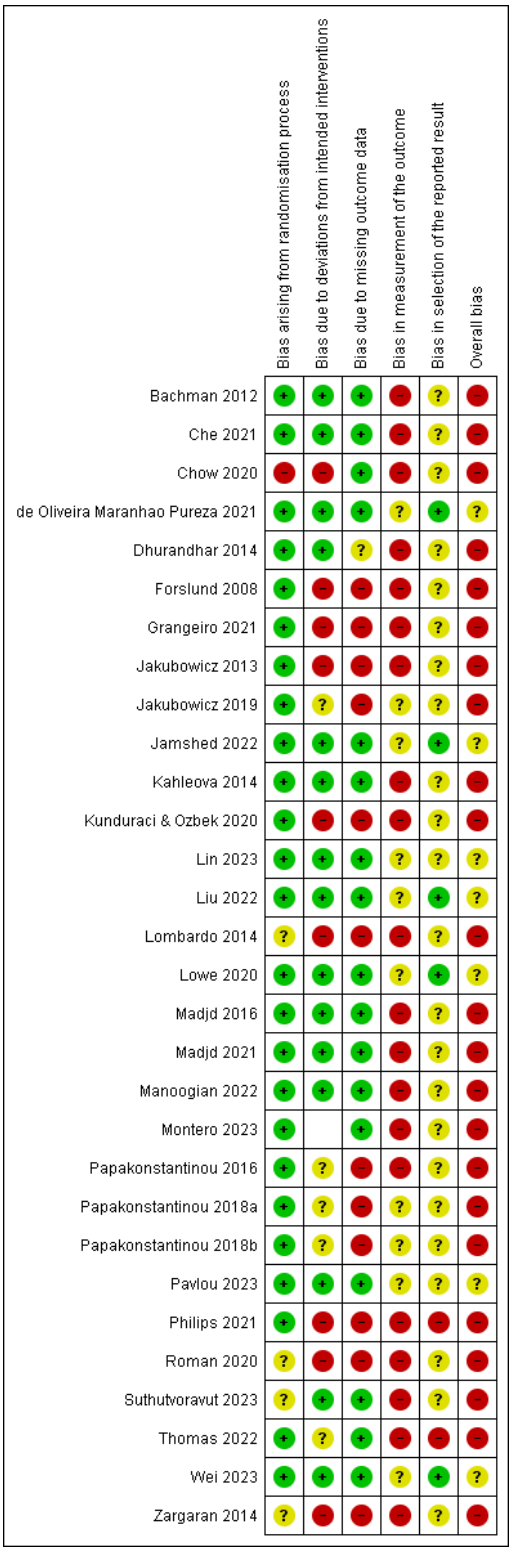

eFigure 1: Risk of summary for included studies.

Note. **e**Figure 1 details the individual risk of each study included in the review by domain. green = low risk, yellow = some caution, red = high risk

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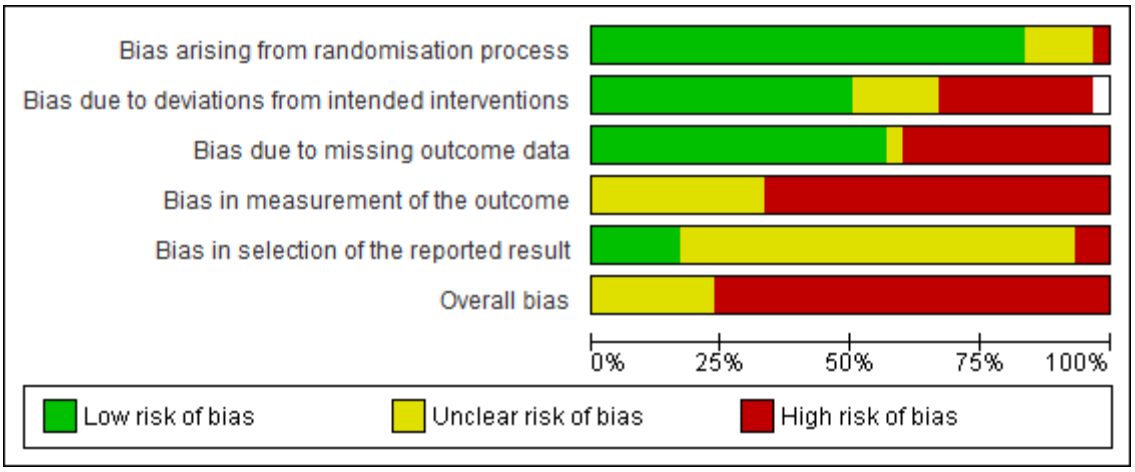
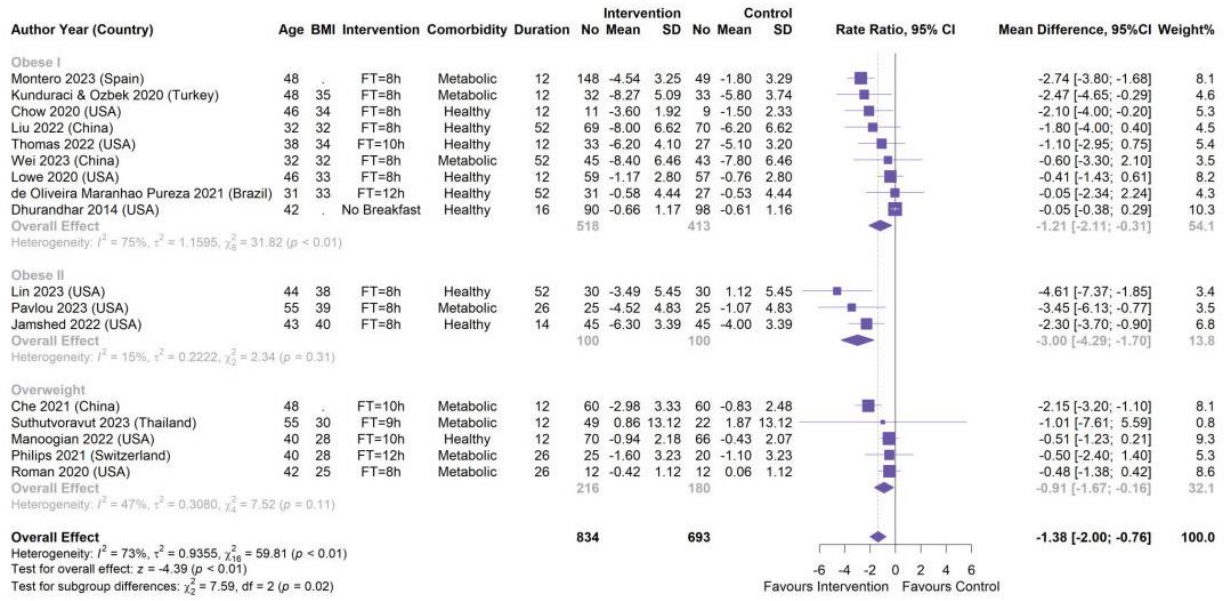


eFigure 2: Risk of bias graph for included studies.

Note. eFigure 2 details the overall risk of bias for all studies included in the review.



eFigure 3: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on weight (kg), grouped by baseline BMI status.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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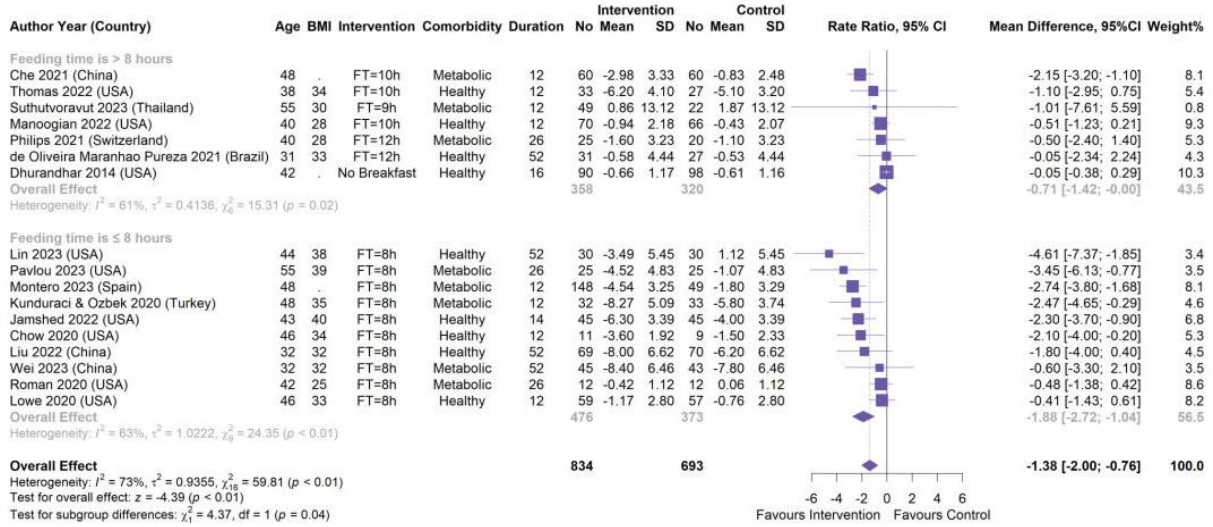
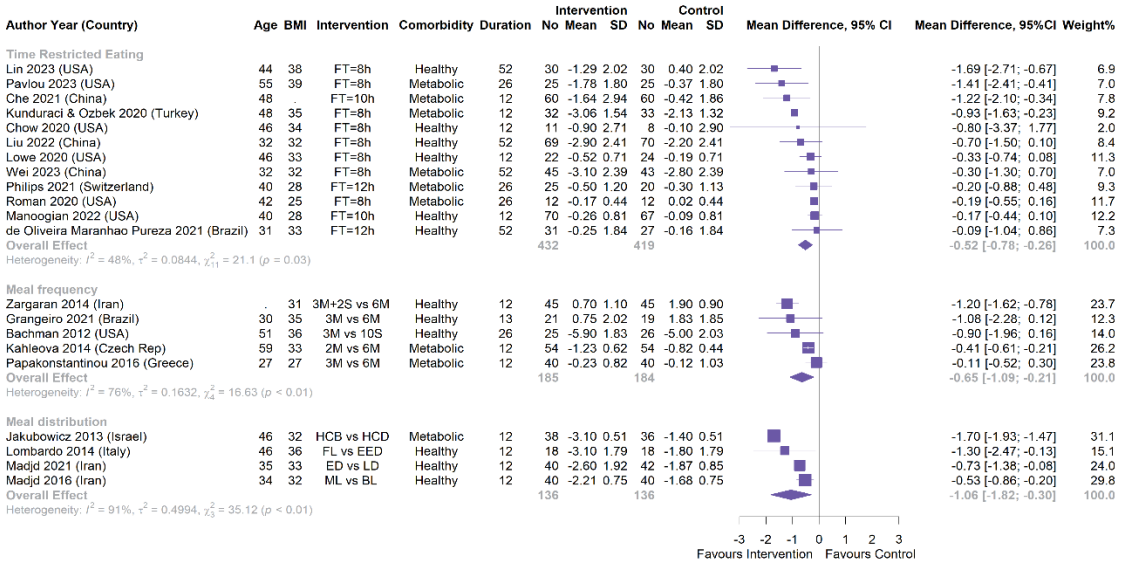


eFigure 4: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating interventions on weight (kg), grouped by eating window.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 5: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal timing interventions on BMI (kg/m^2), grouped by intervention type.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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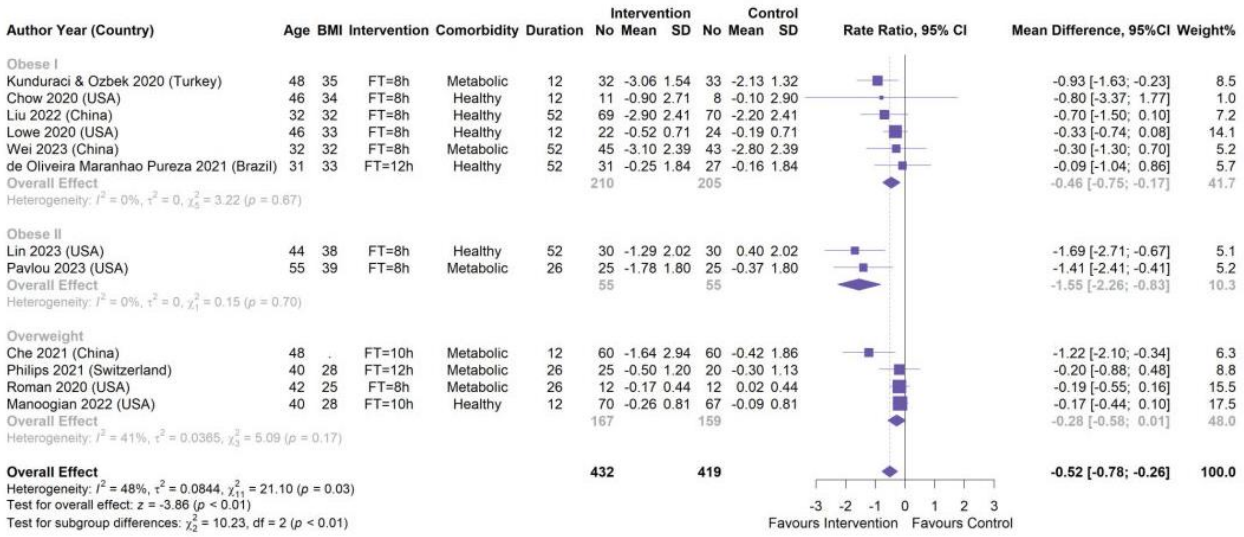
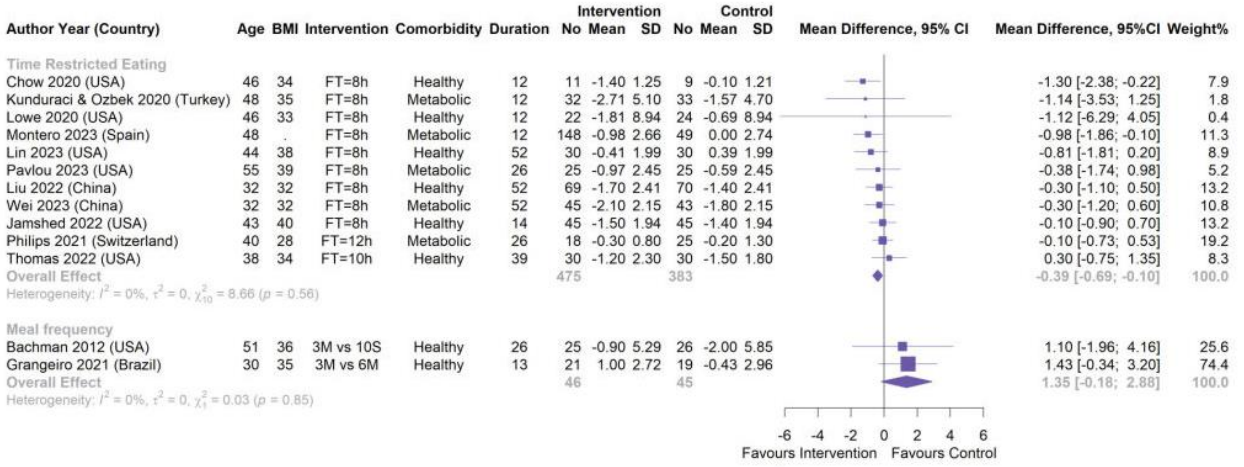


eFigure 6: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on BMI (kg/m^2), grouped by baseline BMI status.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 7: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal timing interventions on lean mass (kg), grouped by the nature of the meal timing intervention.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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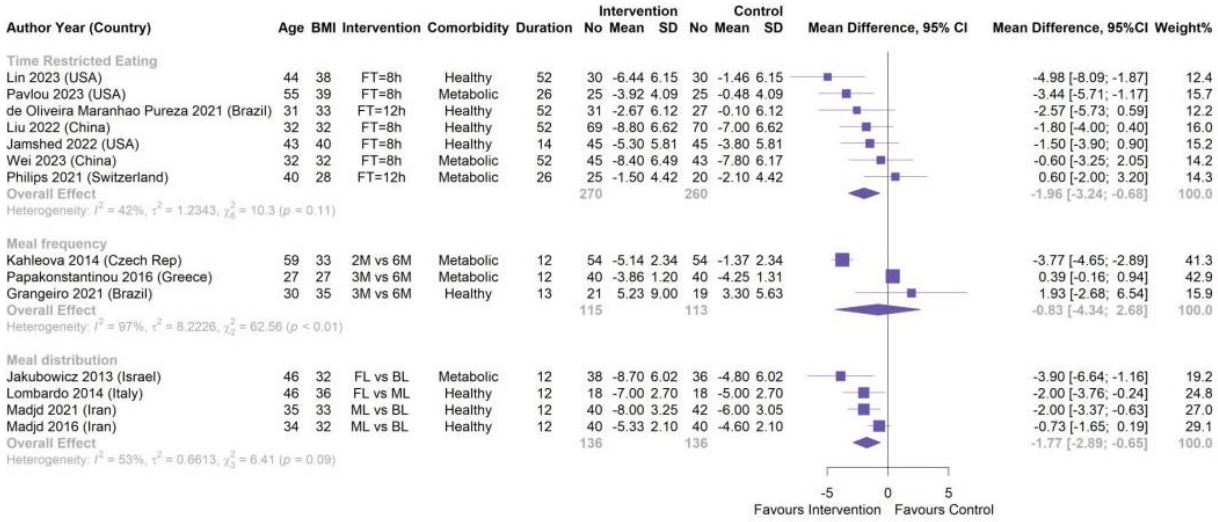
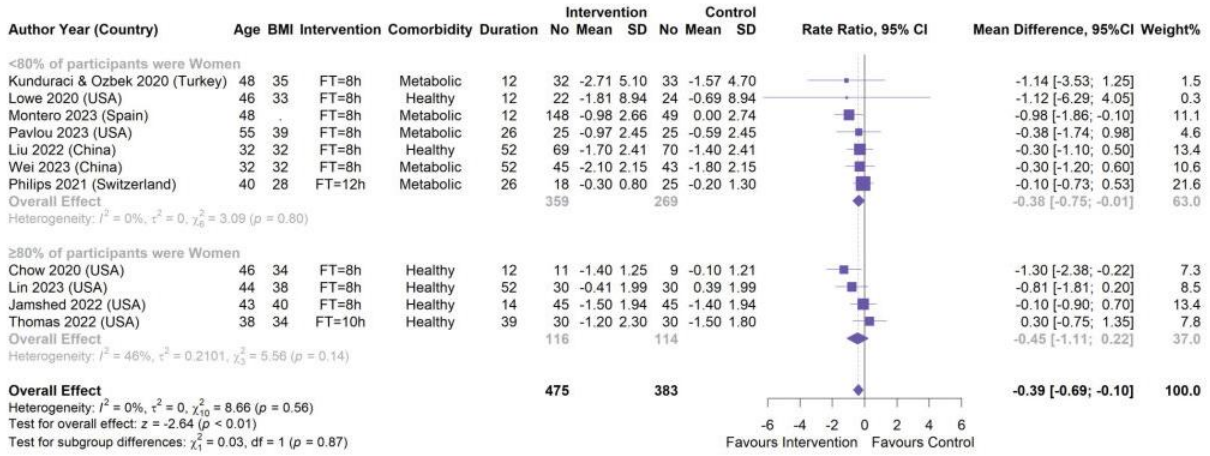


eFigure 8: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal timing interventions on waist circumference (cm), grouped by meal timing intervention.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 9: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on lean mass (kg), grouped by gender proportion.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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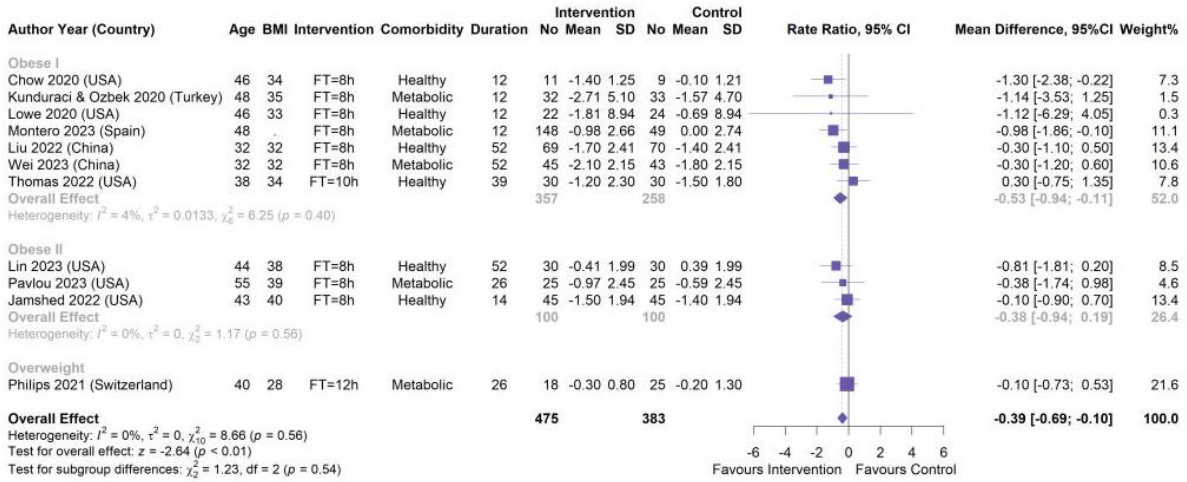
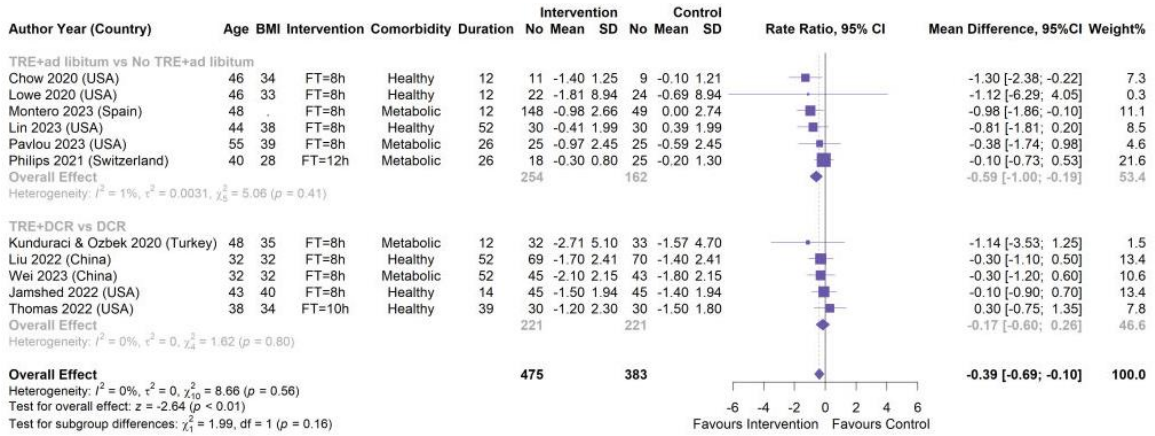


eFigure 10: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on lean mass (kg), grouped by baseline BMI status.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 11: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on lean mass (kg), grouped by energy prescription.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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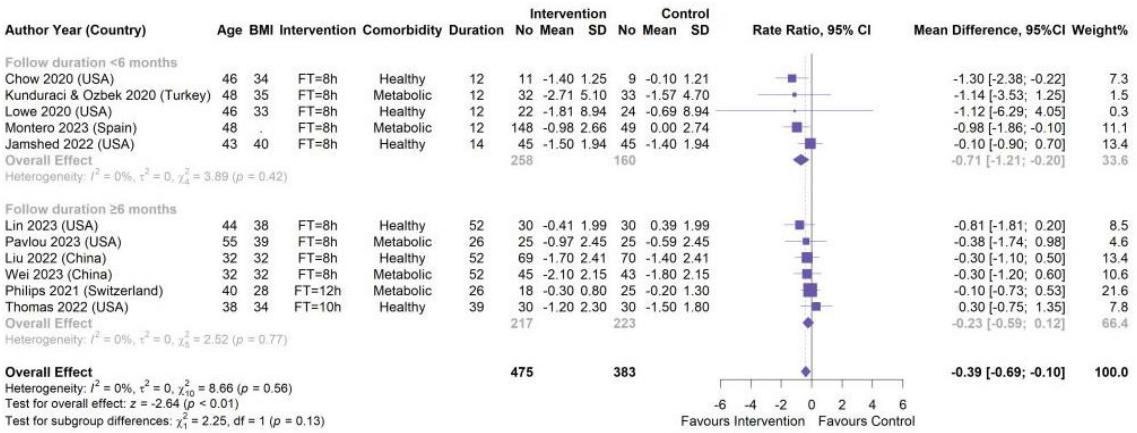
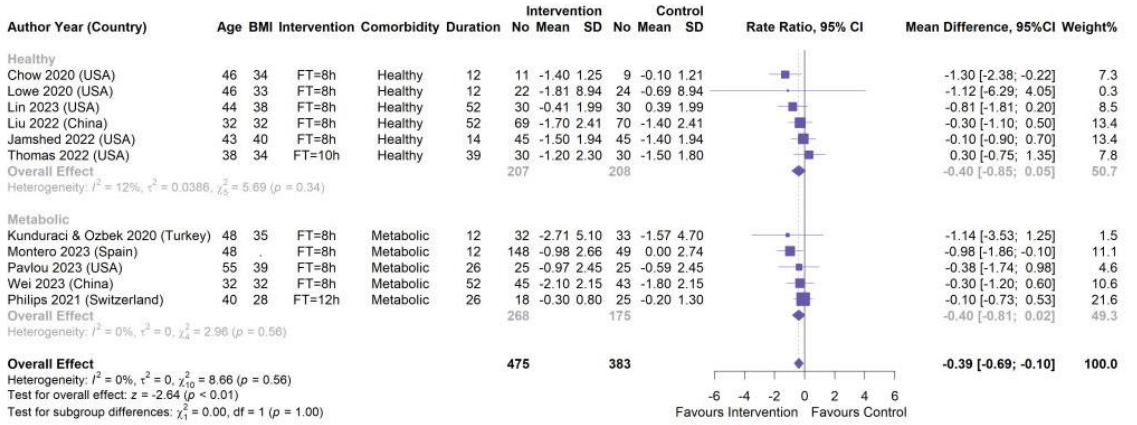


eFigure 12: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on lean mass (kg), grouped by follow duration.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 13: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on lean mass (kg), grouped by health status.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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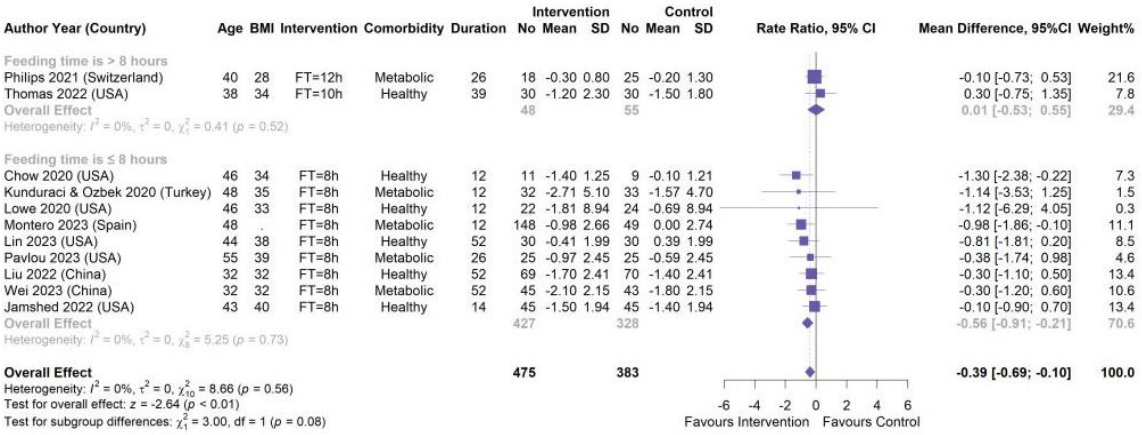
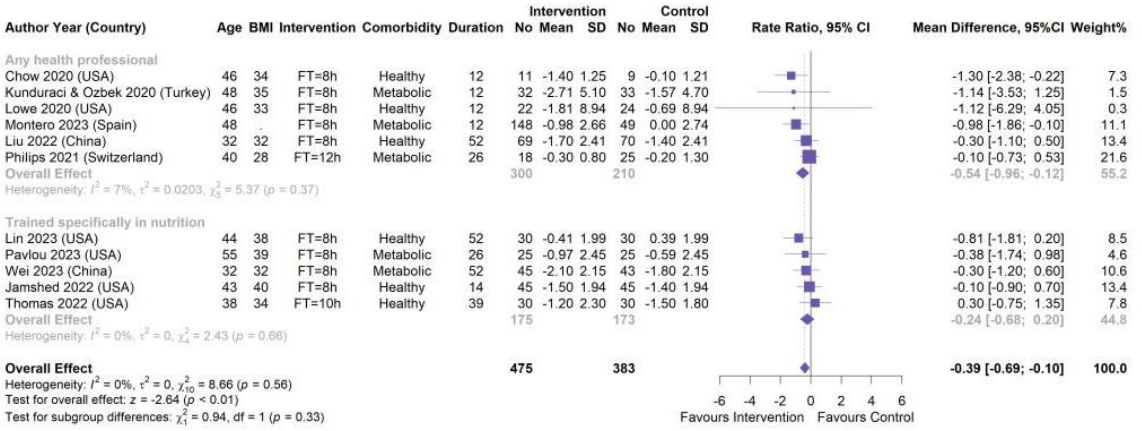


eFigure 14: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on lean mass (kg), grouped by eating window.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 15: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on lean mass (kg), grouped by delivery personnel.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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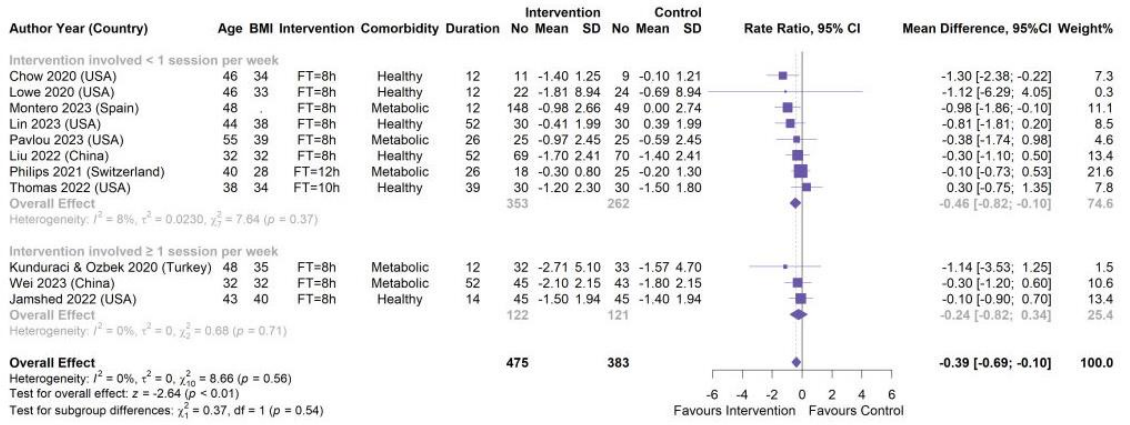
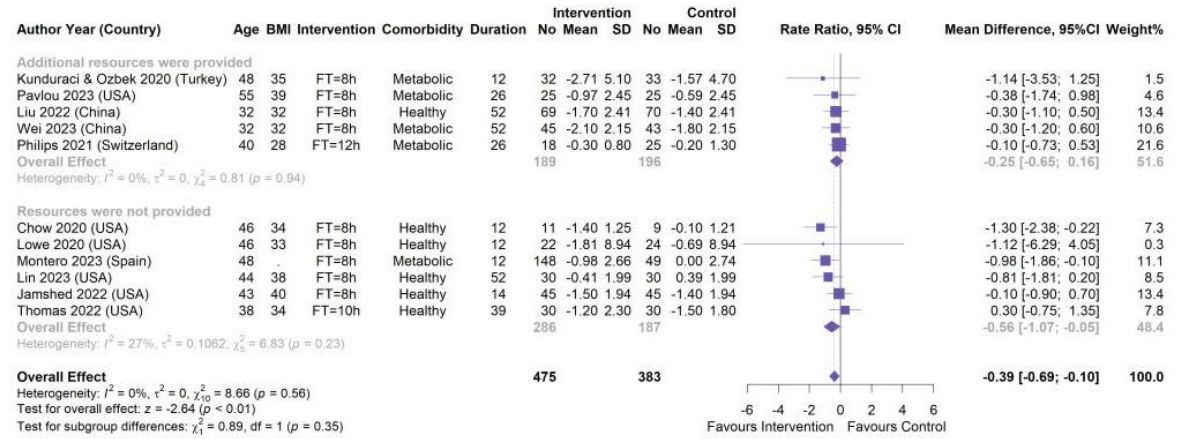


eFigure 16: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on lean mass (kg), grouped by frequency of contact.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 17: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on lean mass (kg), grouped by resource provision.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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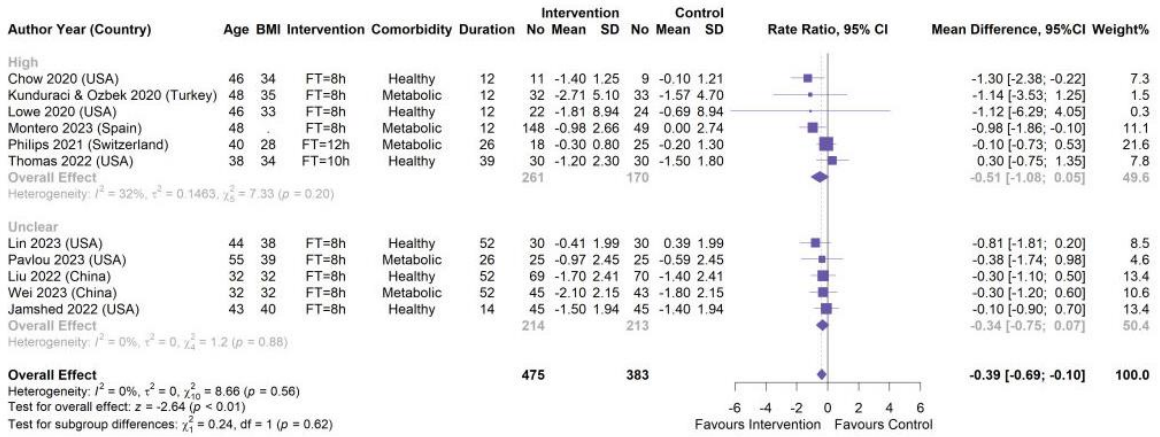
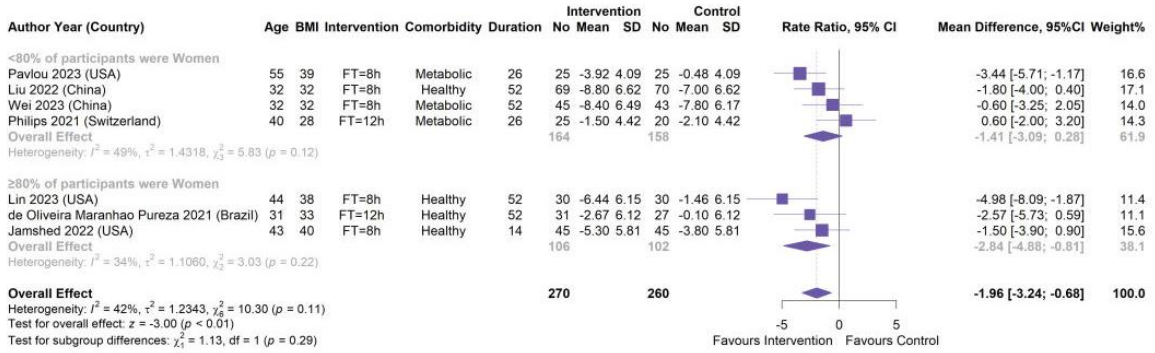


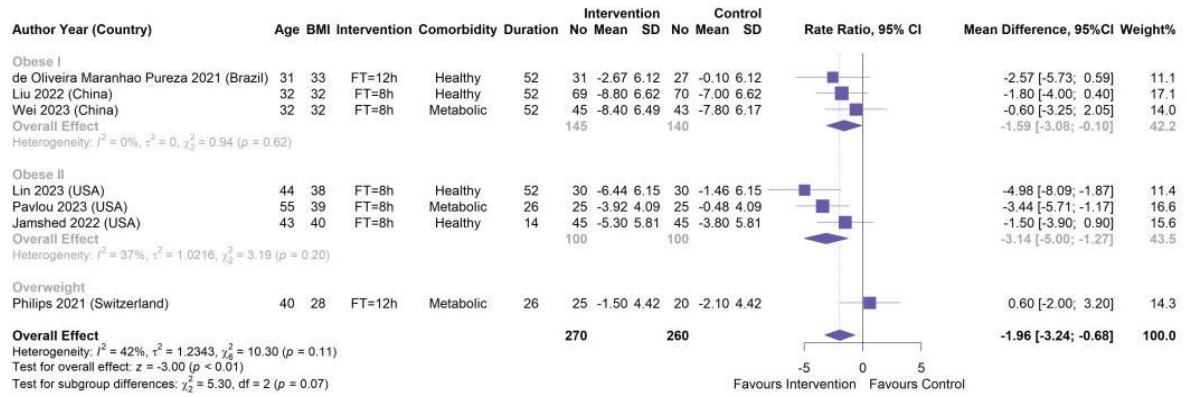
eFigure 18: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on lean mass (kg), grouped by risk of bias.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 19: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on waist circumference (cm), grouped by gender proportion.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



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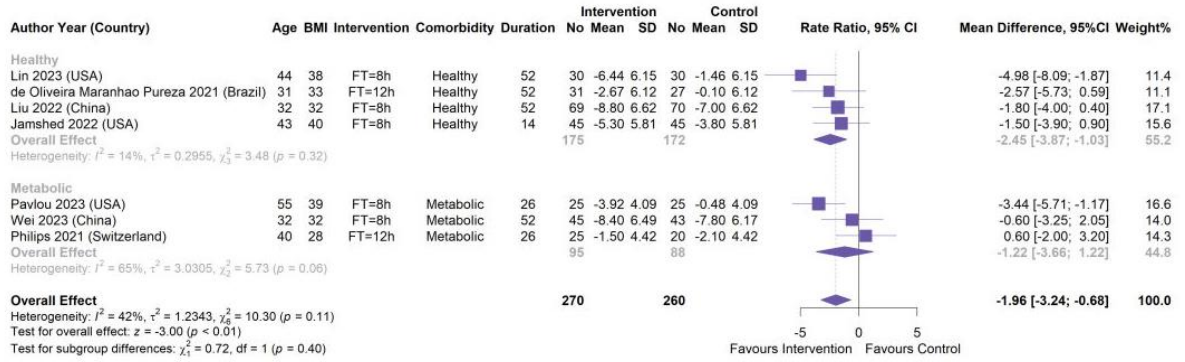
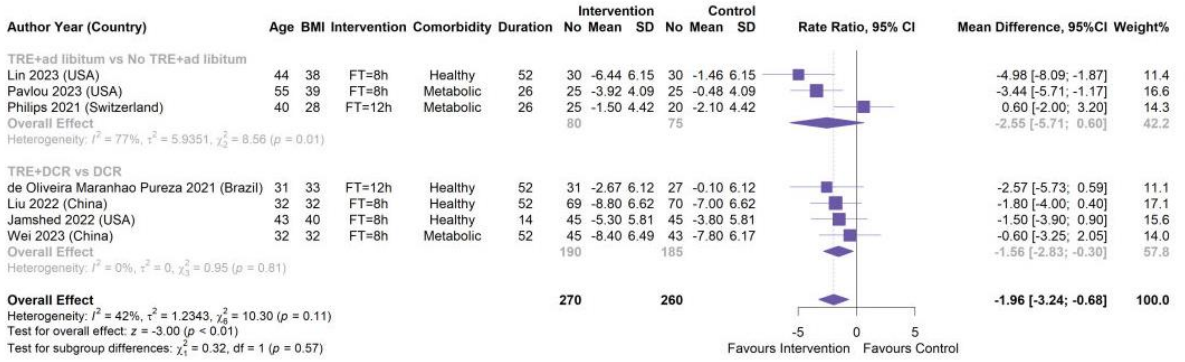
eFigure 20: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on waist circumference (cm), grouped by baseline BMI status.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 21: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on waist circumference (cm), grouped by health status.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 22: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on waist circumference (cm), grouped by energy prescription.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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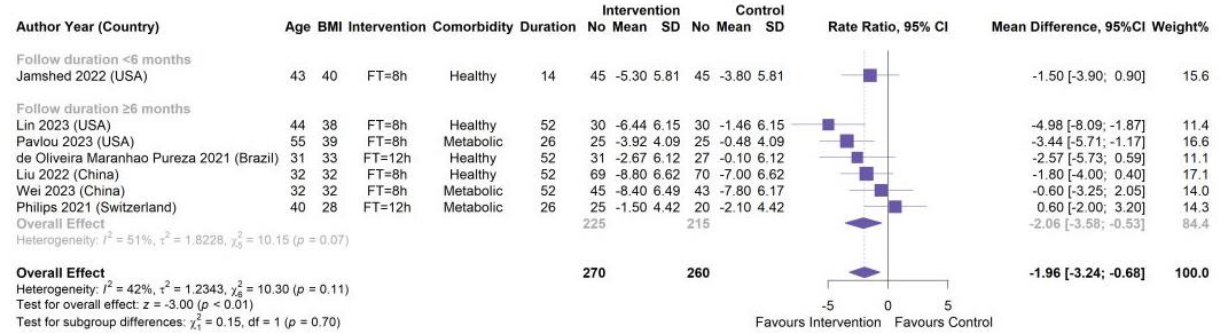
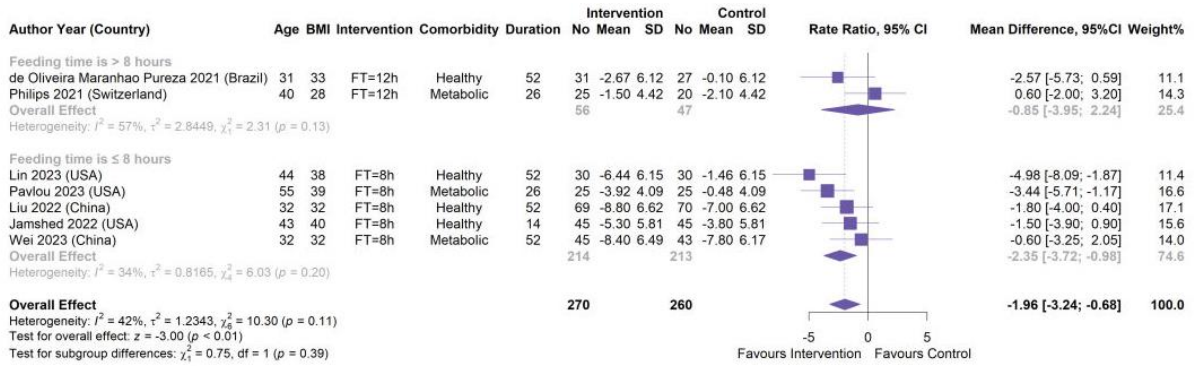


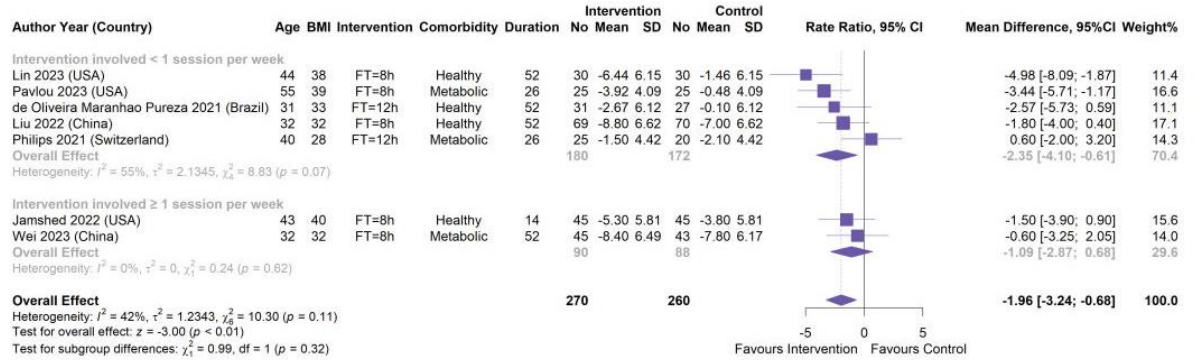
eFigure 23: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on waist circumference (cm), grouped by follow duration.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 24: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on waist circumference (cm), grouped by eating window.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



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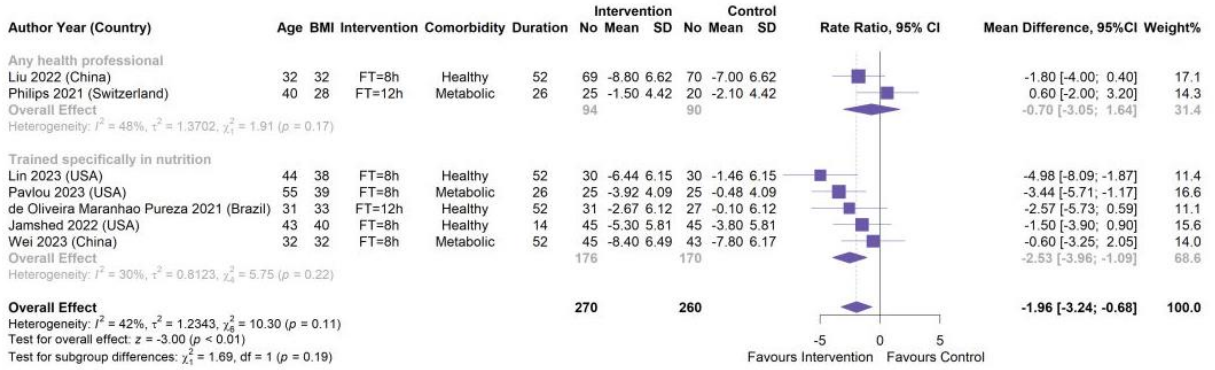
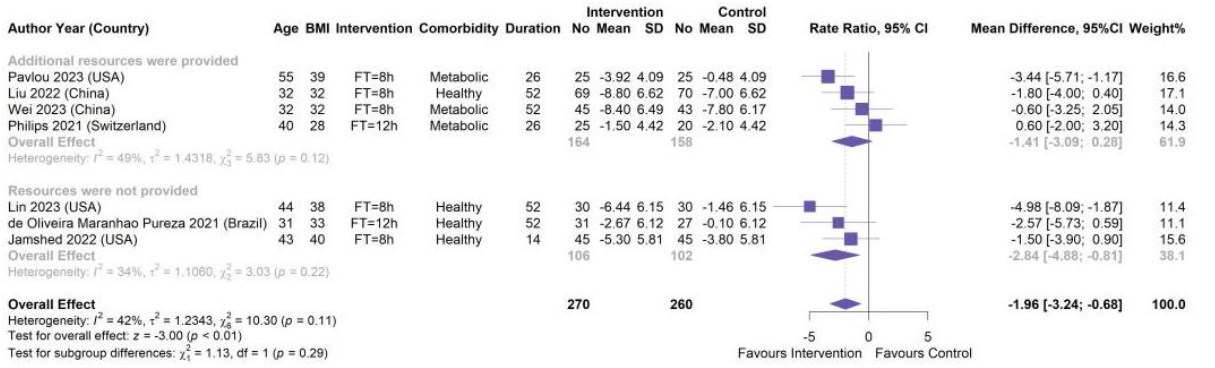
eFigure 25: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on waist circumference (cm), grouped by frequency of contact.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 26: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on waist circumference (cm), grouped by delivery personnel.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 27: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on waist circumference (cm), grouped by resource provision.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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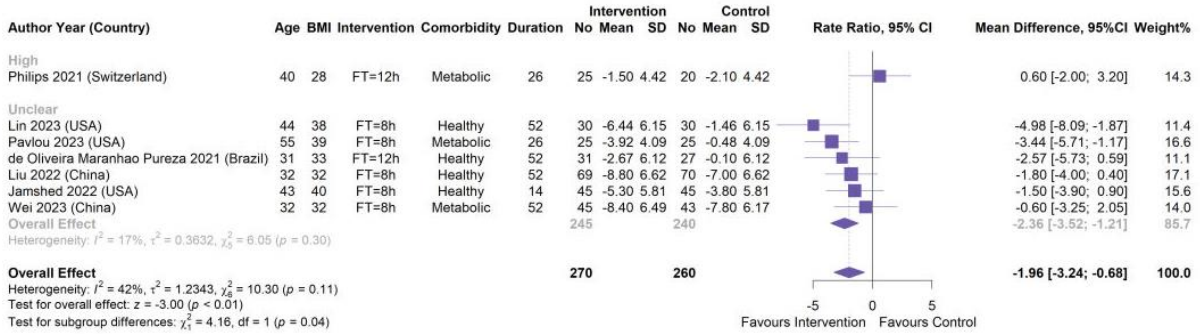
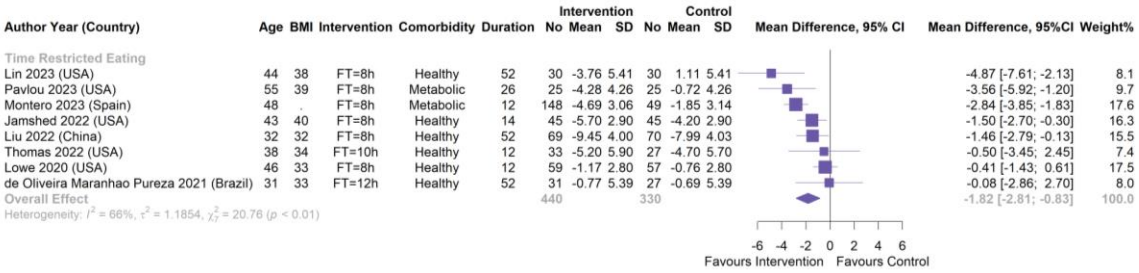


eFigure 28: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on waist circumference (cm), grouped by risk of bias.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 29: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal timing interventions on percentage of weight loss (%), grouped by the meal timing intervention.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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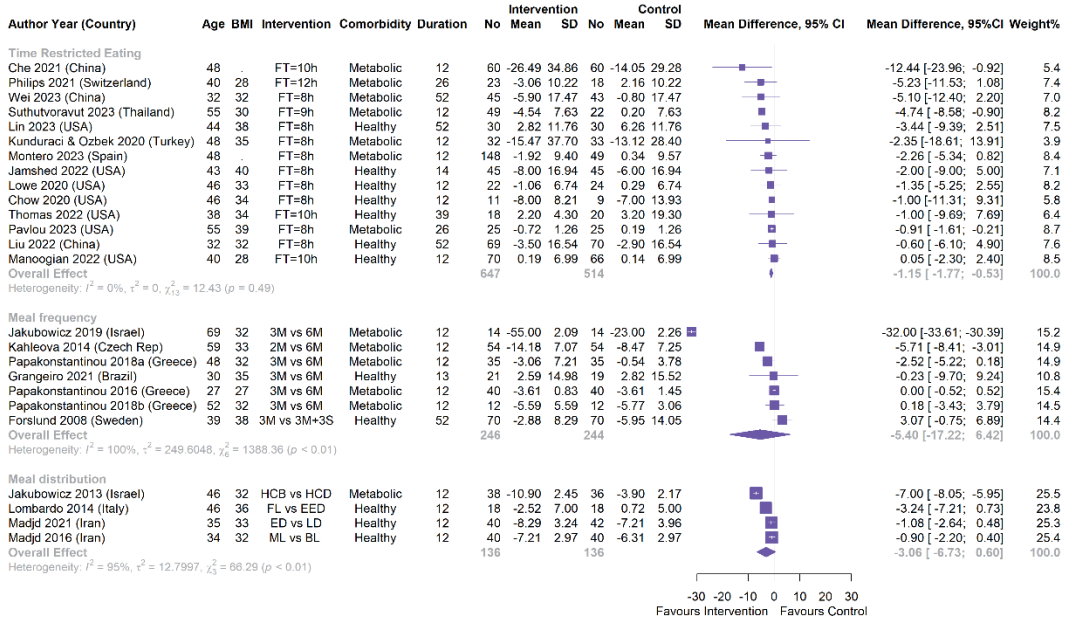
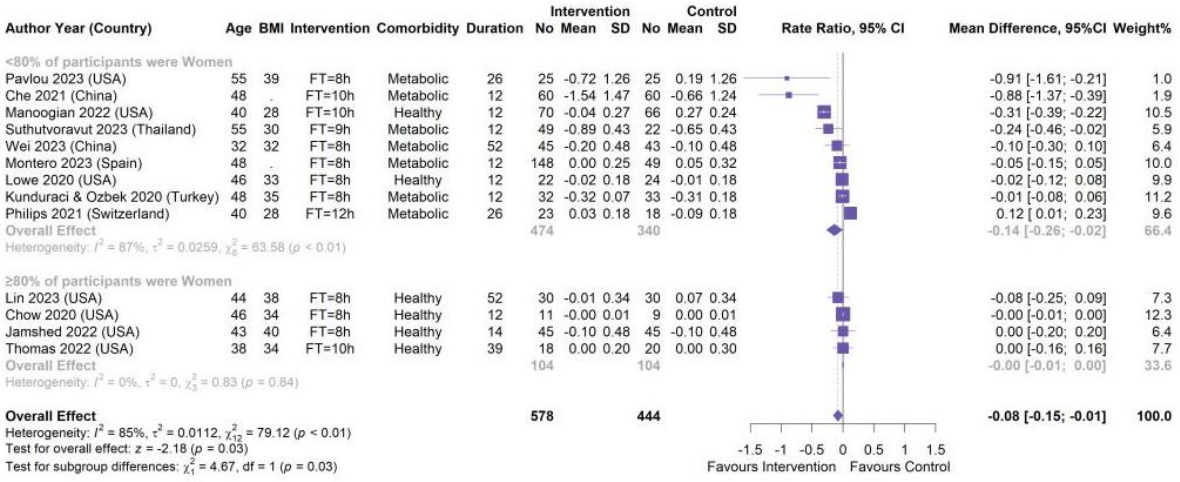


eFigure 30: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal timing interventions on fasting plasma glucose (mg/dL), grouped by the meal timing intervention.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 31: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on HbA1c (%), grouped by gender proportion.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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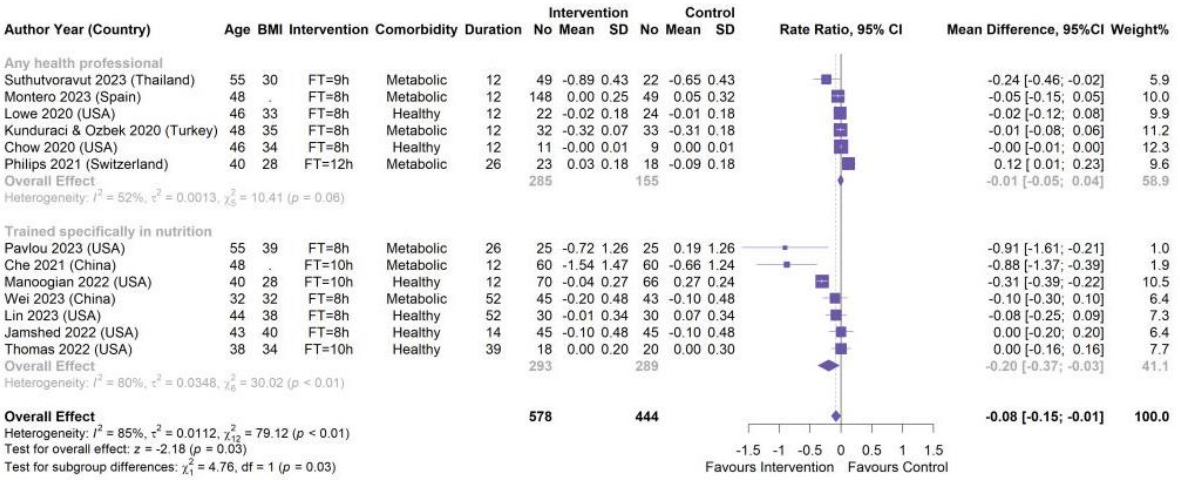
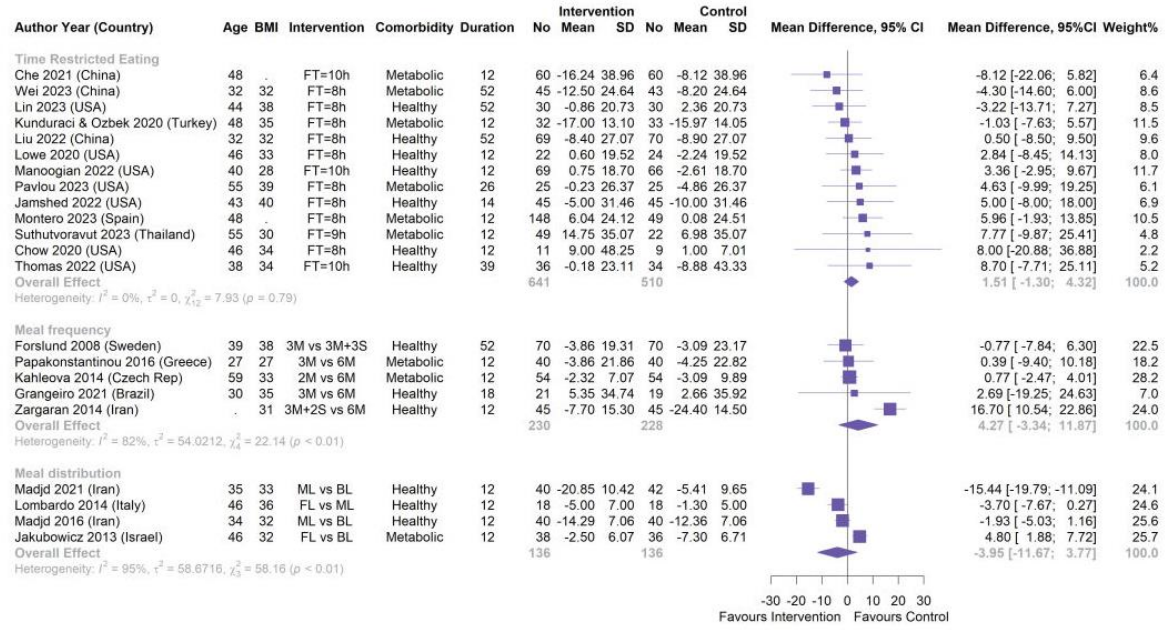


eFigure 32: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on HbA1c (%), grouped by delivery personnel.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 33: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal timing interventions on LDL (mg/dL), grouped by the meal timing intervention.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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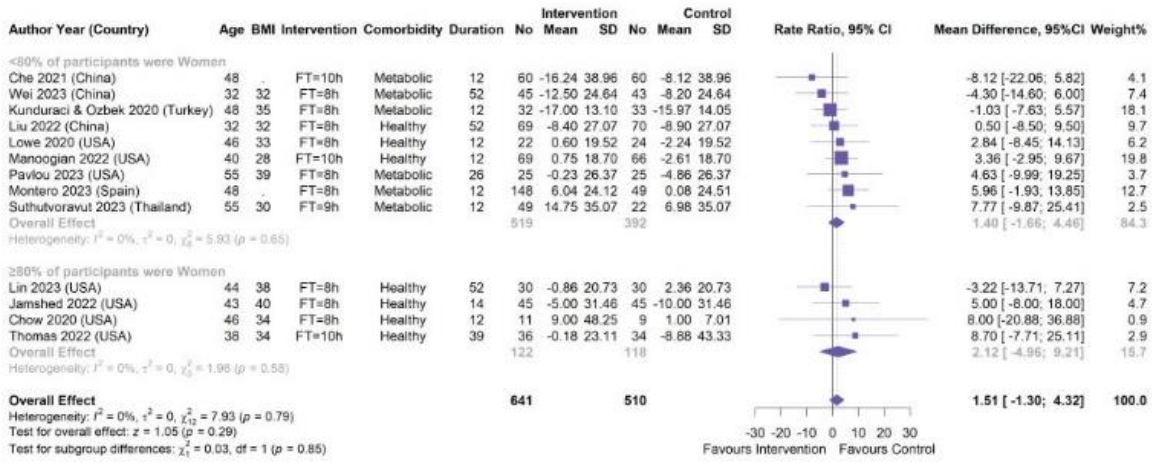
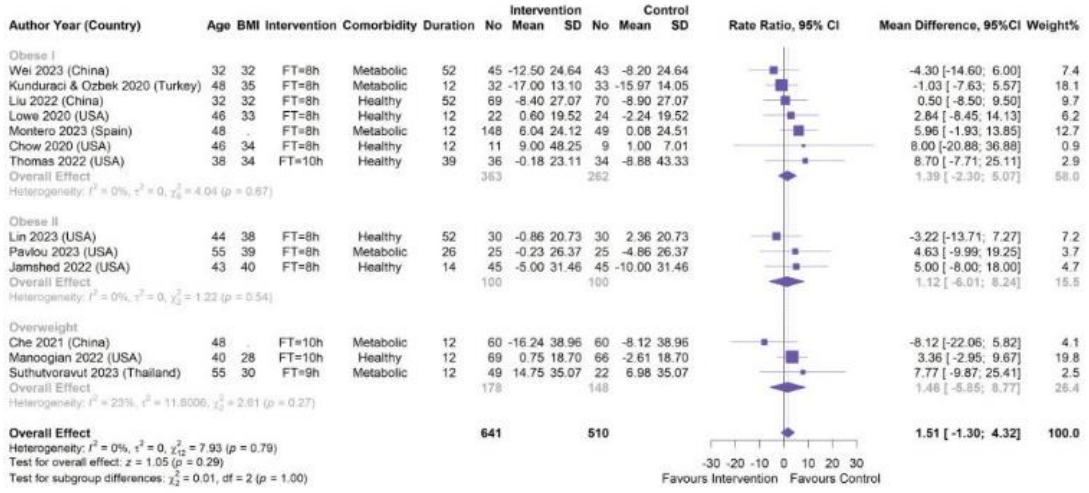


eFigure 34: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on LDL (mg/dL), grouped by gender proportion.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 35: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on LDL (mg/dL), grouped by baseline BMI status.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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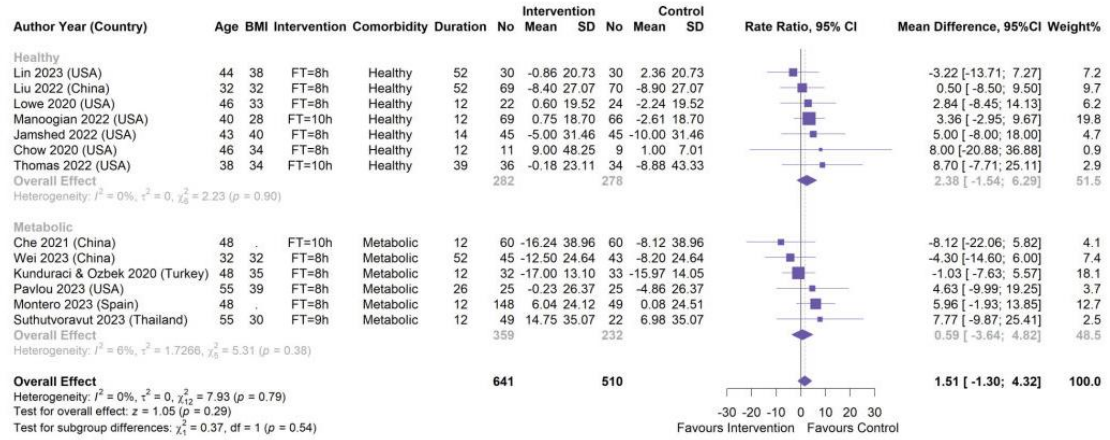
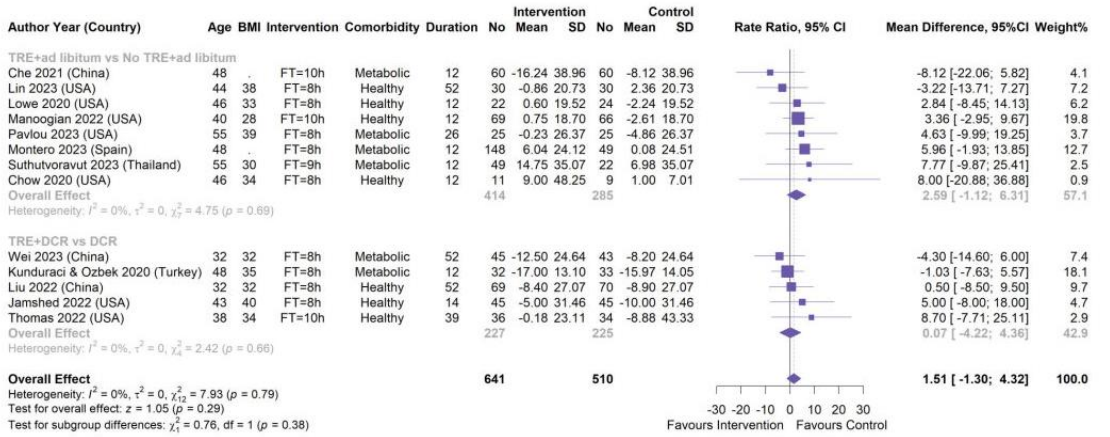


eFigure 36: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on LDL (mg/dL), grouped by health status.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 37: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on LDL (mg/dL), grouped by energy prescription.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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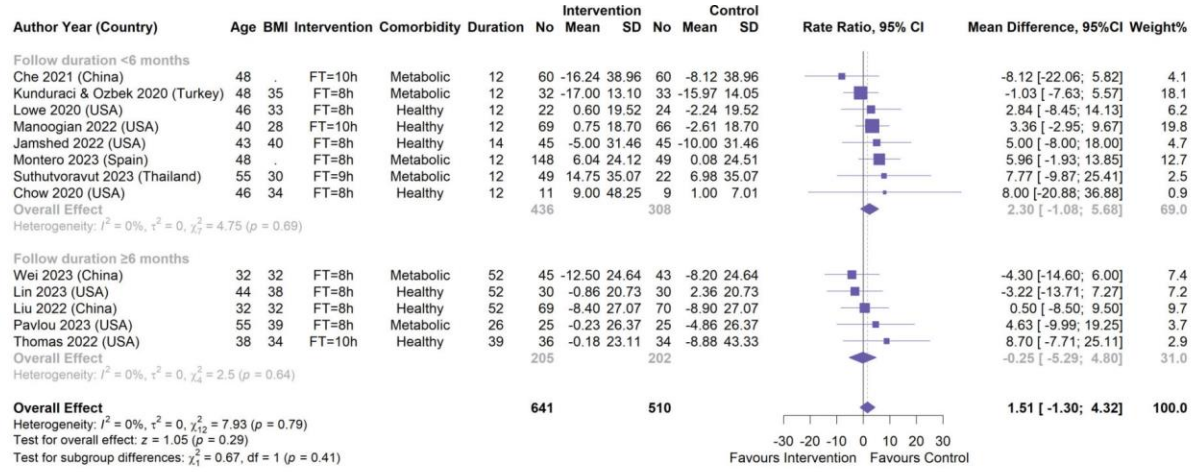
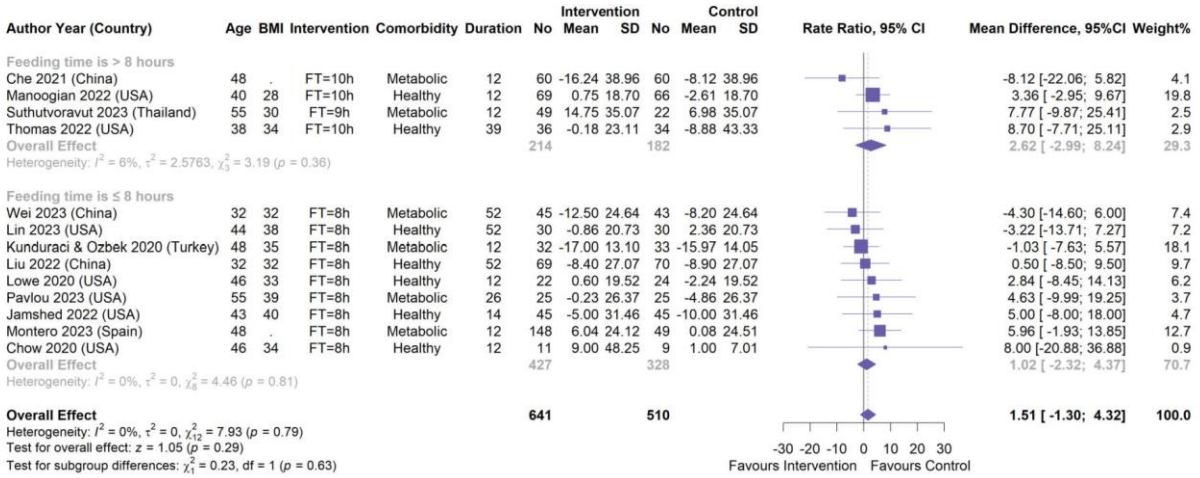


eFigure 38: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on LDL (mg/dL), grouped by follow duration.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 39: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on LDL (mg/dL), grouped by eating window.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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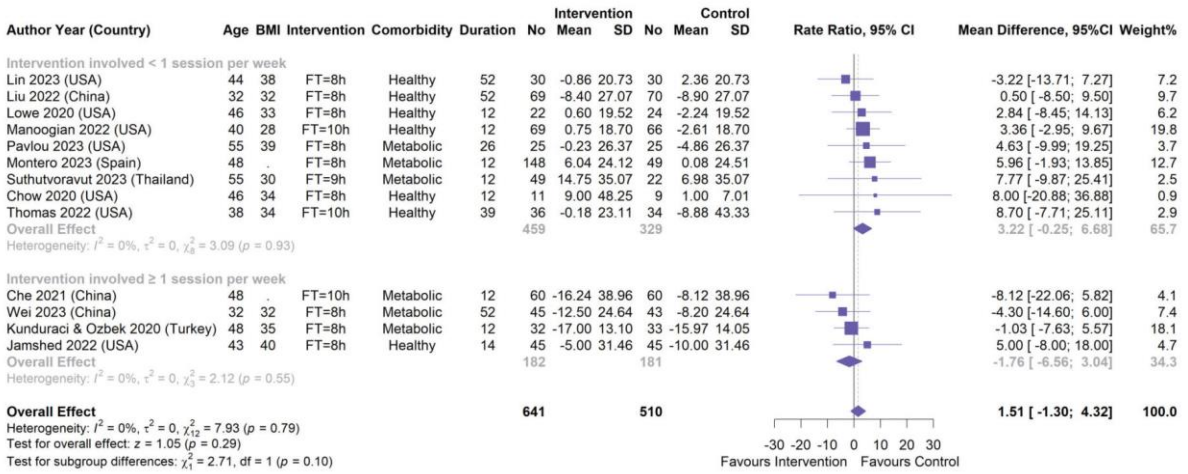
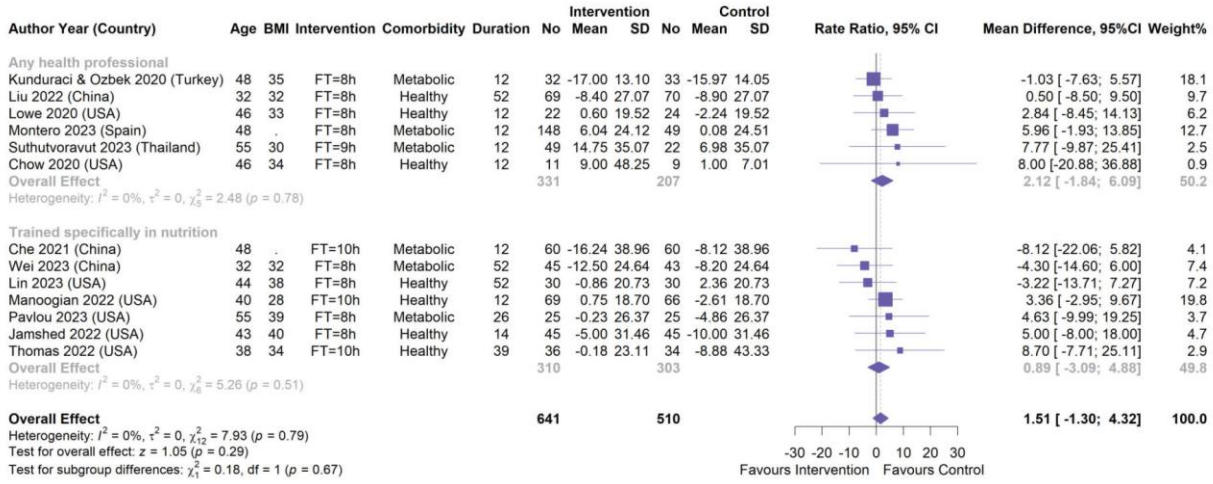


eFigure 40: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on LDL (mg/dL), grouped by frequency of contact.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 41: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on LDL (mg/dL), grouped by delivery personnel.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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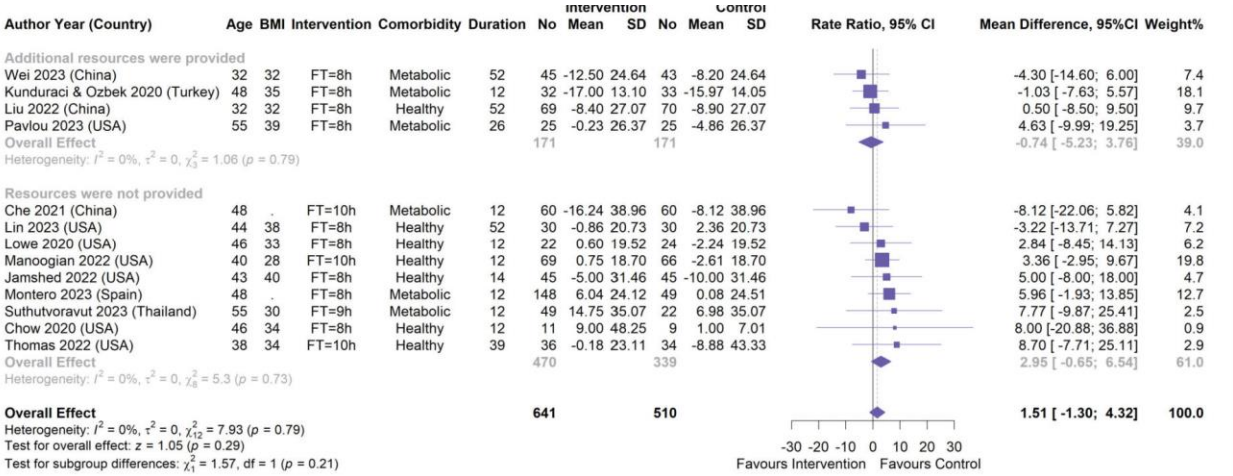
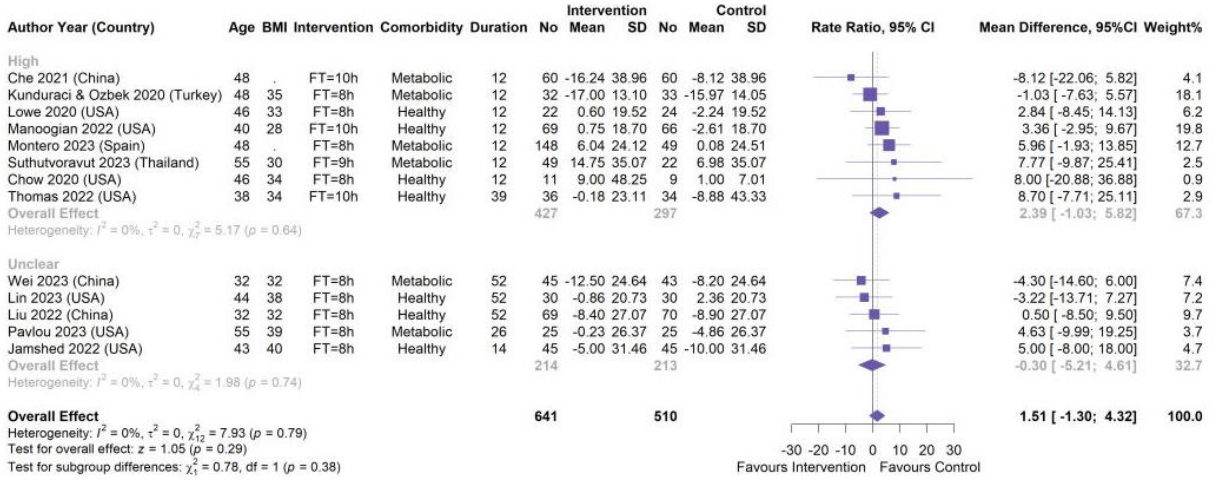


eFigure 42: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on LDL (mg/dL), grouped by resource provision.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 43: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on LDL (mg/dL), grouped by risk of bias.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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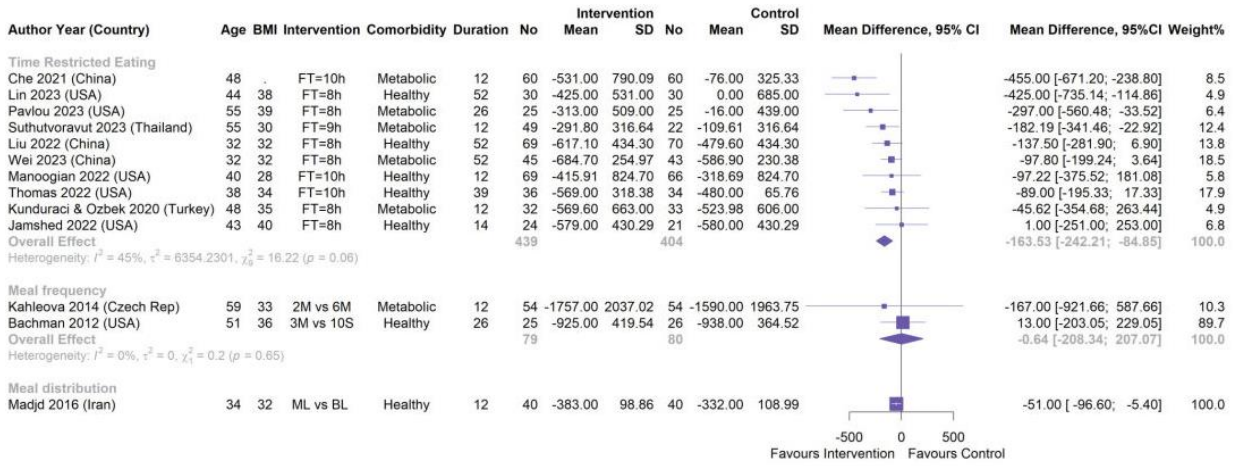
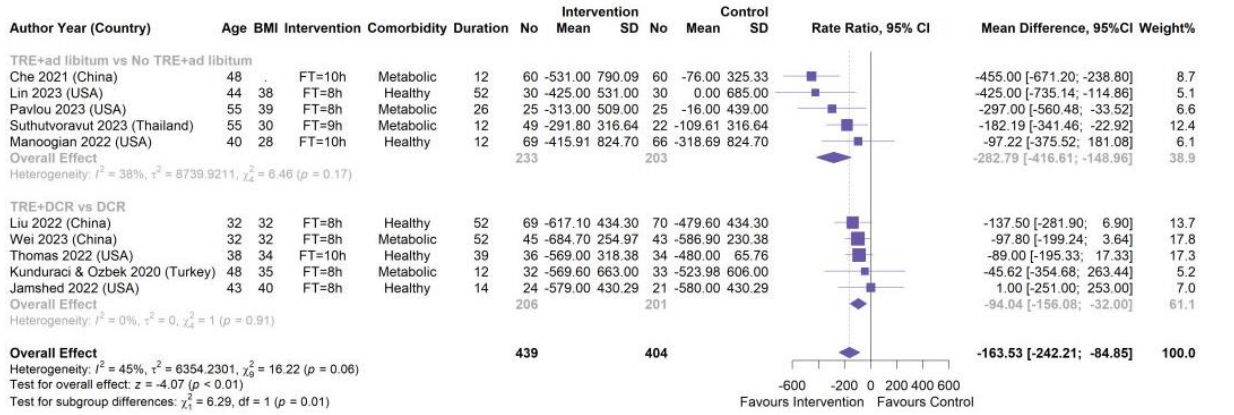


eFigure 44: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal timing interventions on energy intake (kcal/day), grouped by the meal timing intervention.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 45: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on energy intake (kcal/day), grouped by energy prescription.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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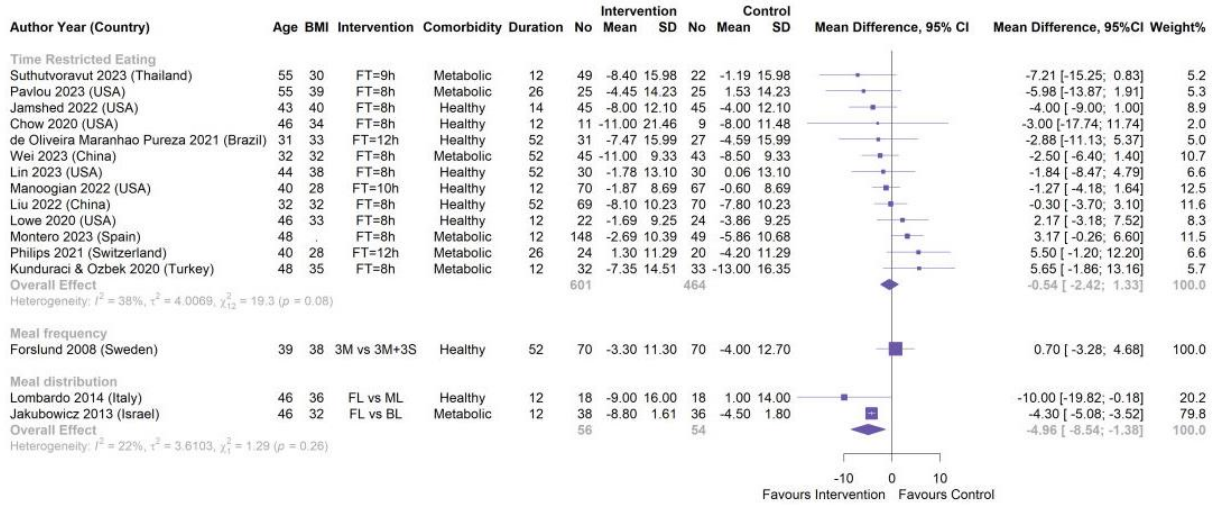
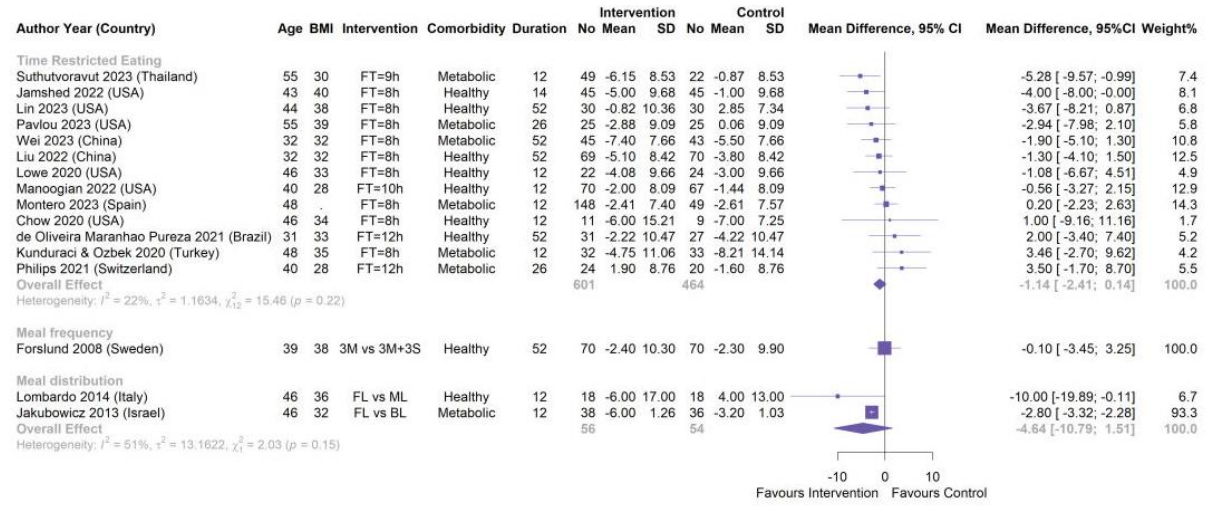


eFigure 46: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal timing interventions on systolic blood pressure (mmHg), grouped by the meal timing intervention.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 47: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal timing interventions on diastolic blood pressure (mmHg), grouped by the meal timing intervention.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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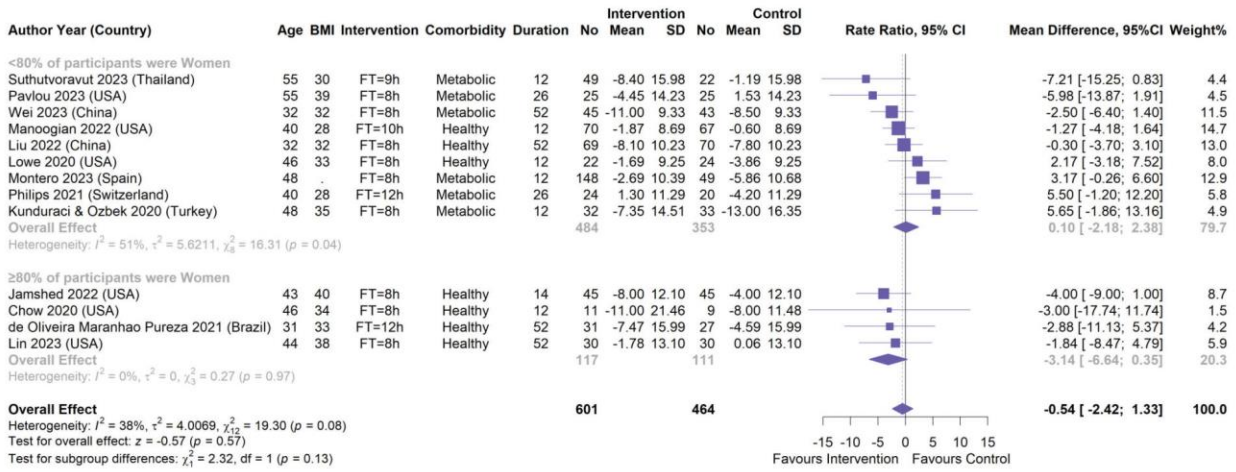
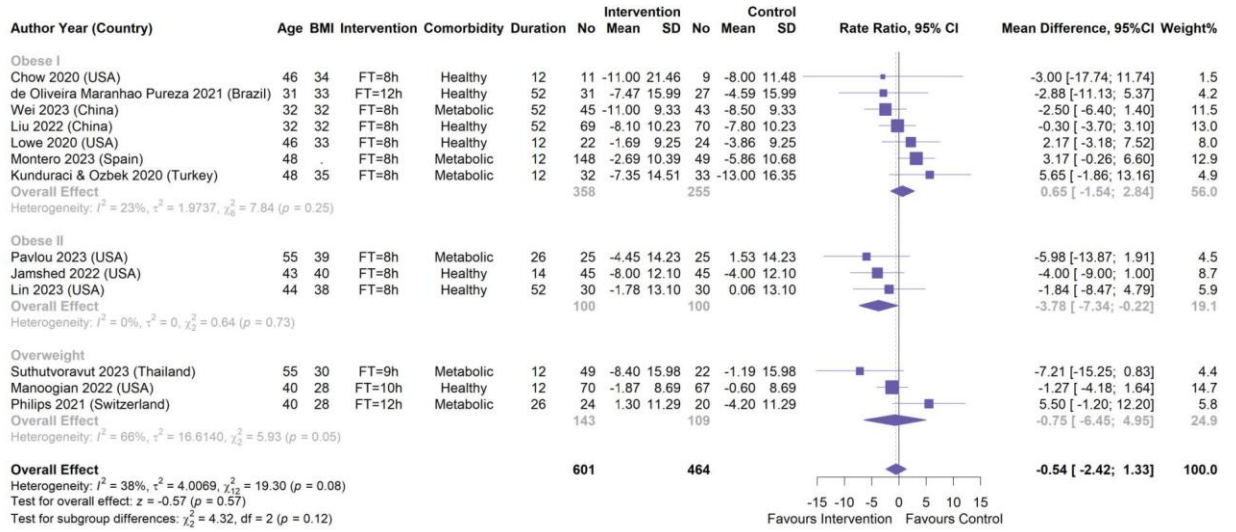


eFigure 48: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on systolic blood pressure (mmHg), grouped by gender proportion.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 49: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on systolic blood pressure (mmHg), grouped by baseline BMI status.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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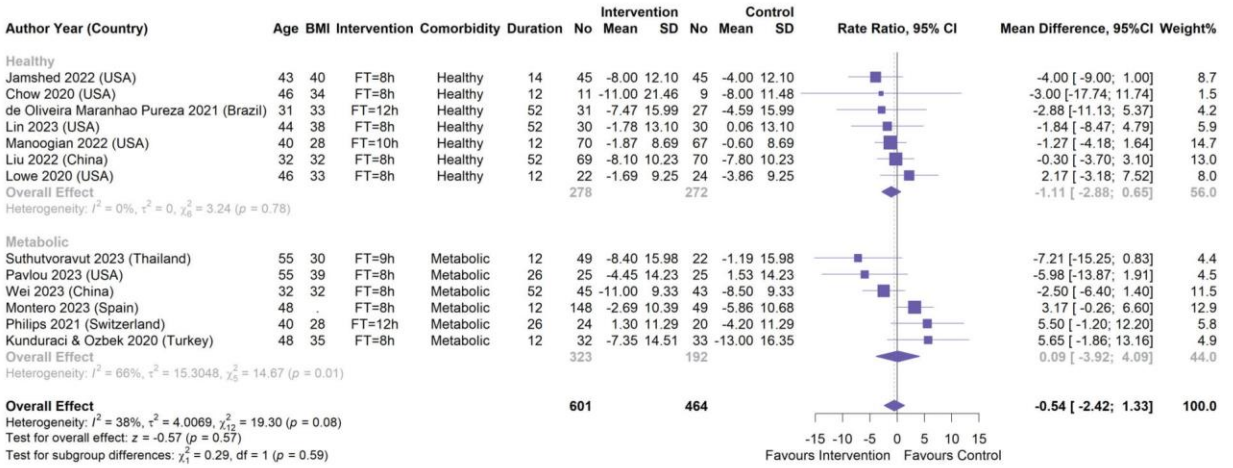
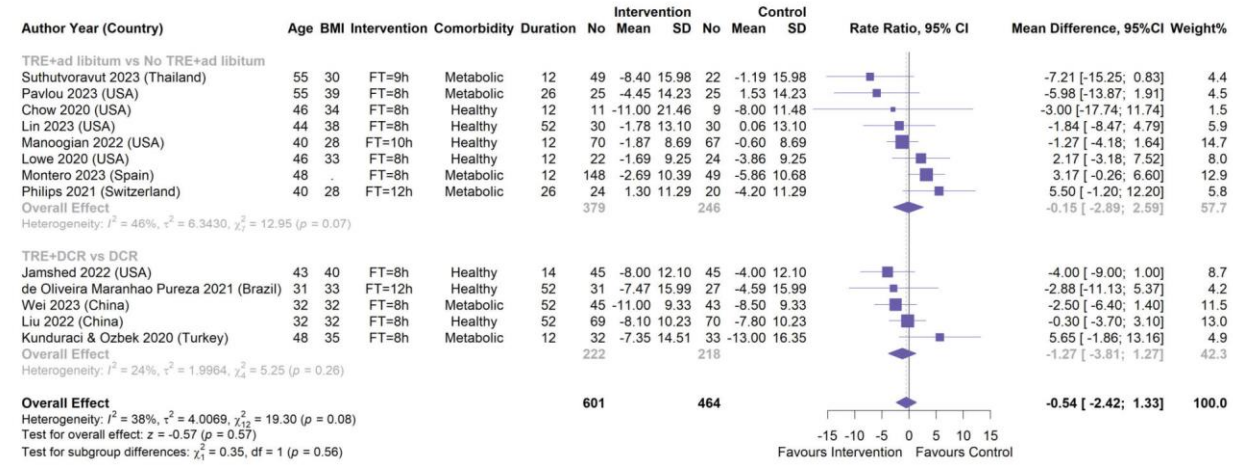


eFigure 50: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on systolic blood pressure (mmHg), grouped by health status.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 51: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on systolic blood pressure (mmHg), grouped by energy prescription.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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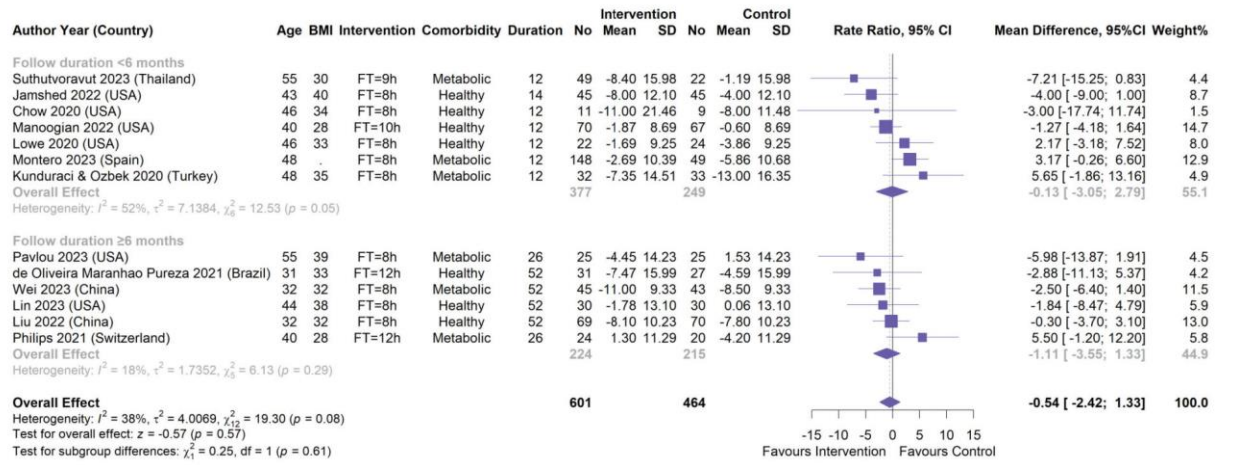
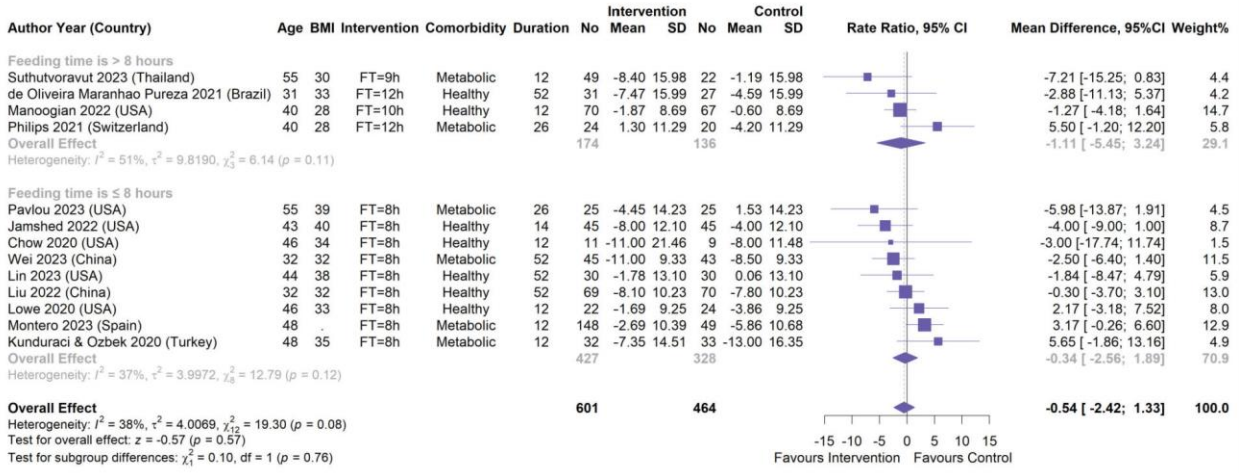


eFigure 52: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on systolic blood pressure (mmHg), grouped by follow duration.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 53: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on systolic blood pressure (mmHg), grouped by eating window.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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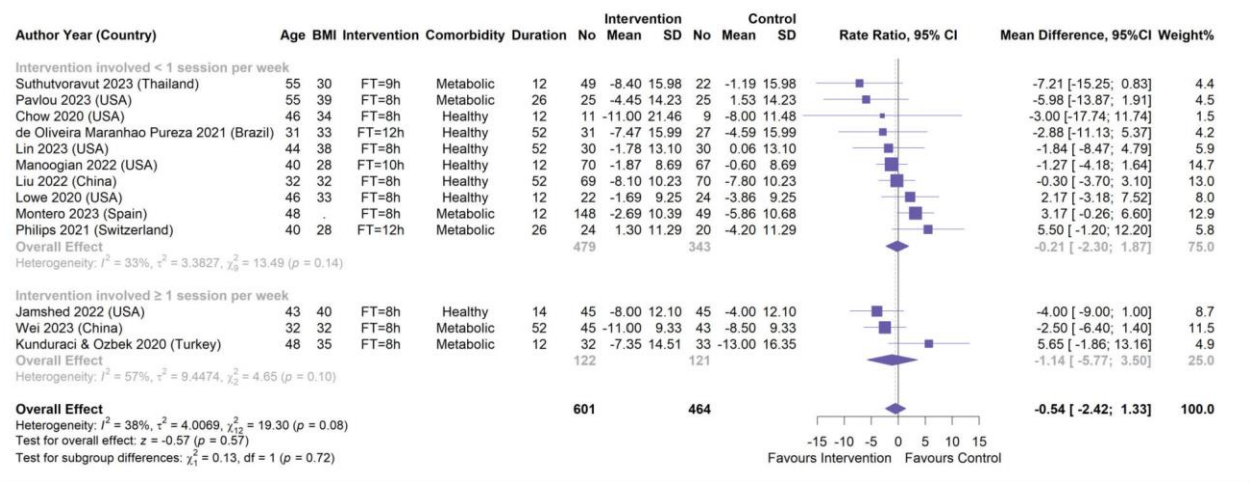
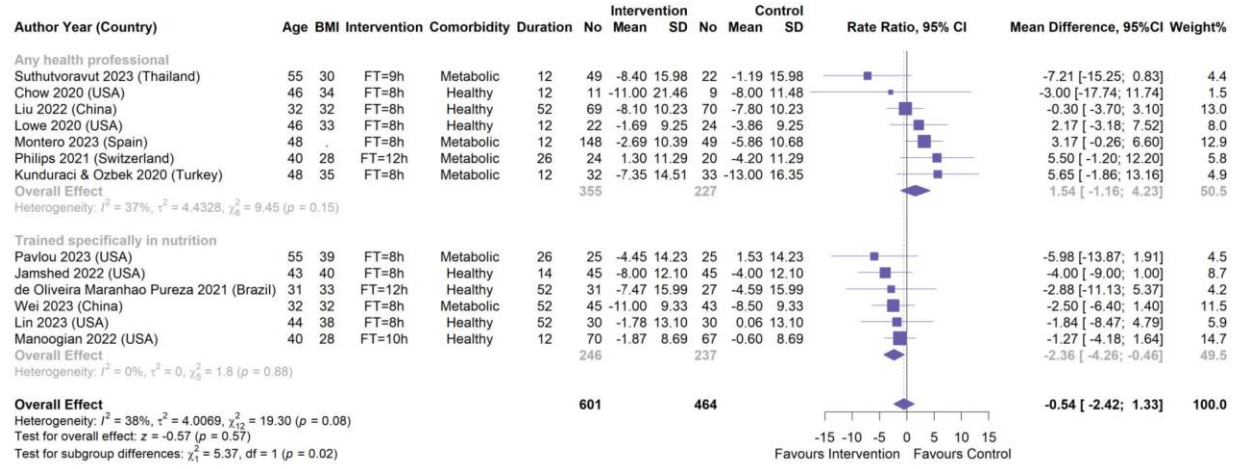


eFigure 54: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on systolic blood pressure (mmHg), grouped by frequency of contact.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 55: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on systolic blood pressure (mmHg), grouped by delivery personnel.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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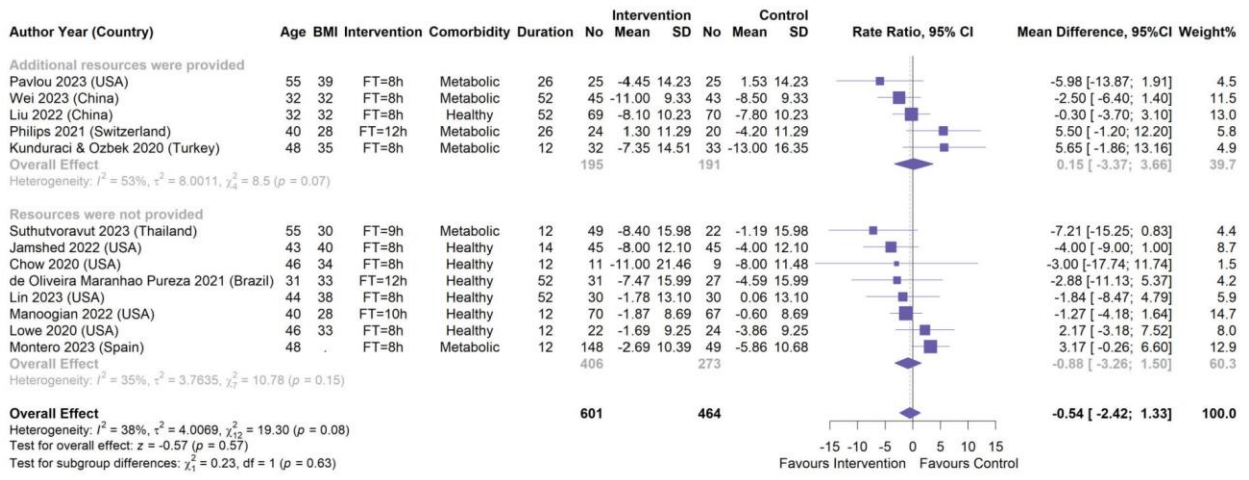
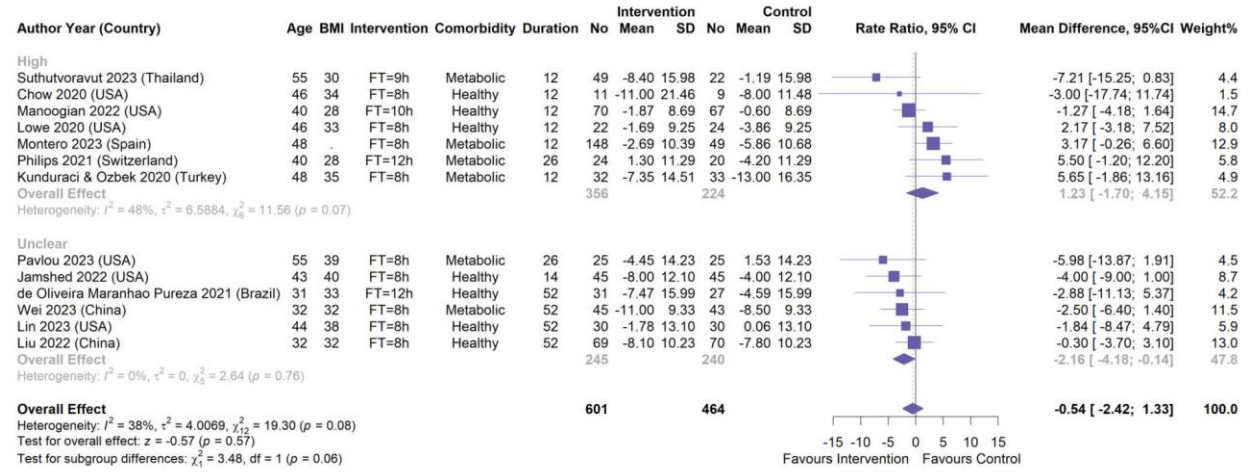


eFigure 56: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on systolic blood pressure (mmHg), grouped by resource provision.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 57: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on systolic blood pressure (mmHg), grouped by risk of bias.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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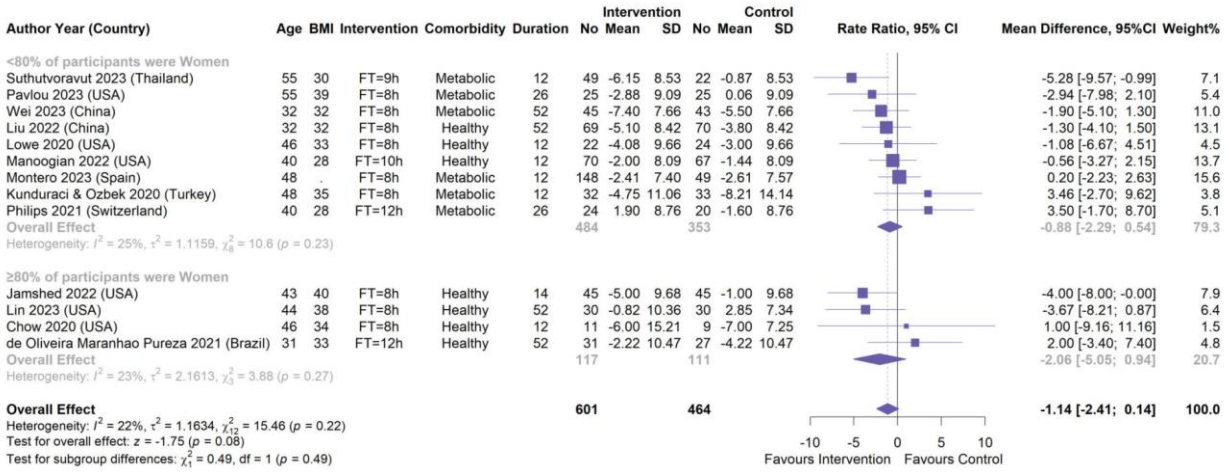
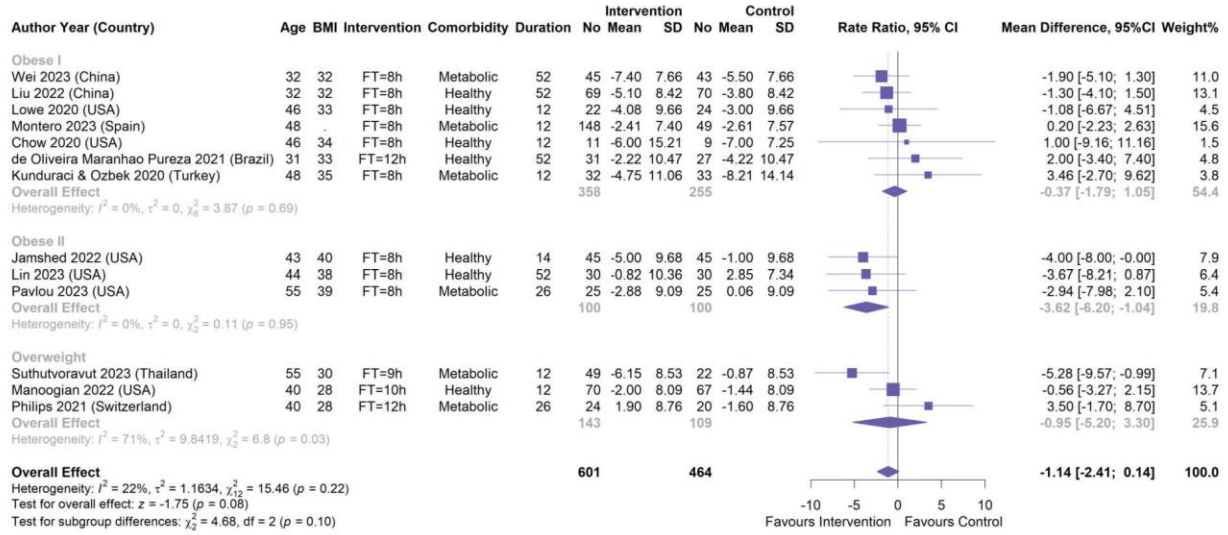


eFigure 58: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on diastolic blood pressure (mmHg), grouped by gender proportion.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 59: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on diastolic blood pressure (mmHg), grouped by baseline BMI status.

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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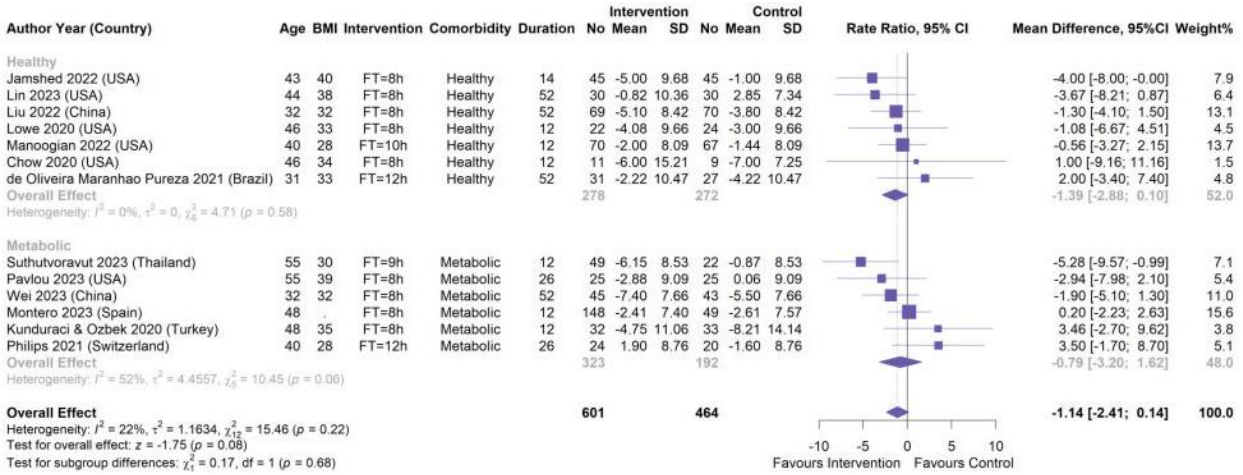
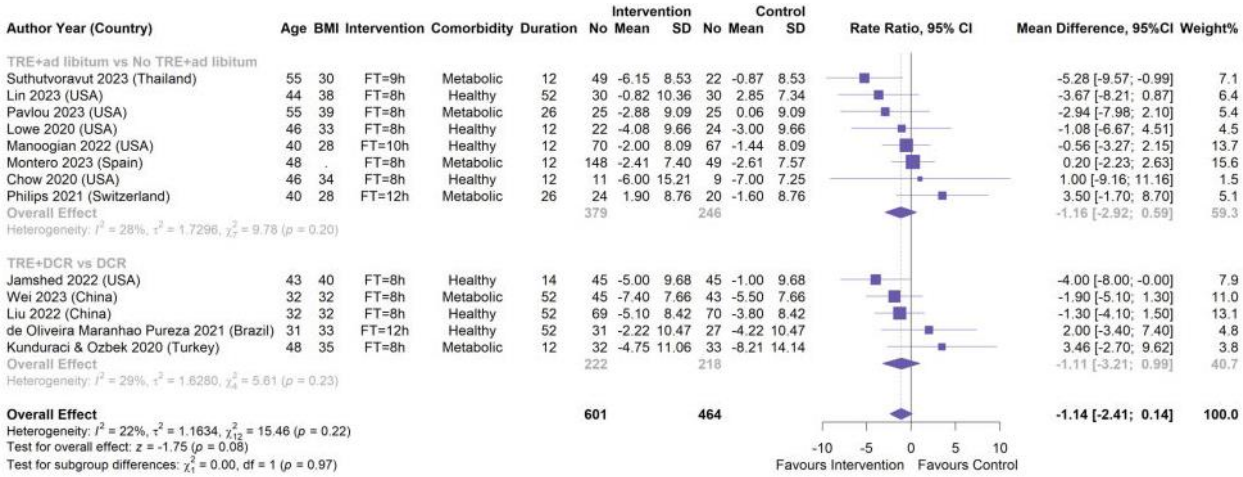


eFigure 60: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on diastolic blood pressure (mmHg), grouped by health status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 61: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on Diastolic blood pressure (mmHg), grouped by energy prescription

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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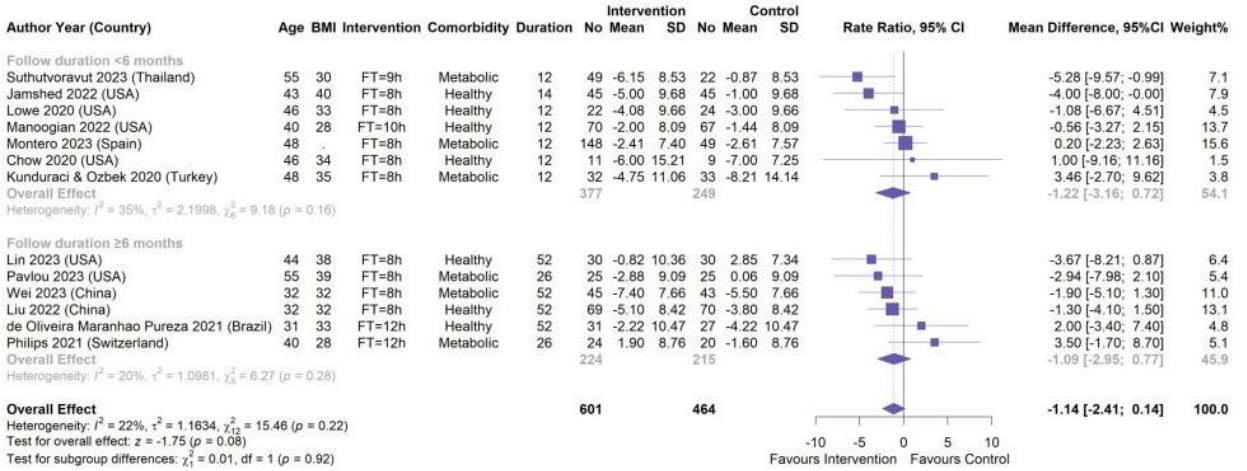
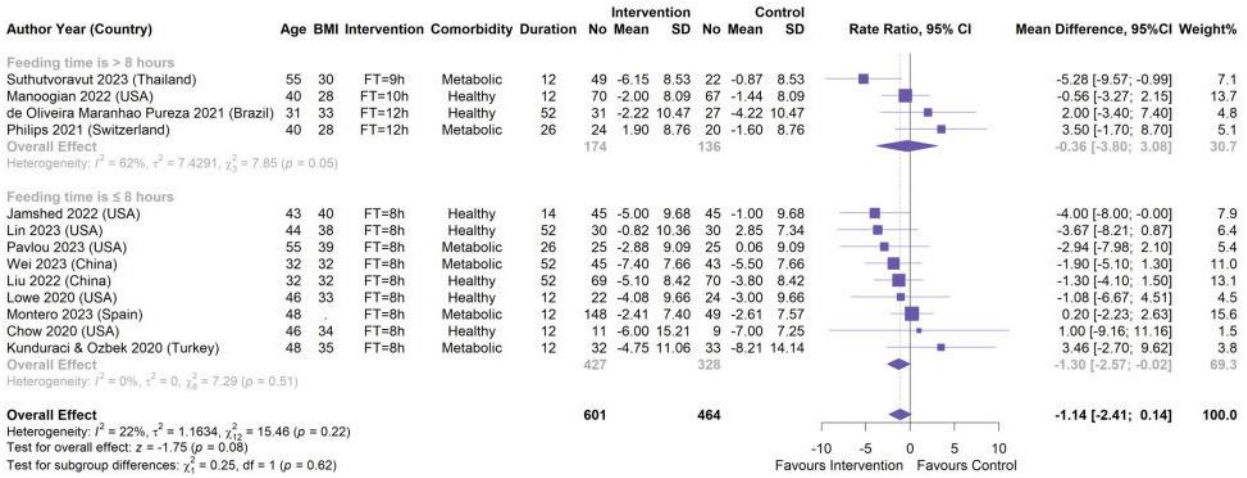


eFigure 62: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on Diastolic blood pressure (mmHg), grouped by follow duration

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 63: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on Diastolic blood pressure (mmHg), grouped by eating window

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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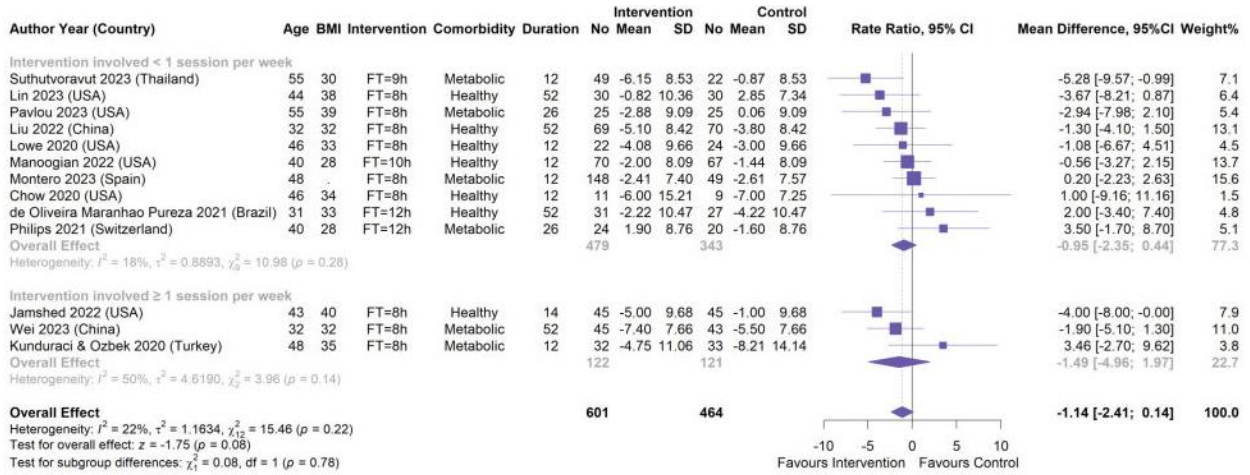
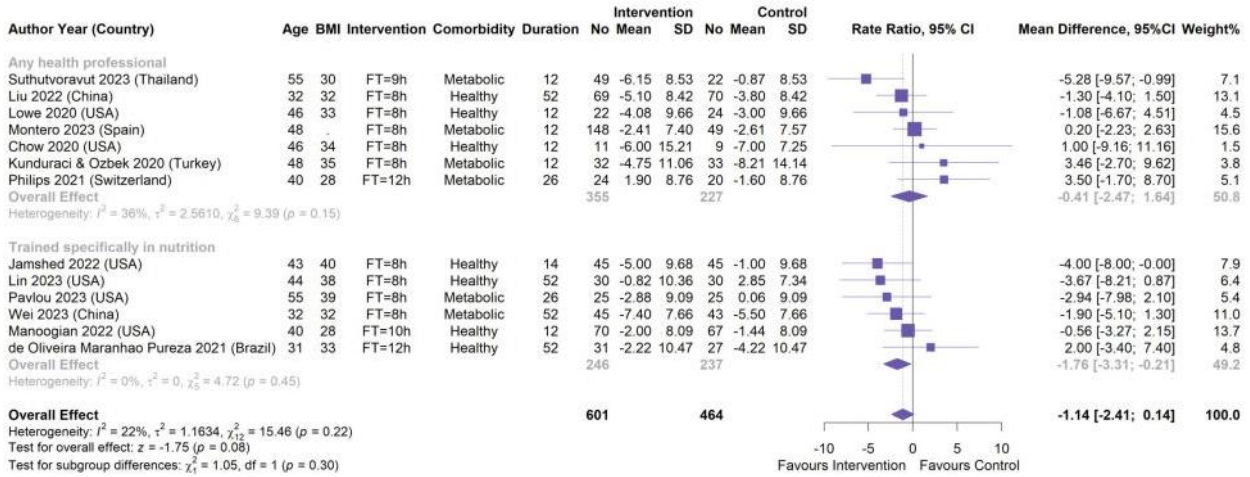


eFigure 64: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on Diastolic blood pressure (mmHg), grouped by frequency of contact

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 65: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on Diastolic blood pressure (mmHg), grouped by delivery personnel

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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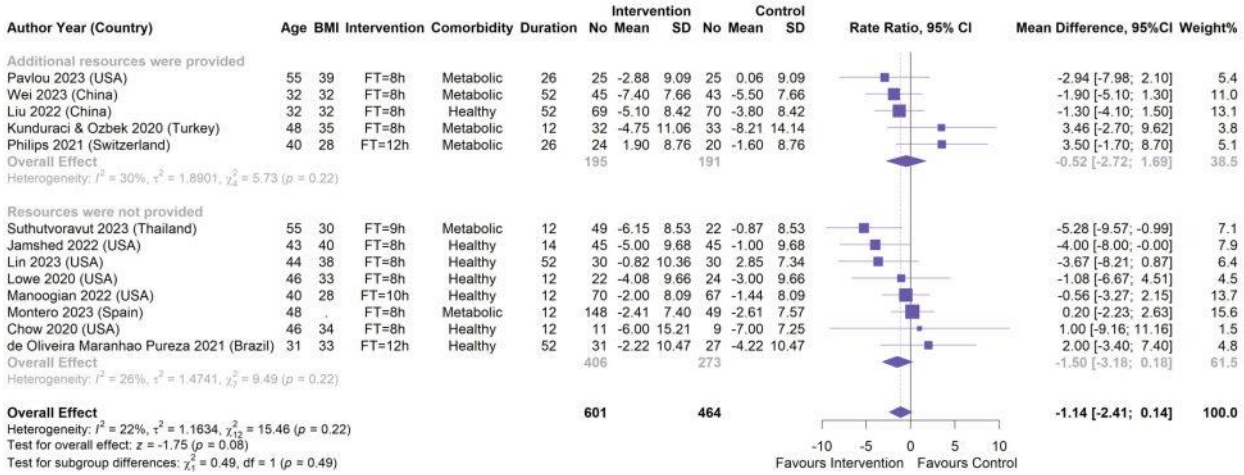
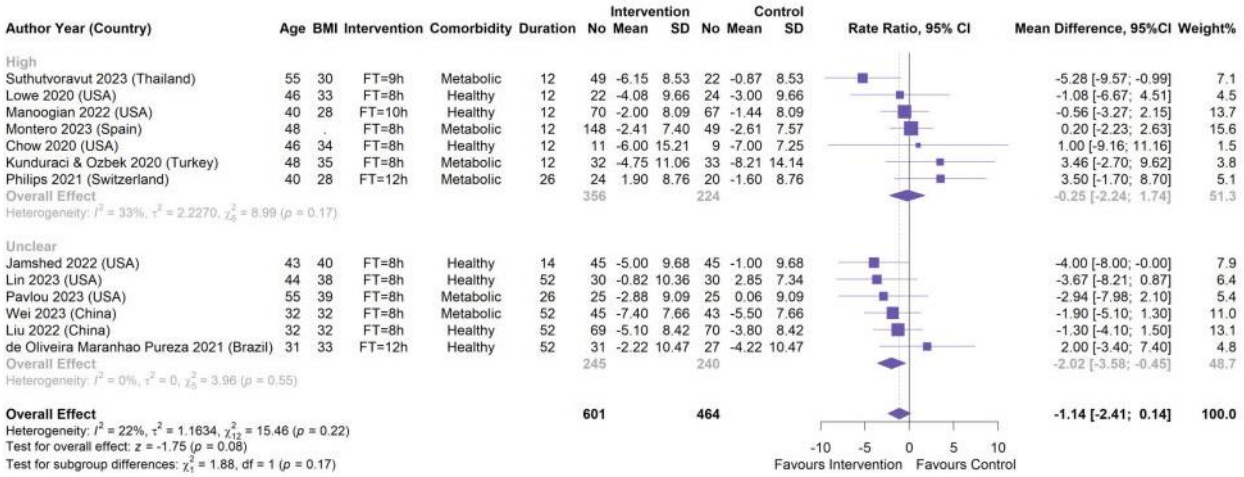


eFigure 66: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on Diastolic blood pressure (mmHg), grouped by resource provision

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 67: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on Diastolic blood pressure (mmHg), grouped by risk of bias

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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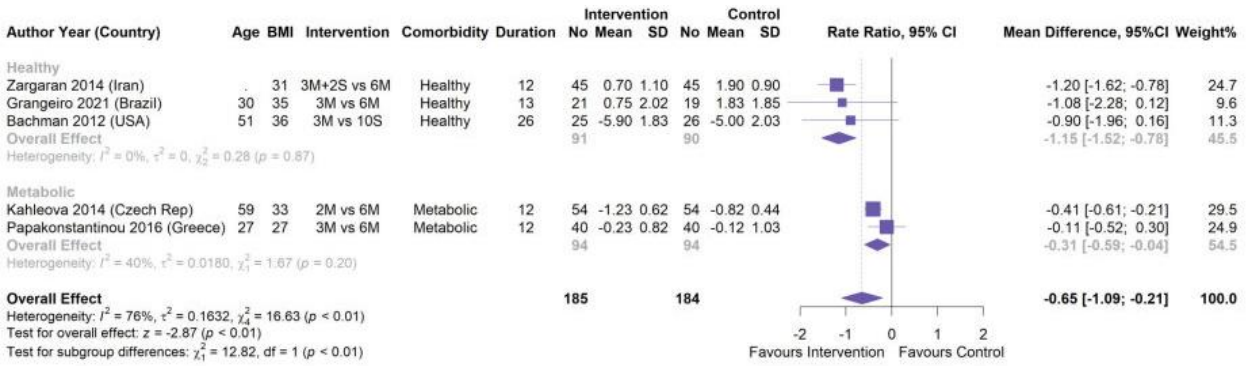
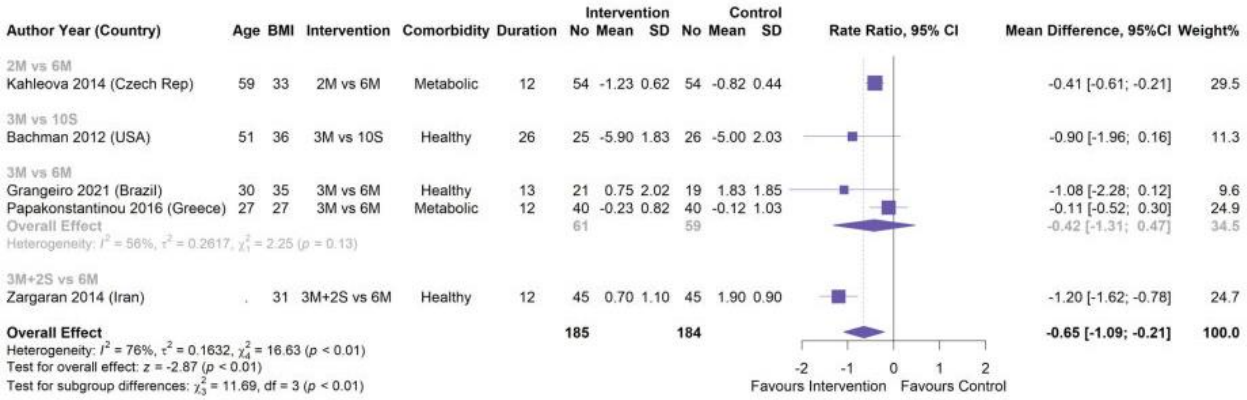


eFigure 68: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on BMI (kg/m²), grouped by health status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 69: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on BMI (kg/m²), grouped by intervention intensity

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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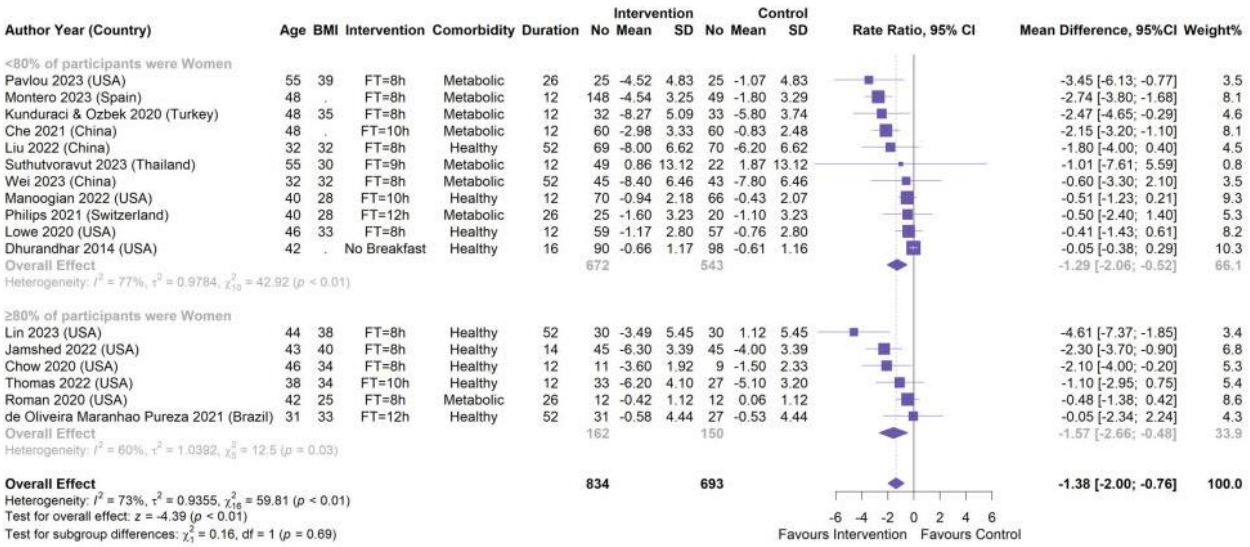
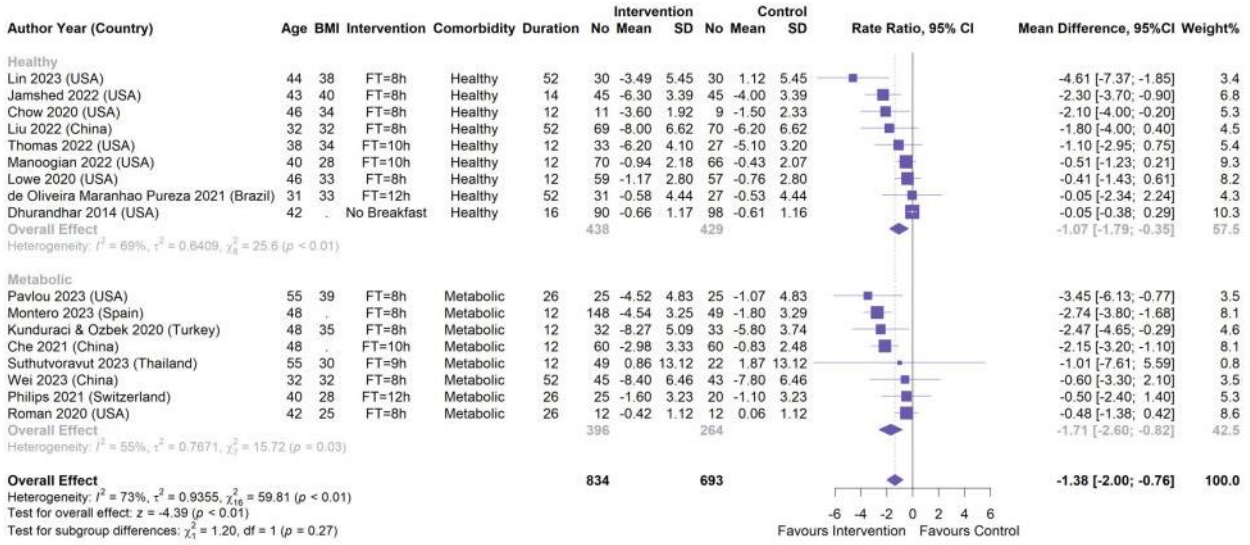


eFigure 70: Meta-analysis of difference in mean difference (95% CIs) for the effect of time restricted eating on weight (kg), grouped by gender proportion

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 71: Meta-analysis of difference in mean difference (95% CIs) for the effect of time restricted eating on weight (kg), grouped by health status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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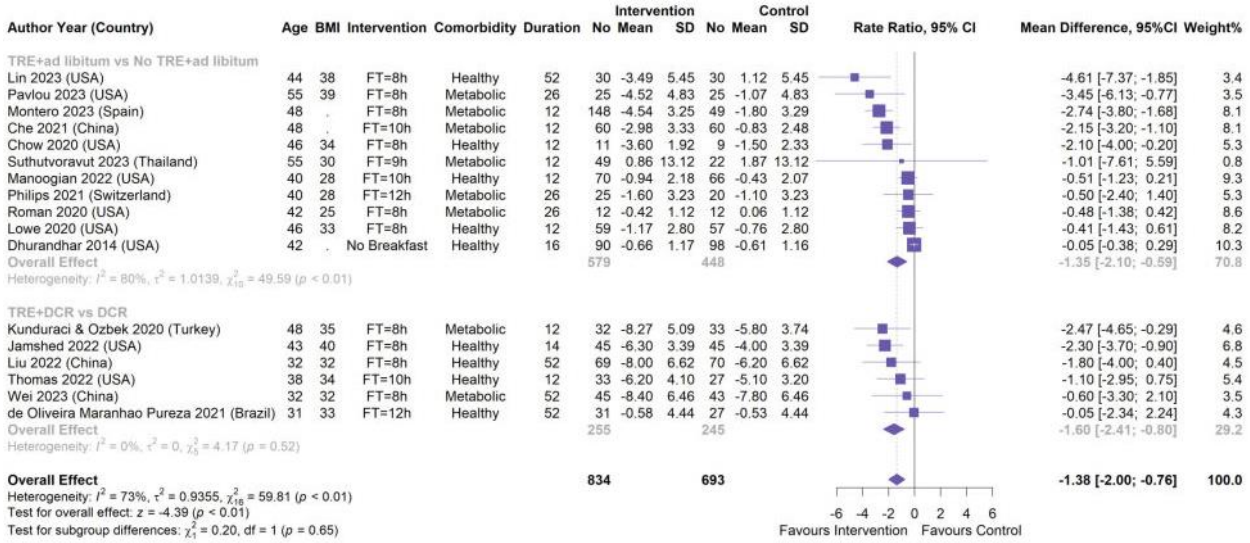
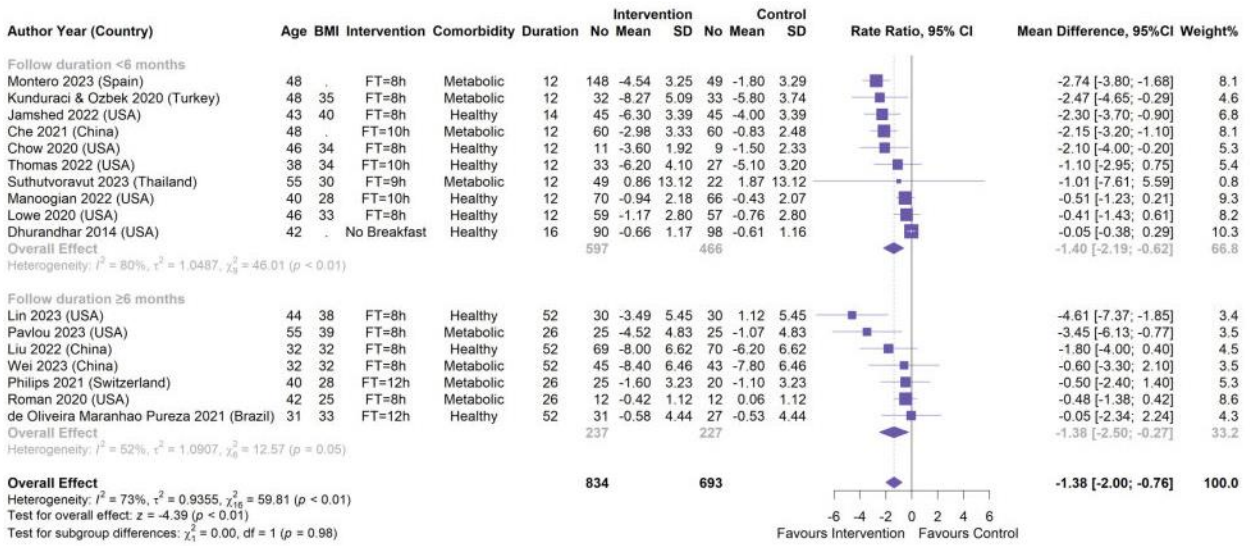


eFigure 72: Meta-analysis of difference in mean difference (95% CIs) for the effect of time restricted eating on weight (kg), grouped by energy prescription

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 73: Meta-analysis of difference in mean difference (95% CIs) for the effect of time restricted eating on weight (kg), grouped by follow duration

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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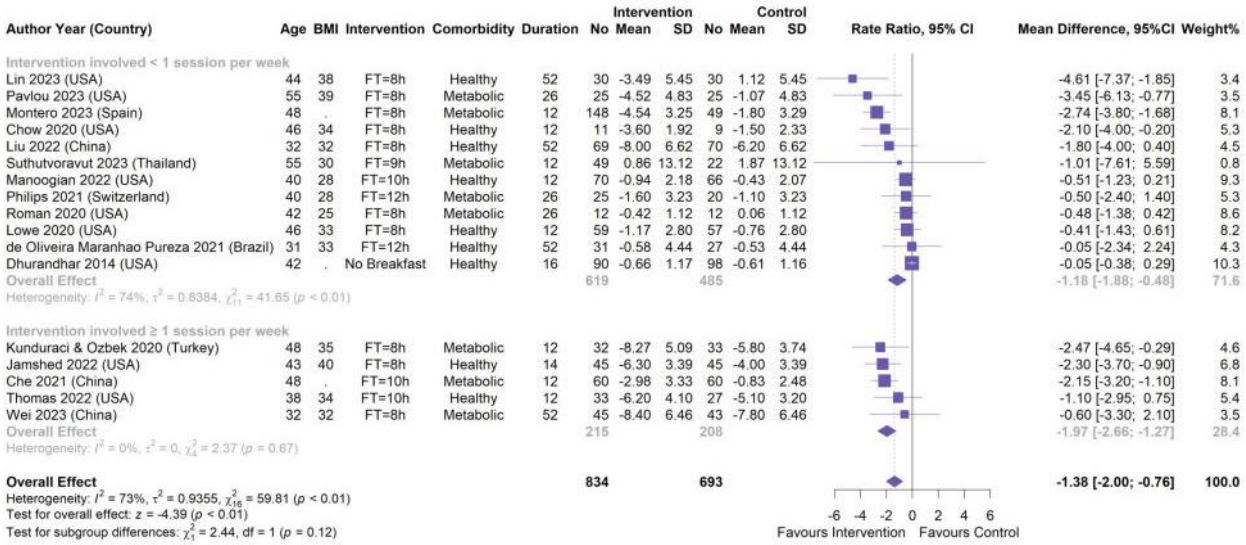
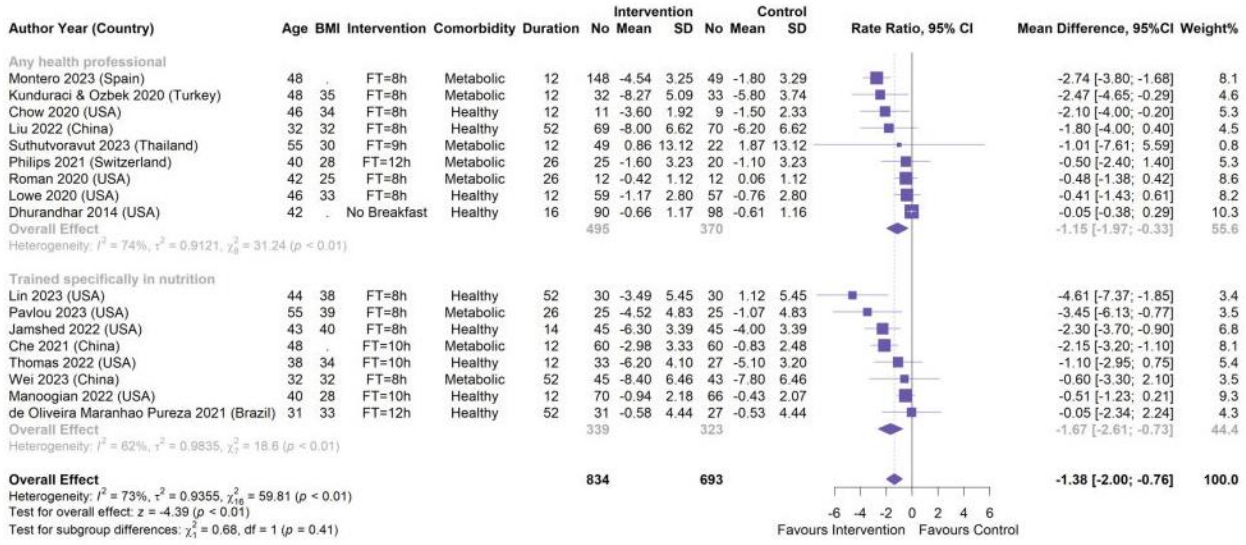


eFigure 74: Meta-analysis of difference in mean difference (95% CIs) for the effect of time restricted eating on weight (kg), grouped by frequency of contact

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 75: Meta-analysis of difference in mean difference (95% CIs) for the effect of time restricted eating on weight (kg), grouped by delivery personnel

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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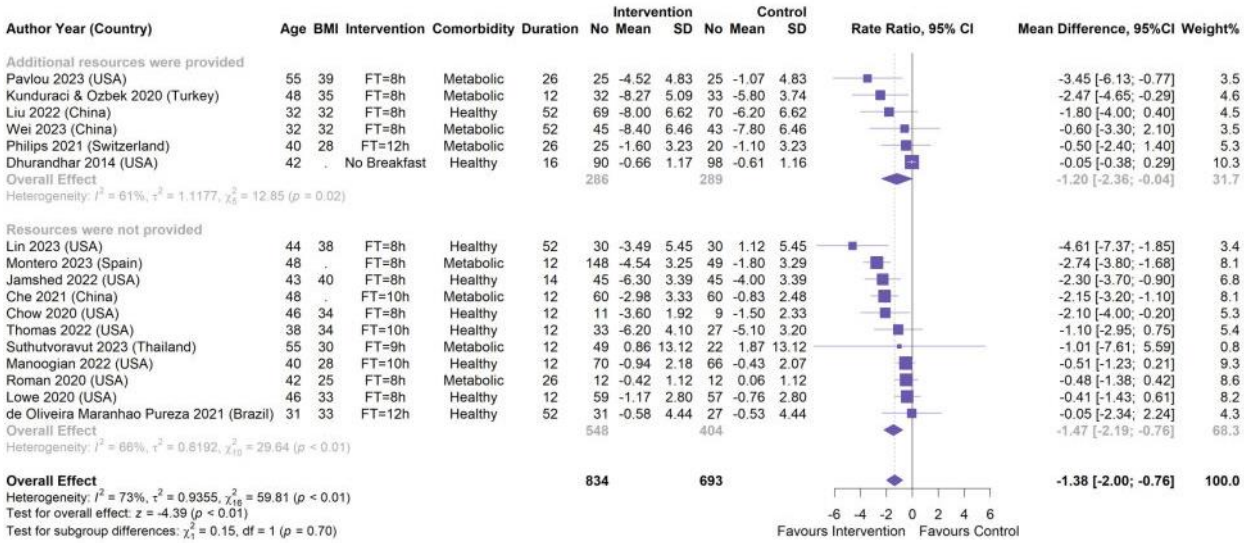
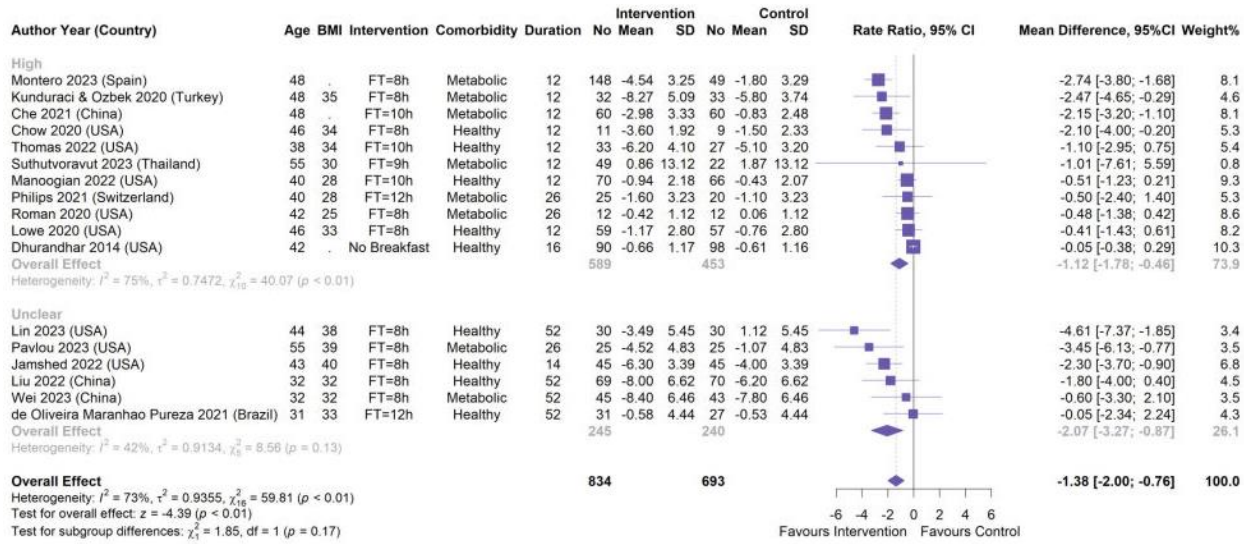


eFigure 76: Meta-analysis of difference in mean difference (95% CIs) for the effect of time restricted eating on weight (kg), grouped by resource provision

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 77: Meta-analysis of difference in mean difference (95% CIs) for the effect of time restricted eating on weight (kg), grouped by risk of bias

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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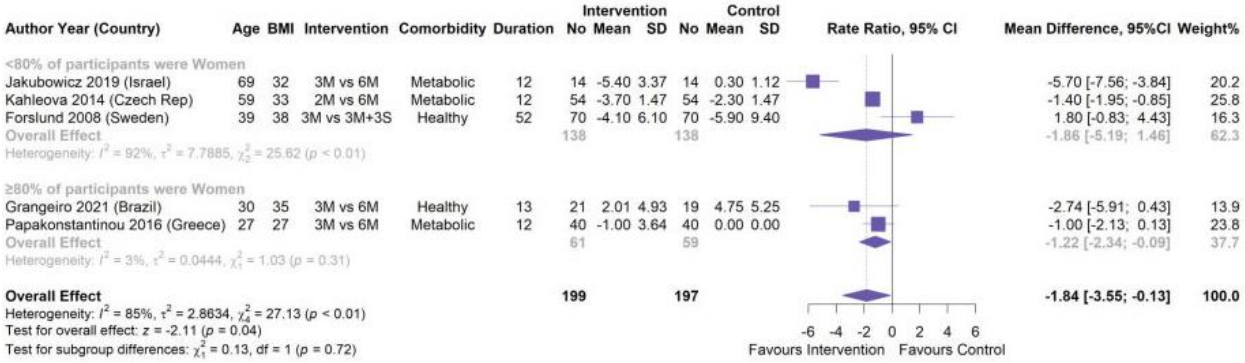
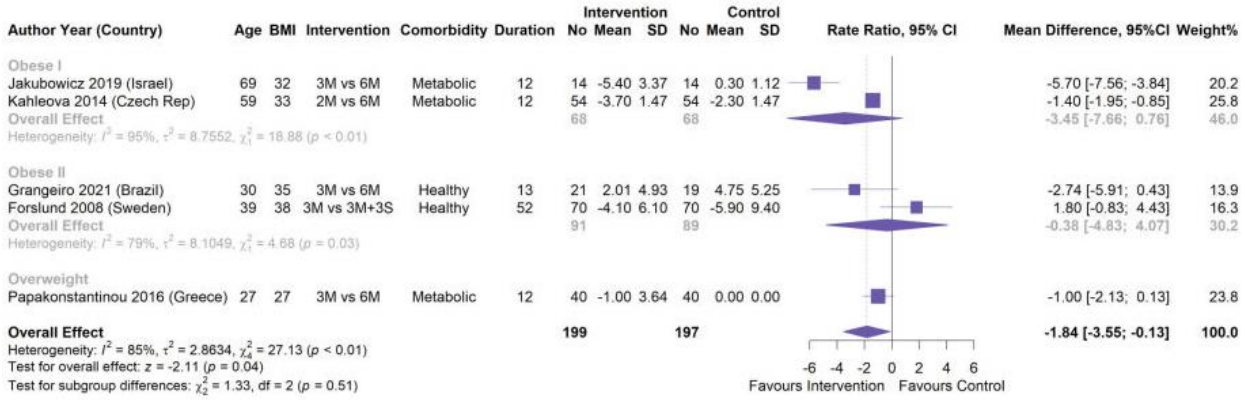


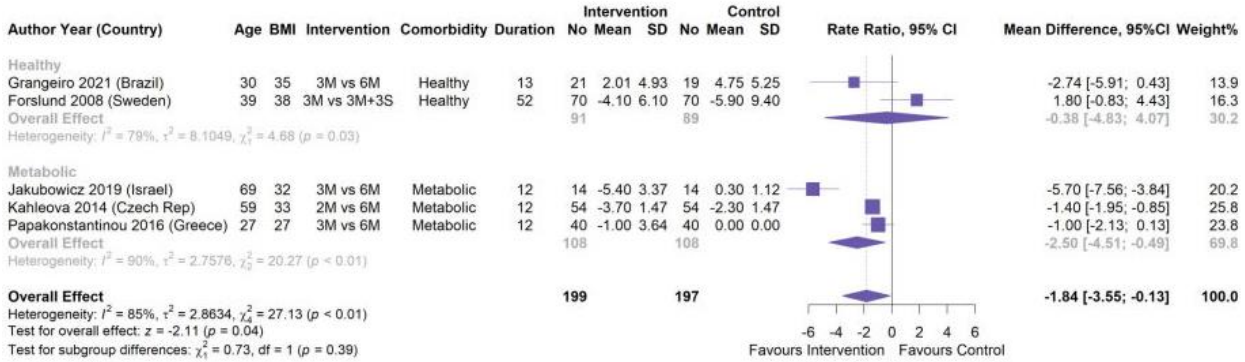
eFigure 78: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on weight (kg), grouped by gender proportion

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 79: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on weight (kg), grouped by baseline BMI status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 80: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on weight (kg), grouped by health status

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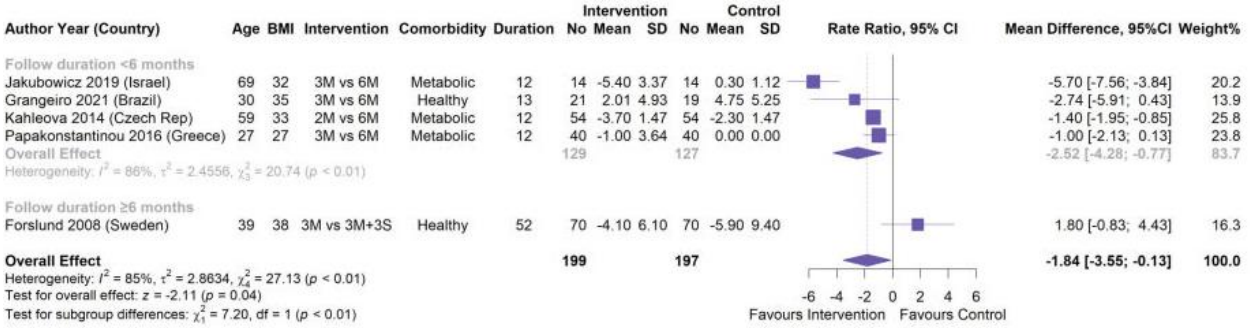
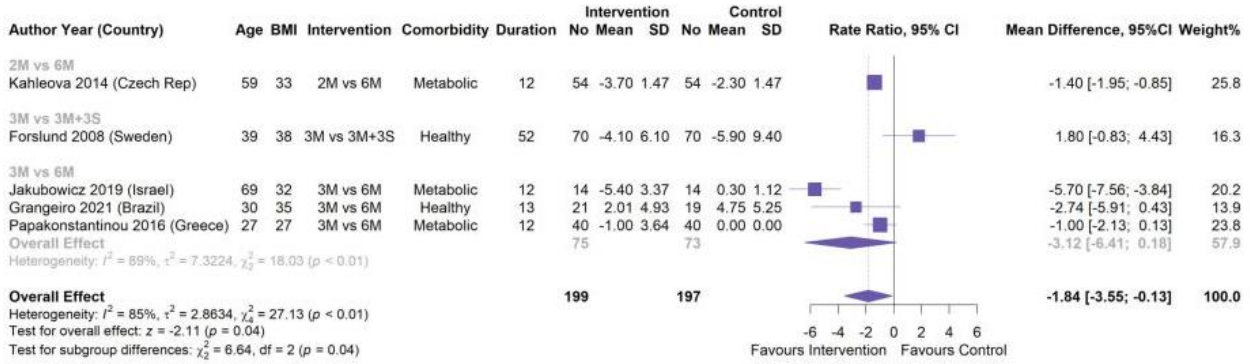
BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 81: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on weight (kg), grouped by follow duration

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 82: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on weight (kg), grouped by intervention intensity

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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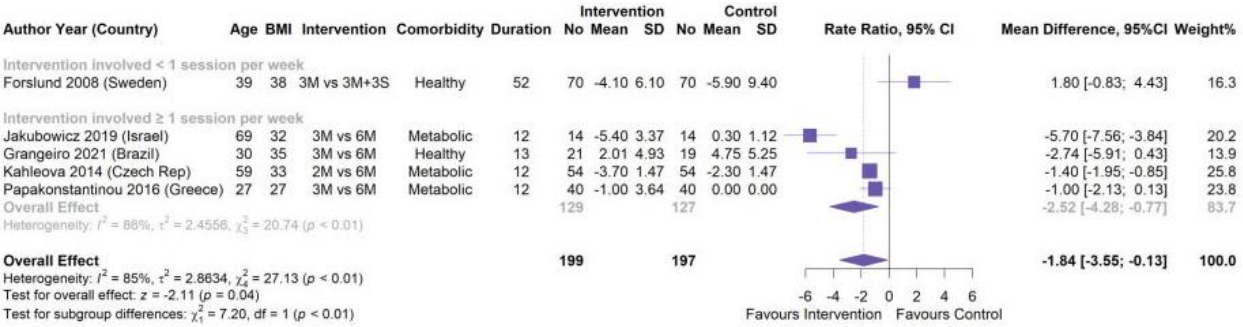
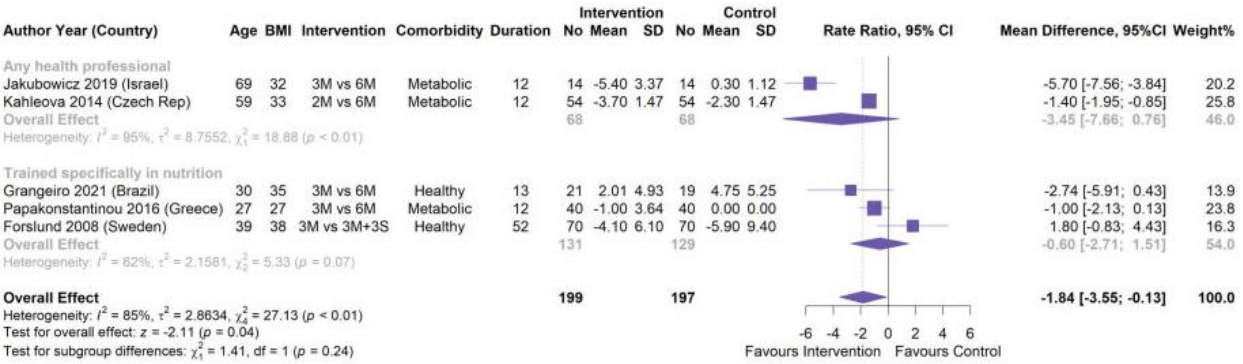


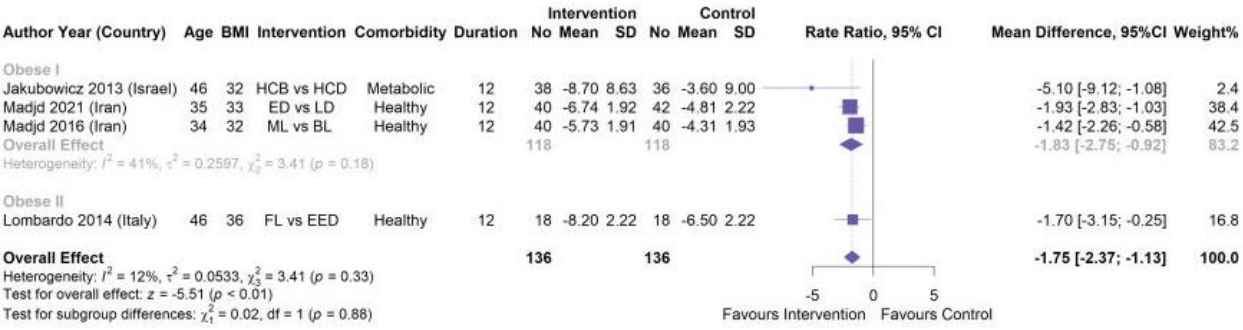
eFigure 83: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on weight (kg), grouped by frequency of contact

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 84: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on weight (kg), grouped by delivery personnel

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 85: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal distribution on weight (kg), grouped by baseline BMI status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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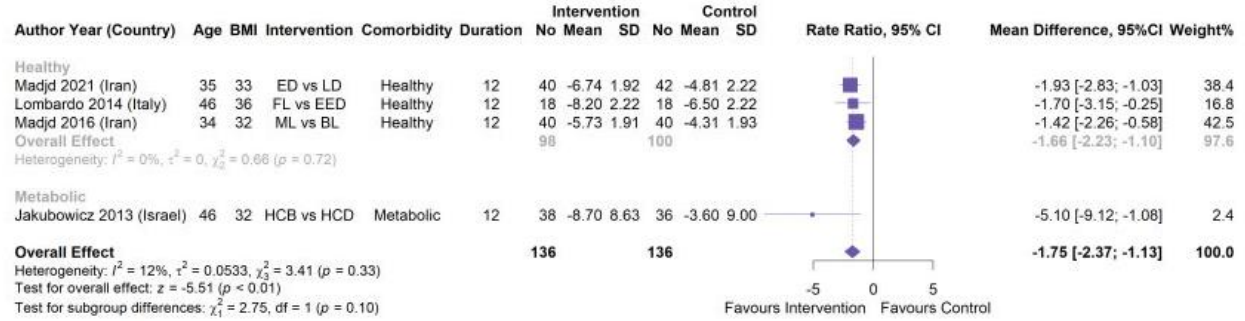
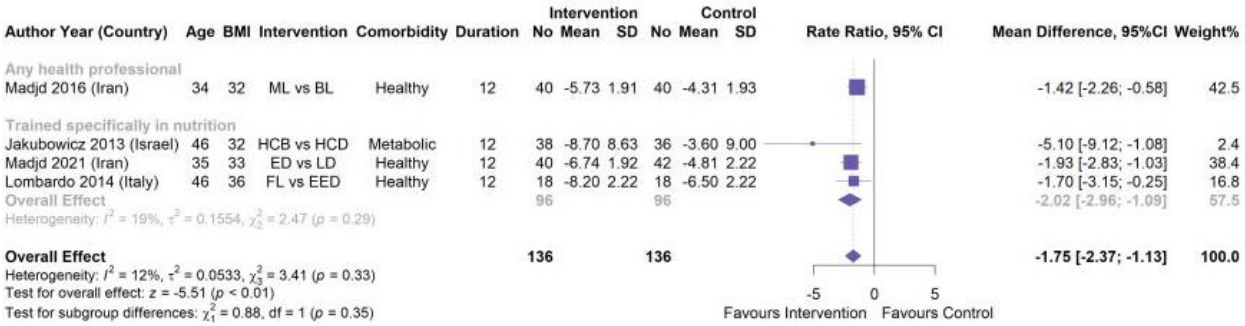


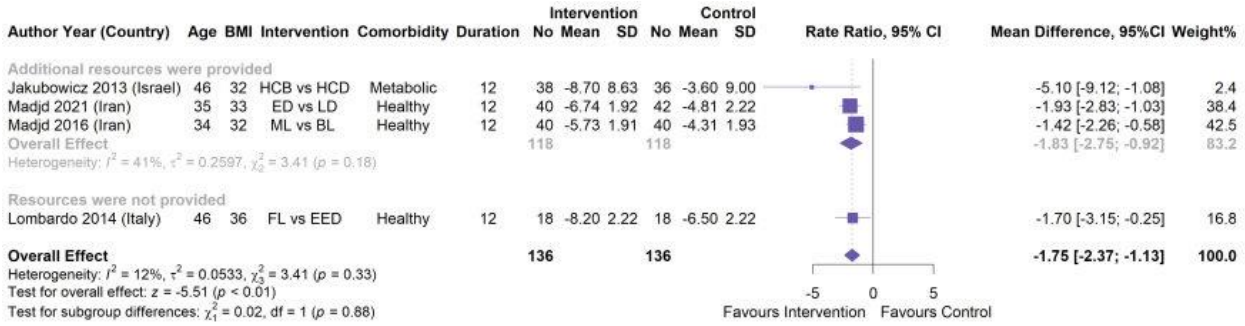
eFigure 86: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal distribution on weight (kg), grouped by health status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 87: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal distribution on weight (kg), grouped by delivery personnel

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 88: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal distribution on weight (kg), grouped by resource provision

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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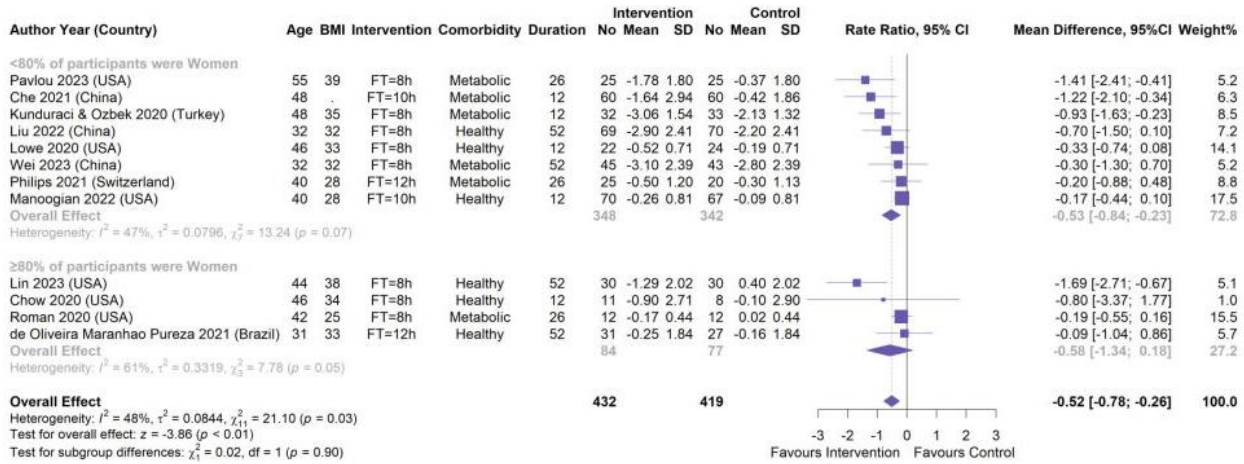
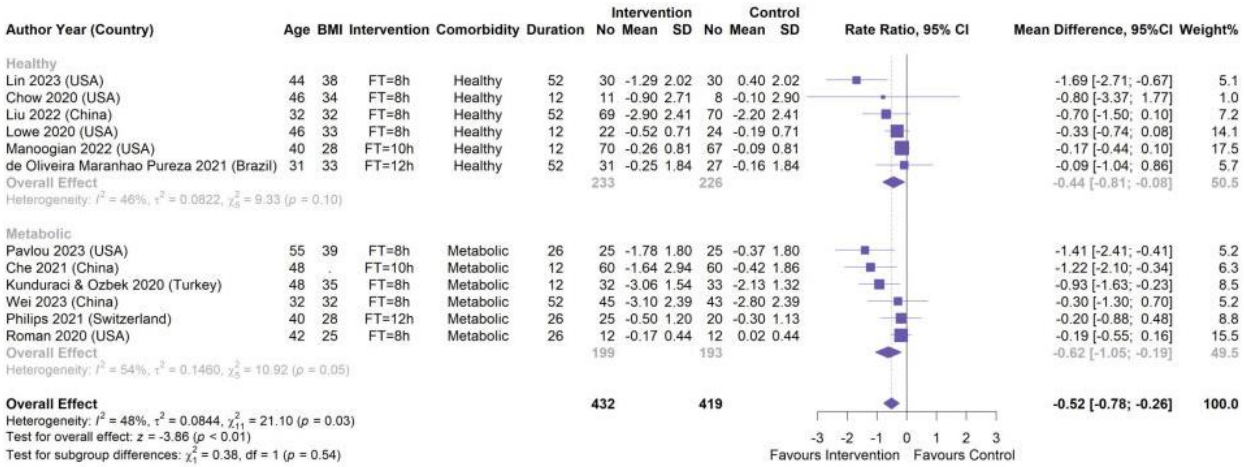


eFigure 89: Meta-analysis of difference in mean difference (95% CIs) for the effect of time restricted eating on BMI (kg/m²), grouped by gender proportion

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 90: Meta-analysis of difference in mean difference (95% CIs) for the effect of time restricted eating on BMI (kg/m²), grouped by health status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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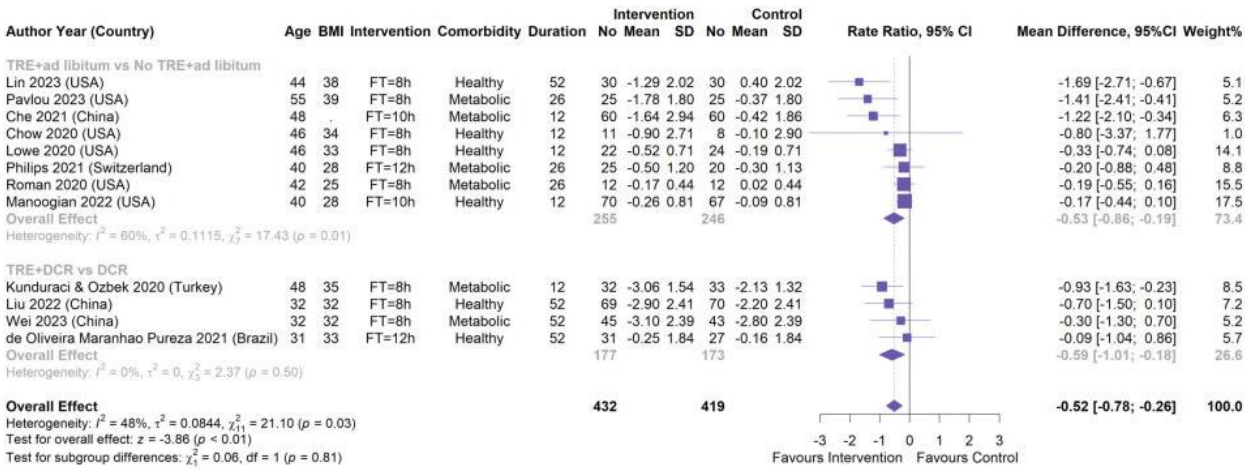
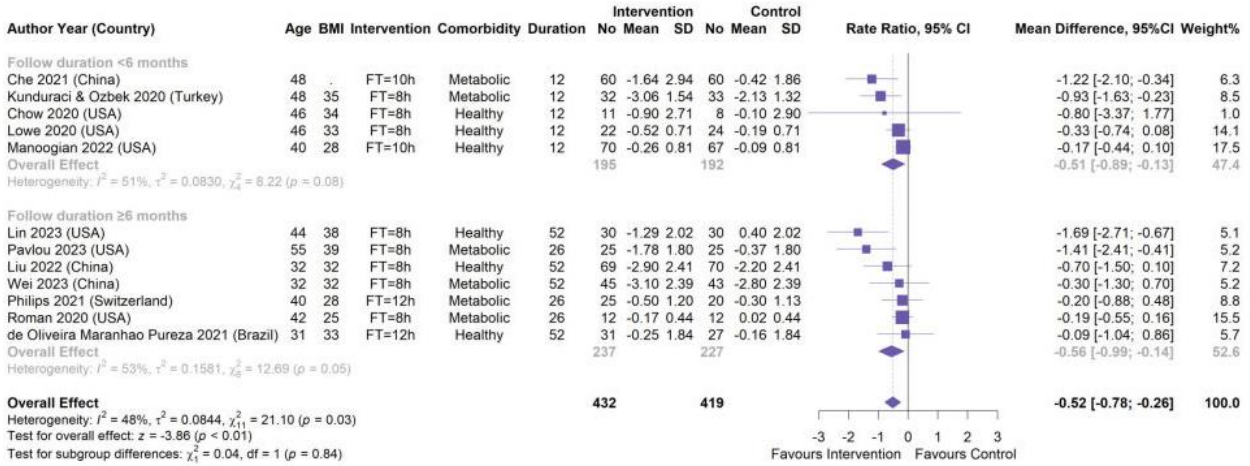


eFigure 91: Meta-analysis of difference in mean difference (95% CIs) for the effect of time restricted eating on BMI (kg/m²), grouped by energy prescription

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 92: Meta-analysis of difference in mean difference (95% CIs) for the effect of time restricted eating on BMI (kg/m²), grouped by follow duration

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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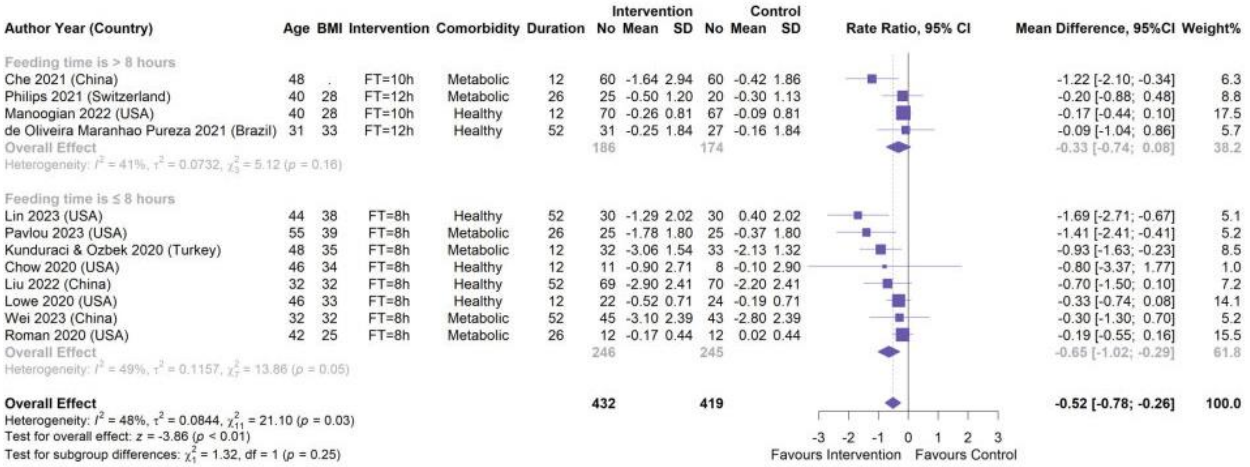
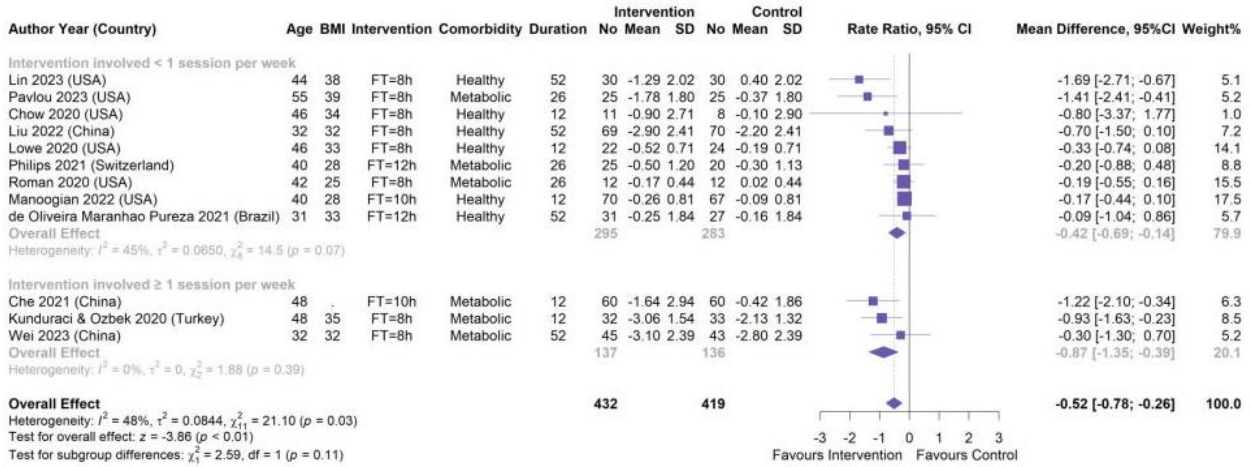


eFigure 93: Meta-analysis of difference in mean difference (95% CIs) for the effect of time restricted eating on BMI (kg/m²), grouped by eating window

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 94: Meta-analysis of difference in mean difference (95% CIs) for the effect of time restricted eating on BMI (kg/m²), grouped by frequency of contact

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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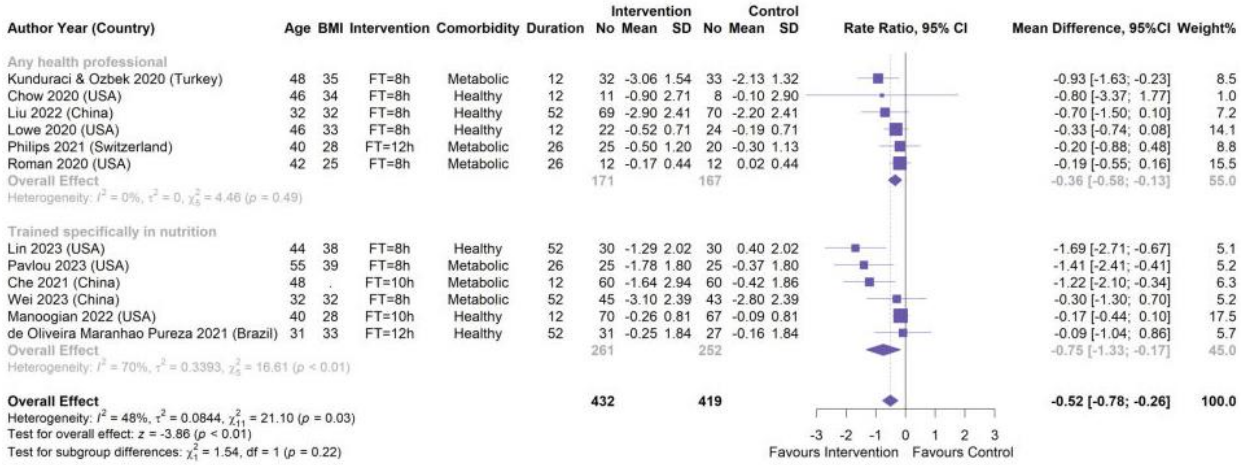
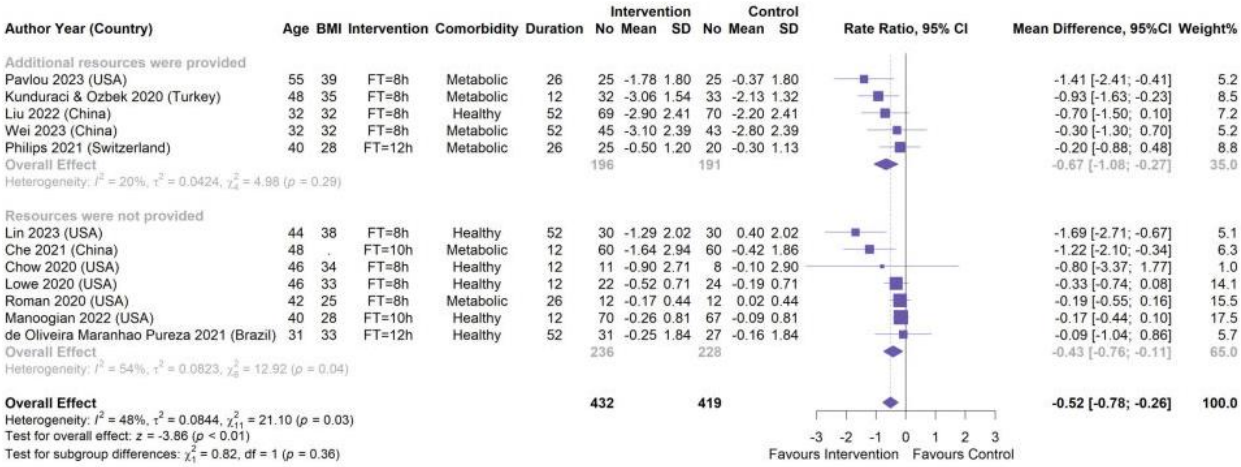


eFigure 95: Meta-analysis of difference in mean difference (95% CIs) for the effect of time restricted eating on BMI (kg/m²), grouped by delivery personnel

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 96: Meta-analysis of difference in mean difference (95% CIs) for the effect of time restricted eating on BMI (kg/m²), grouped by resource provision

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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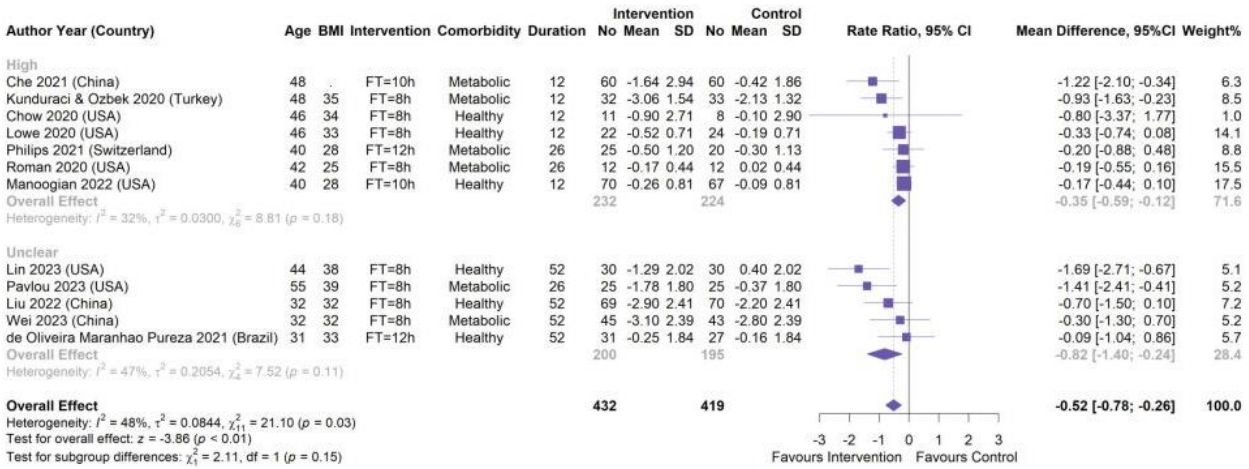
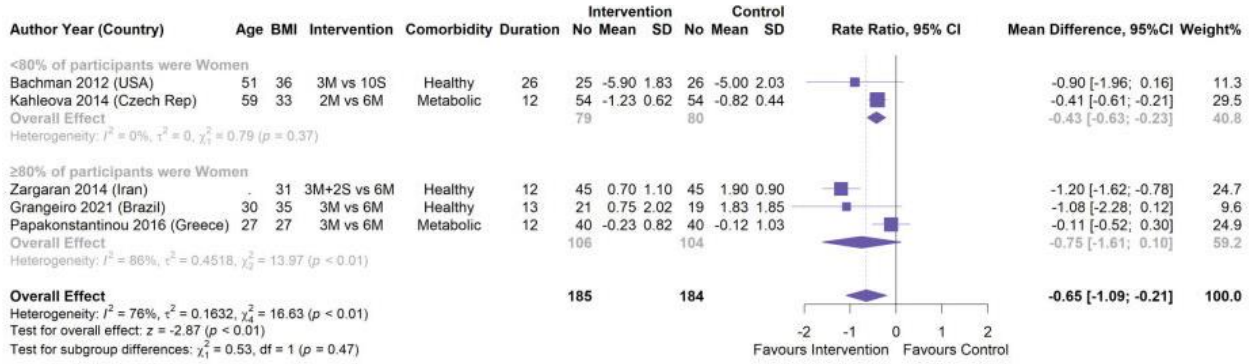


eFigure 97: Meta-analysis of difference in mean difference (95% CIs) for the effect of time restricted eating on BMI (kg/m²), grouped by risk of bias

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 98: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on BMI (kg/m²), grouped by gender proportion

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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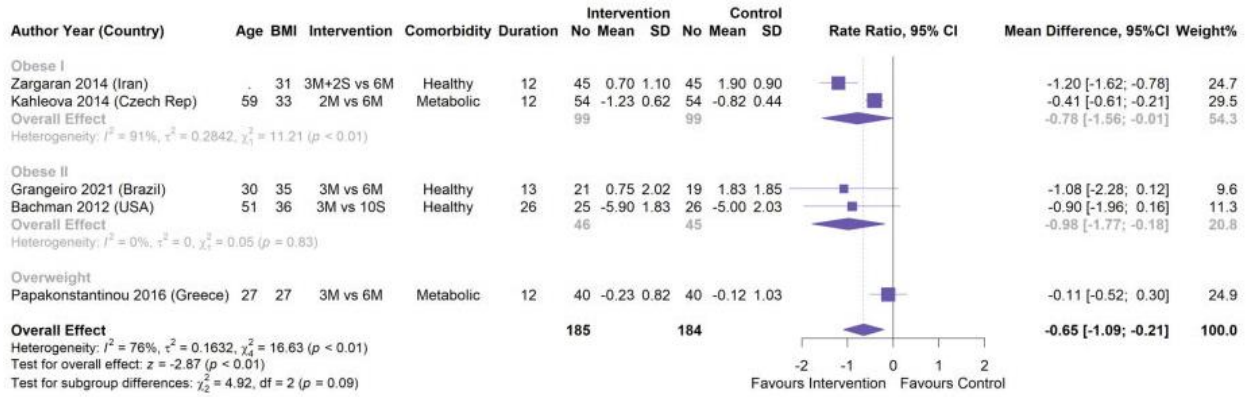
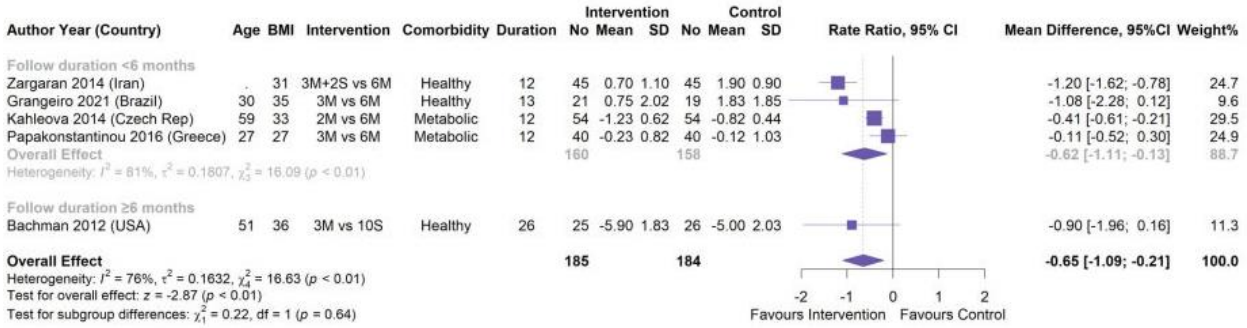


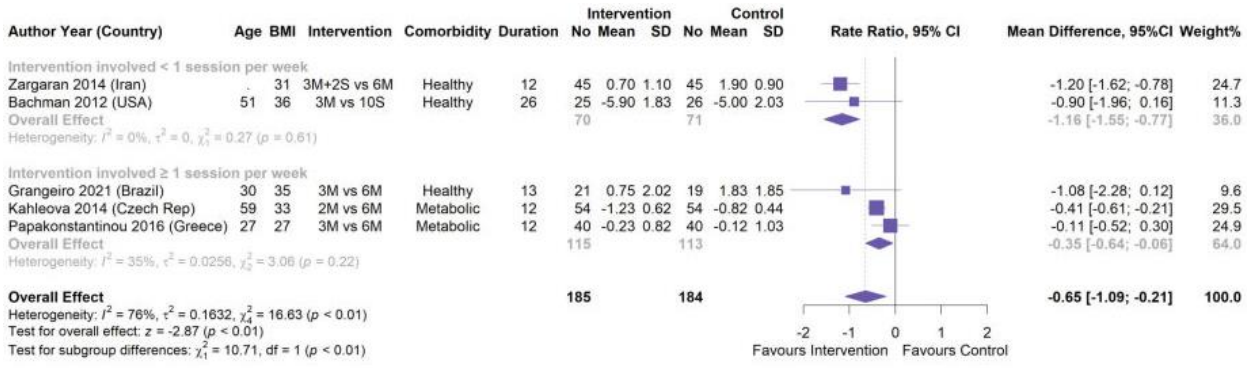
eFigure 99: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on BMI (kg/m²), grouped by baseline BMI status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 100: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on BMI (kg/m²), grouped by follow duration

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 101: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on BMI (kg/m²), grouped by frequency of contact

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet

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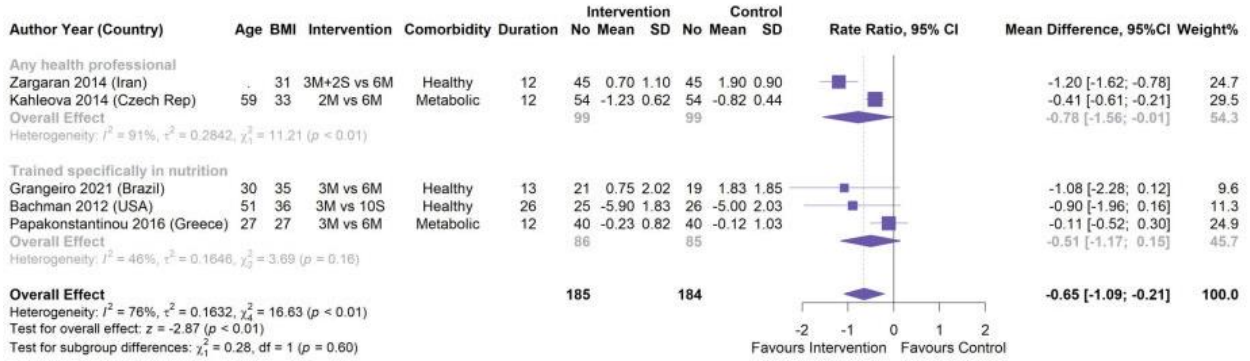
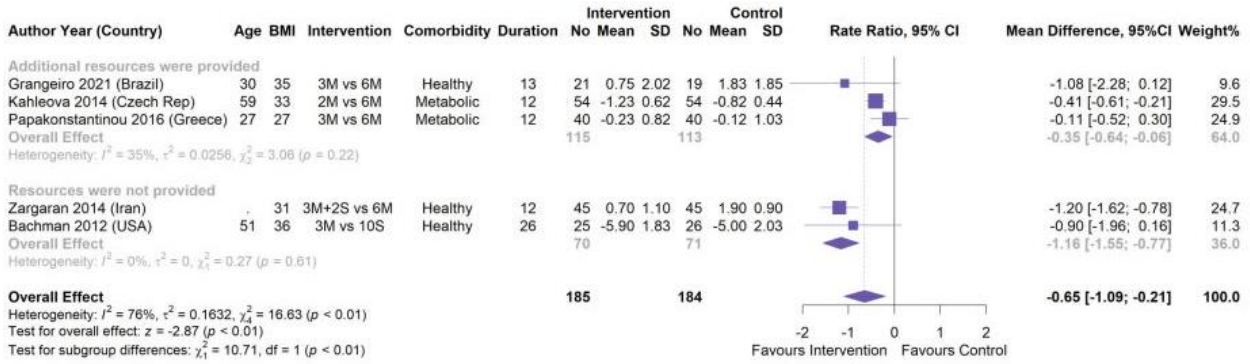
– 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



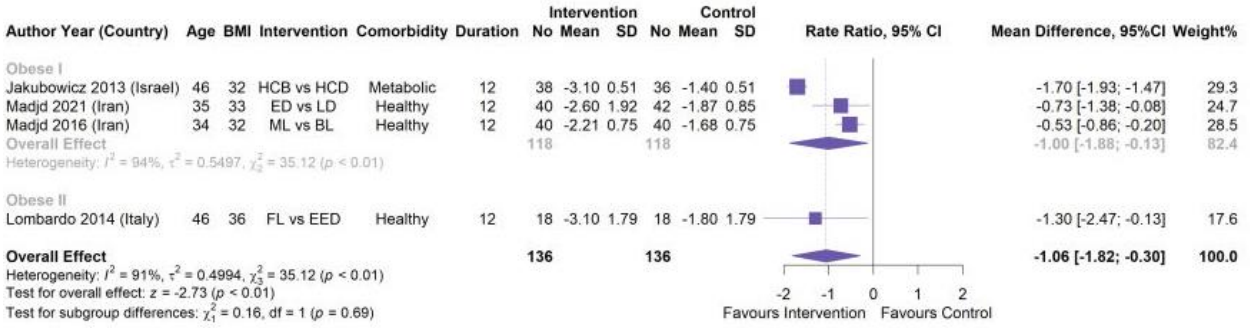
eFigure 102: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on BMI (kg/m²), grouped by delivery personnel

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 103: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on BMI (kg/m²), grouped by resource provision

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 104: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal distribution on BMI (kg/m²), grouped by baseline BMI status

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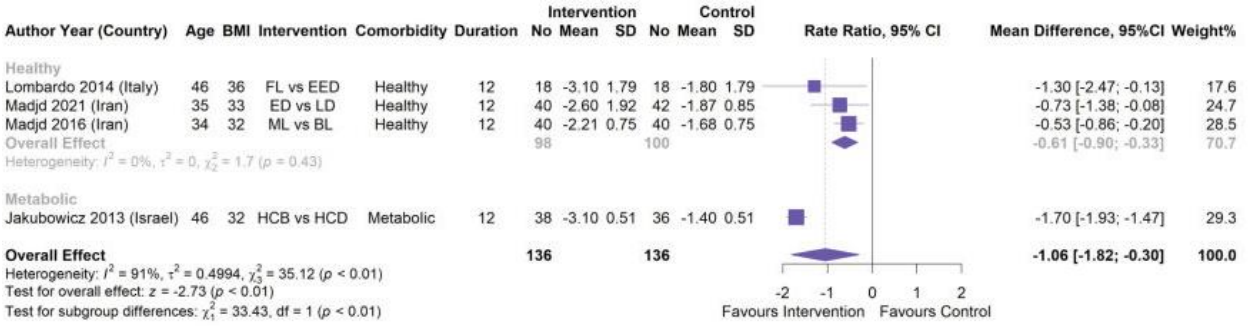
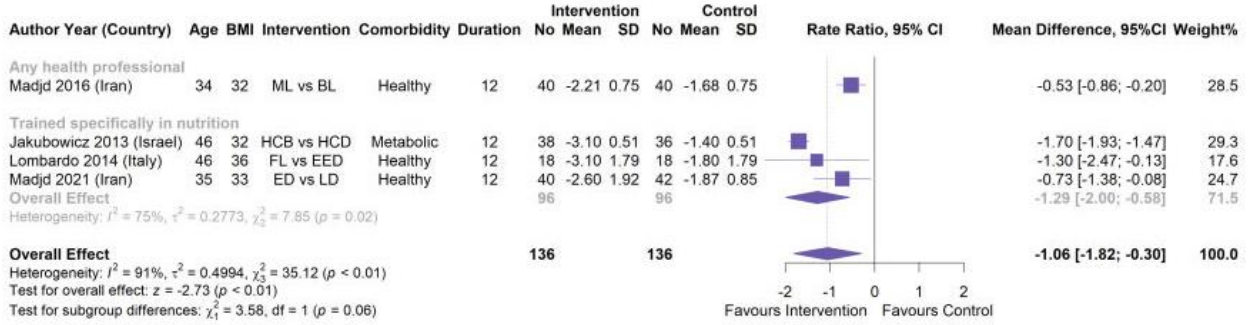
BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



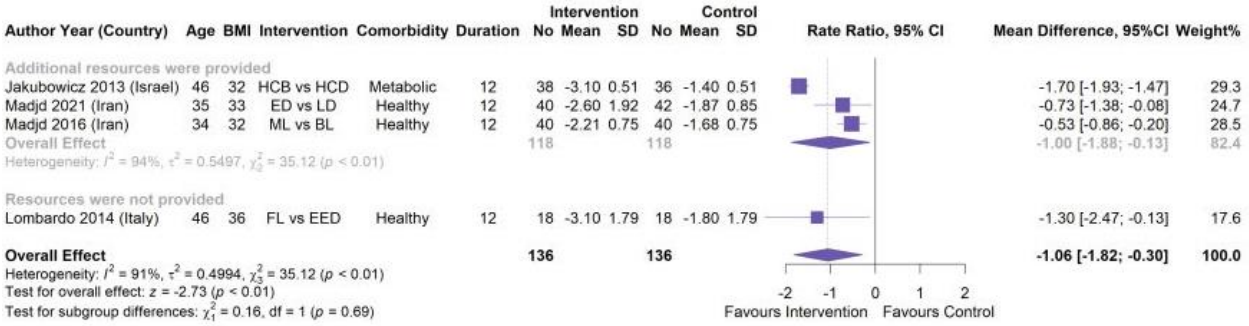
eFigure 105: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal distribution on BMI (kg/m²), grouped by health status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 106: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal distribution on BMI (kg/m²), grouped by delivery personnel

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 107: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal distribution on BMI (kg/m²), grouped by resource provision

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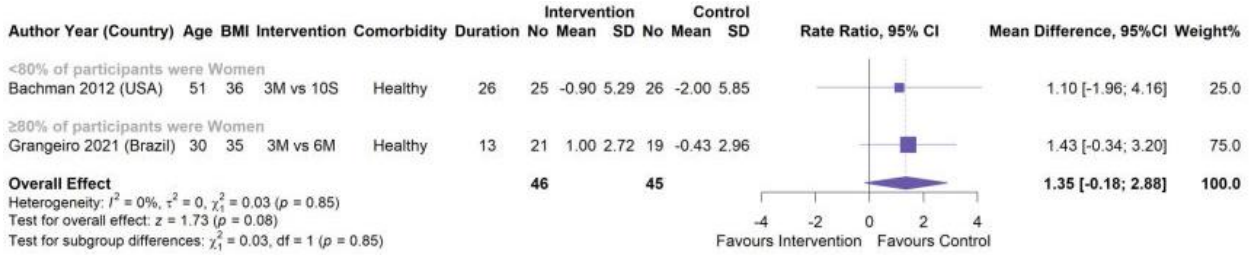
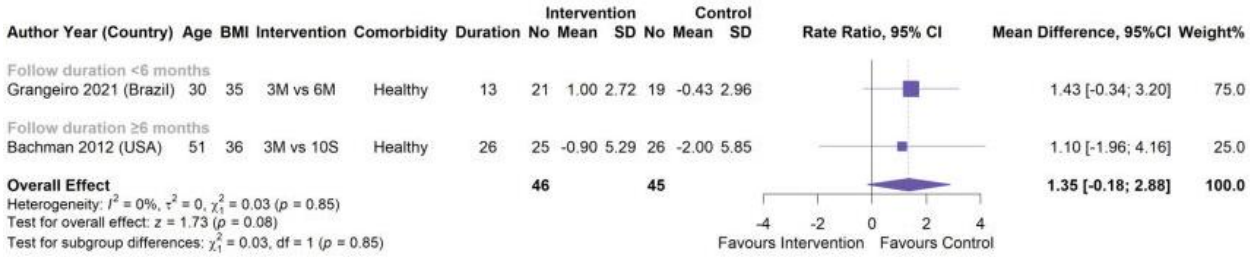
BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



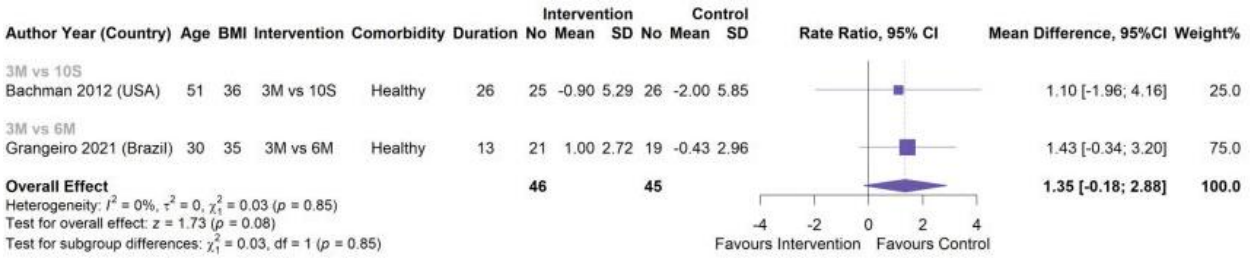
eFigure 108: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on lean mass (kg), grouped by gender proportion

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 109: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on lean mass (kg), grouped by follow duration

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 110: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on lean mass (kg), grouped by intervention intensity

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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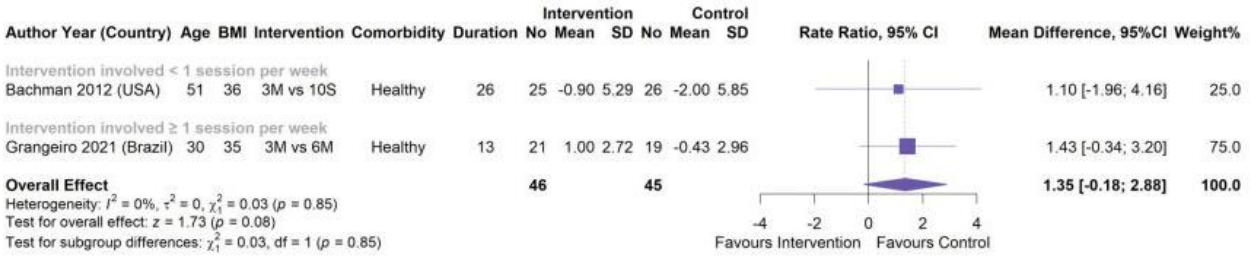
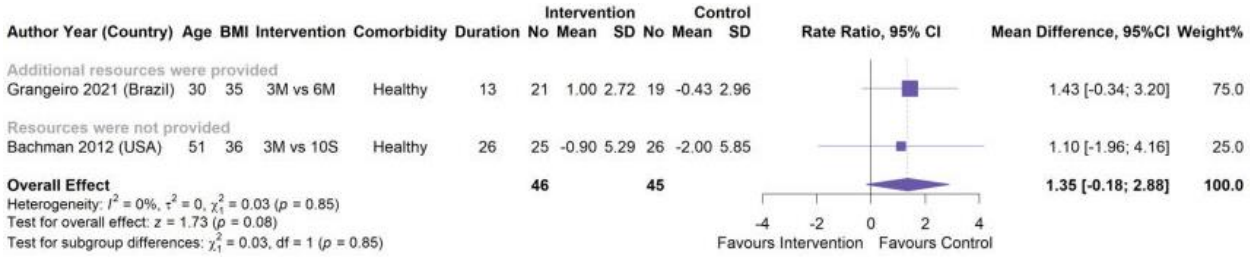


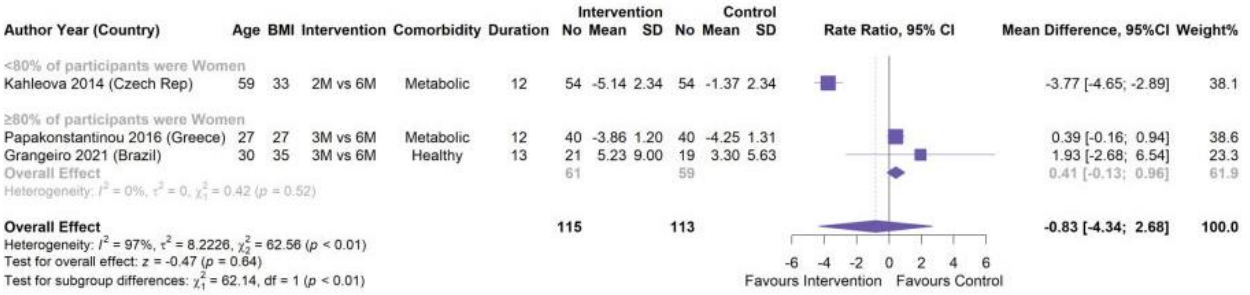
eFigure 111: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on lean mass (kg), grouped by frequency of contact

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 112: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on lean mass (kg), grouped by resource provision

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 113: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on waist circumference (cm), grouped by gender proportion

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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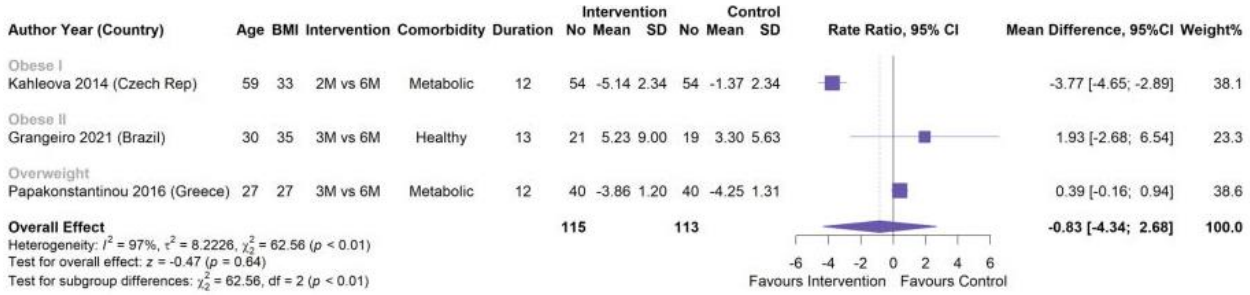
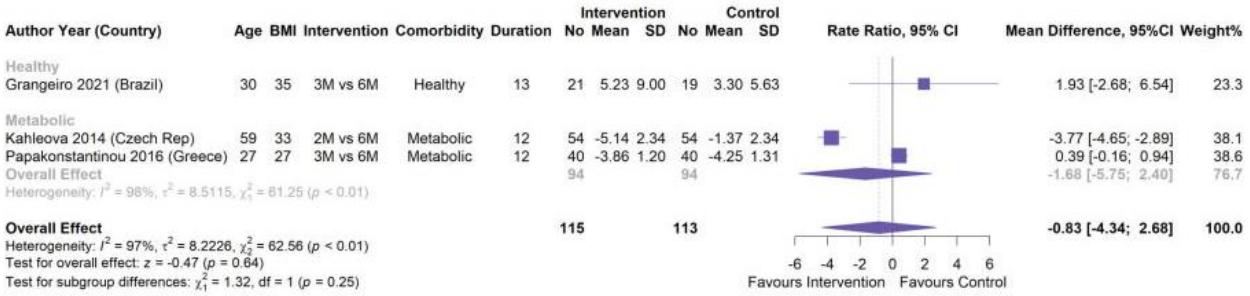


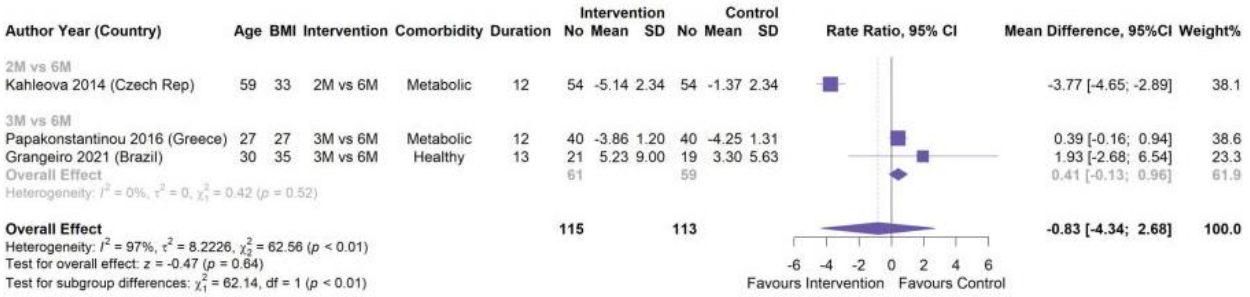
eFigure 114: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on waist circumference (cm), grouped by baseline BMI status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 115: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on waist circumference (cm), grouped by health status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 116: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on waist circumference (cm), grouped by intervention intensity

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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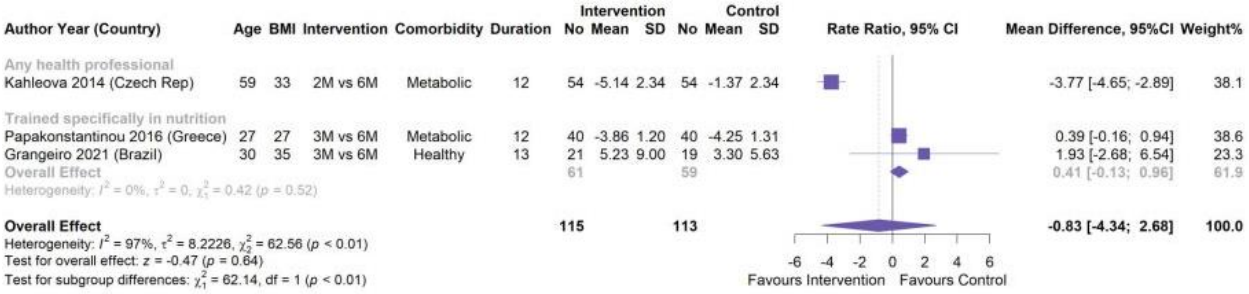
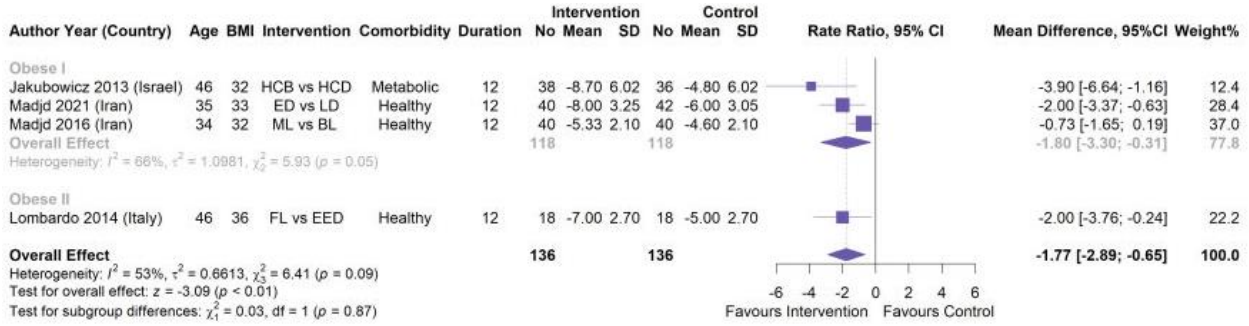


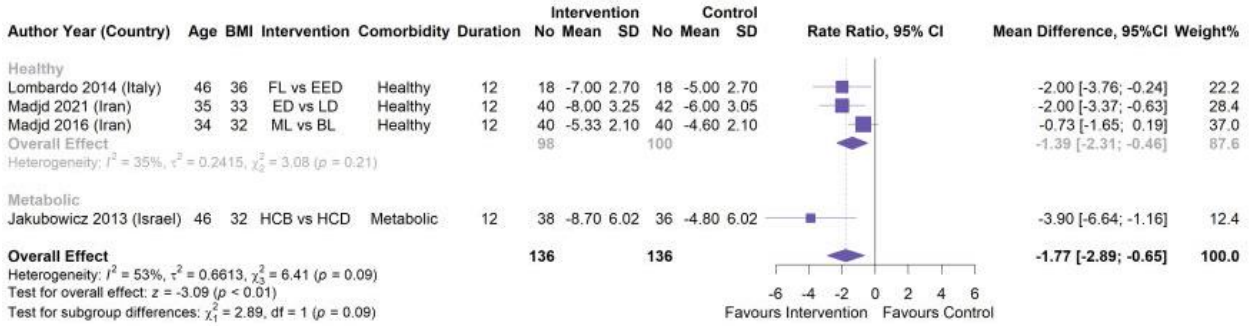
eFigure 117: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on waist circumference (cm), grouped by delivery personnel

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 118: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal distribution on waist circumference (cm), grouped by baseline BMI status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 119: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal distribution on waist circumference (cm), grouped by health status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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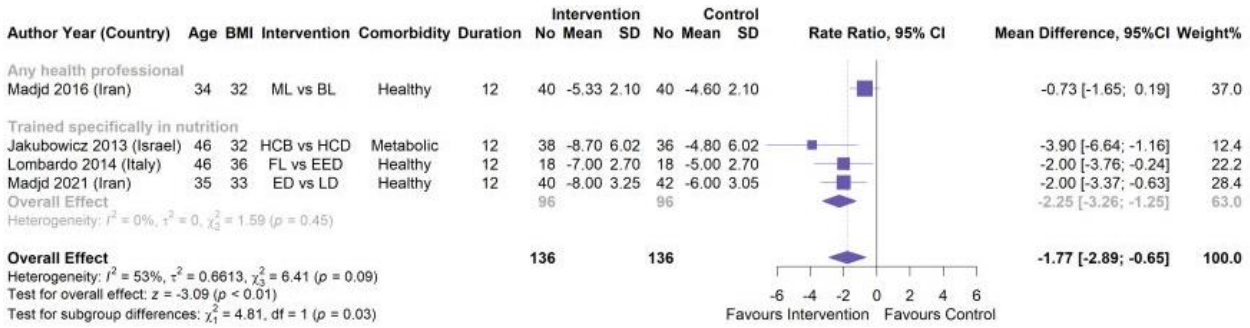
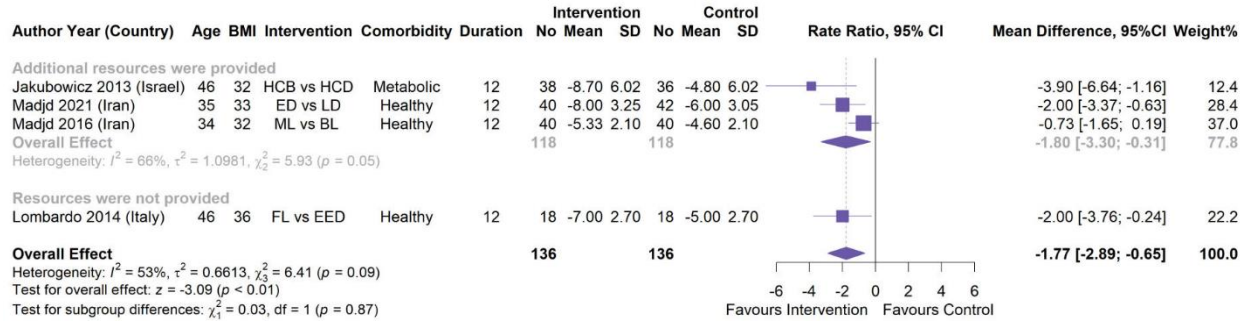


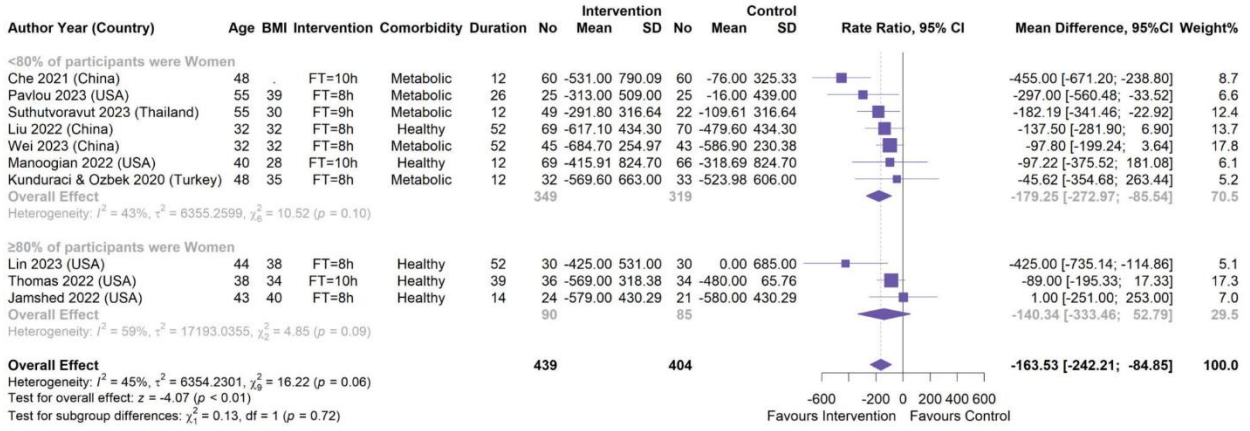
eFigure 120: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal distribution on waist circumference (cm), grouped by delivery personnel

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 121: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal distribution on waist circumference (cm), grouped by resource provision

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 122: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on energy intake (kcal/day), grouped by gender proportion

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet

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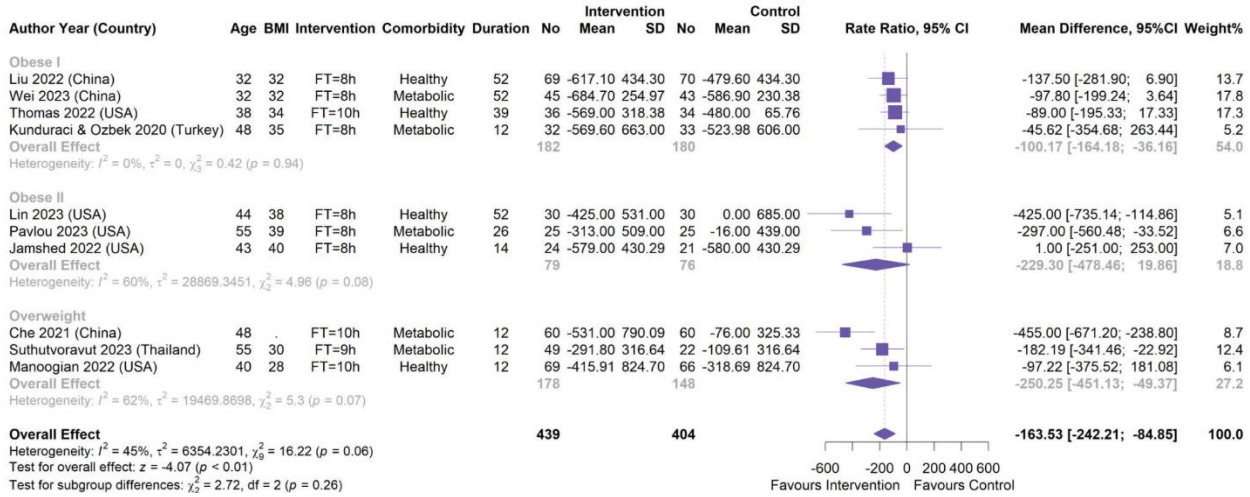
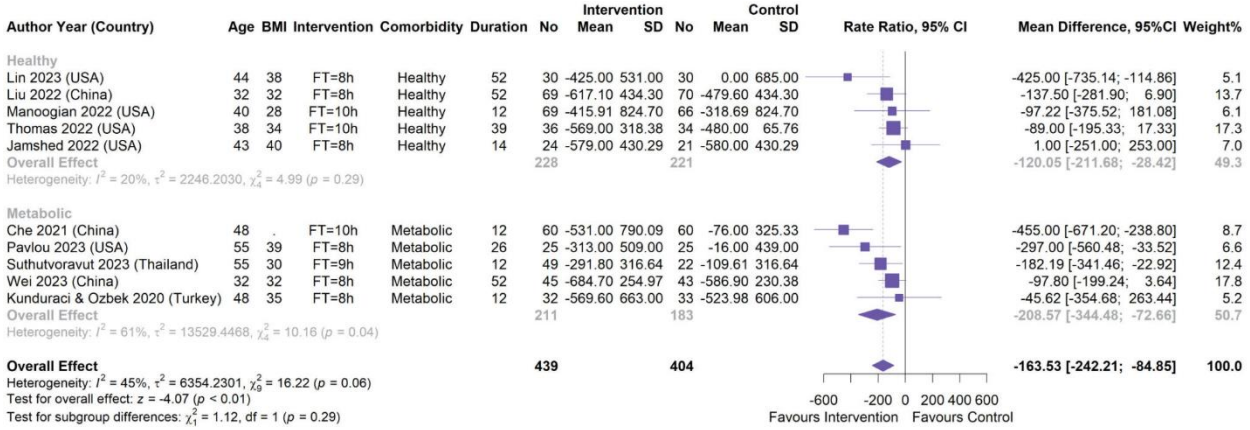
– 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 123: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on energy intake (kcal/day), grouped by baseline BMI status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 124: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on energy intake (kcal/day), grouped by health status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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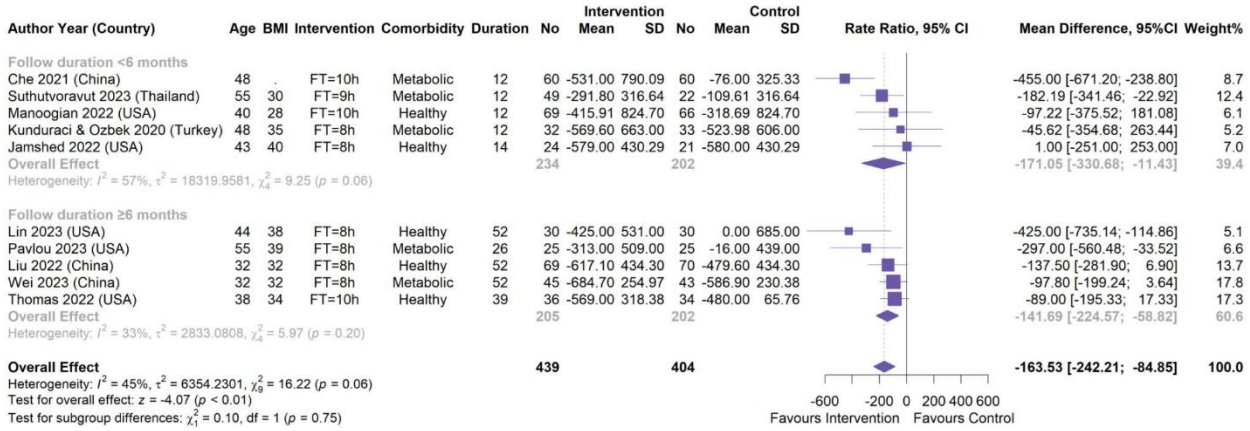
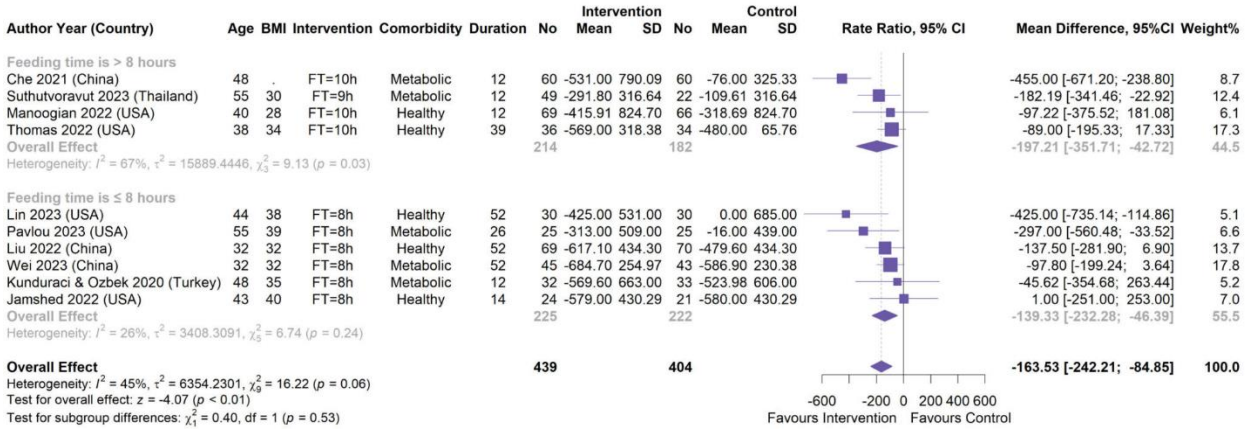


eFigure 125: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on energy intake (kcal/day), grouped by follow duration

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 126: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on energy intake (kcal/day), grouped by eating window

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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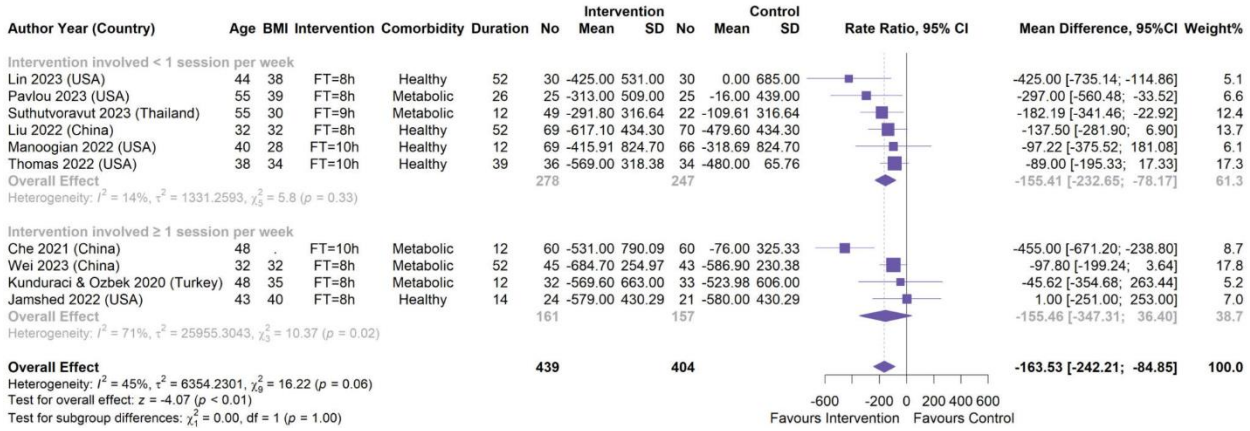
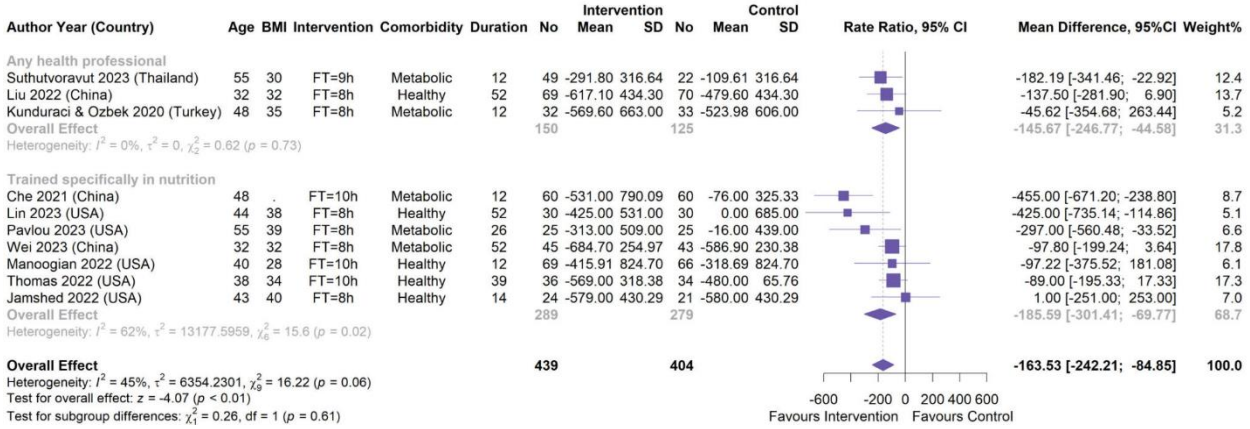


eFigure 127: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on energy intake (kcal/day), grouped by frequency of contact

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 128: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on energy intake (kcal/day), grouped by delivery personnel

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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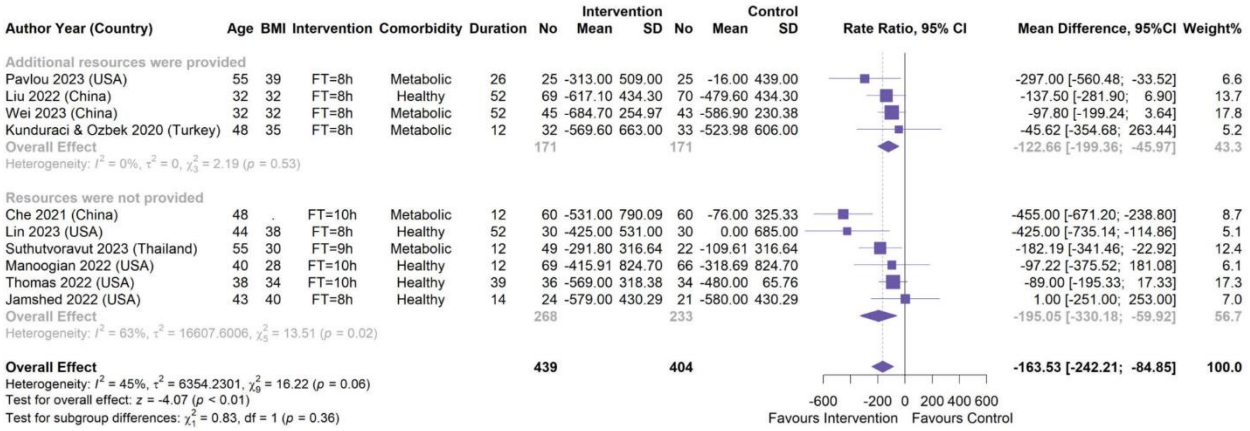
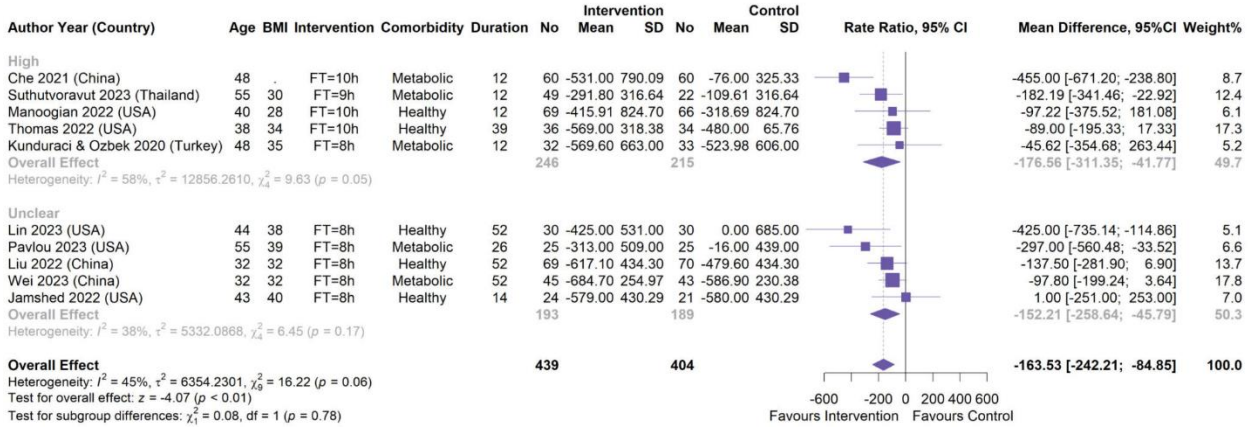


eFigure 129: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on energy intake (kcal/day), grouped by resource provision

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 130: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on energy intake (kcal/day), grouped by risk of bias

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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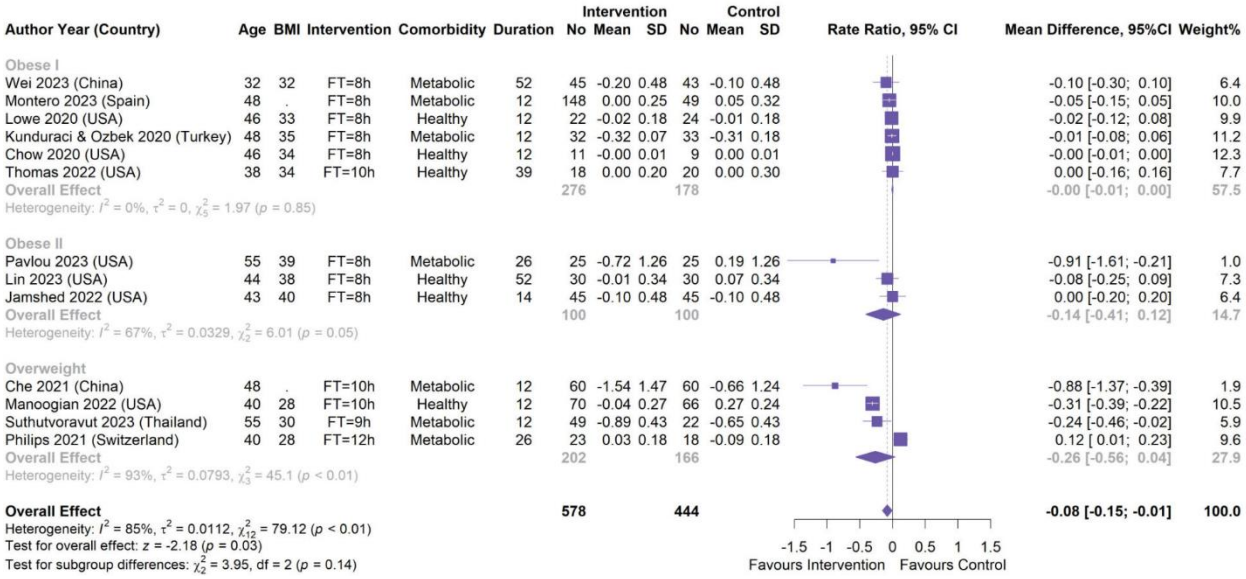
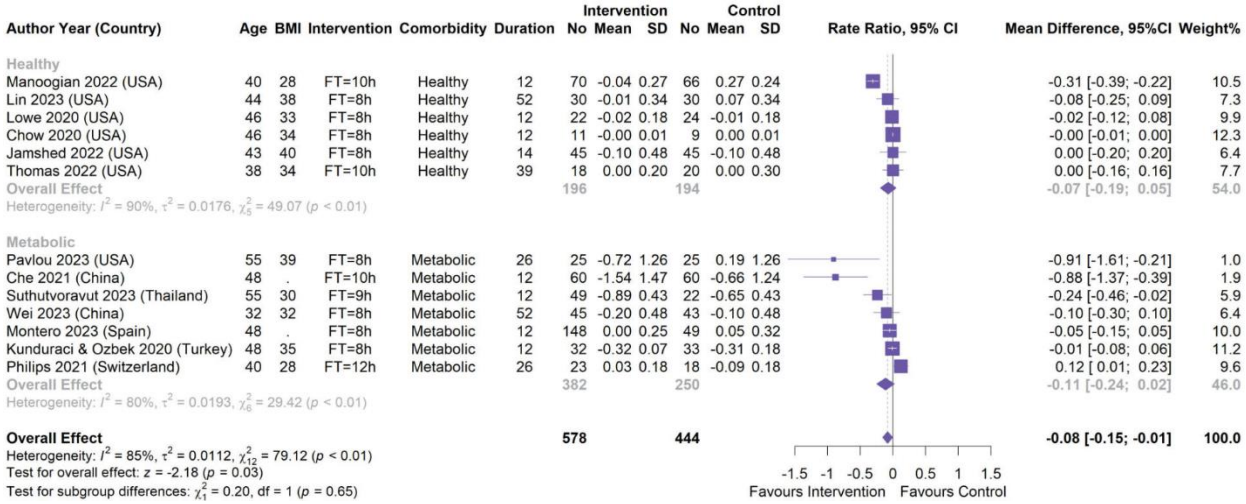


eFigure 131: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on HbA1c (%), grouped by baseline BMI status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 132: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on HbA1c (%), grouped by health status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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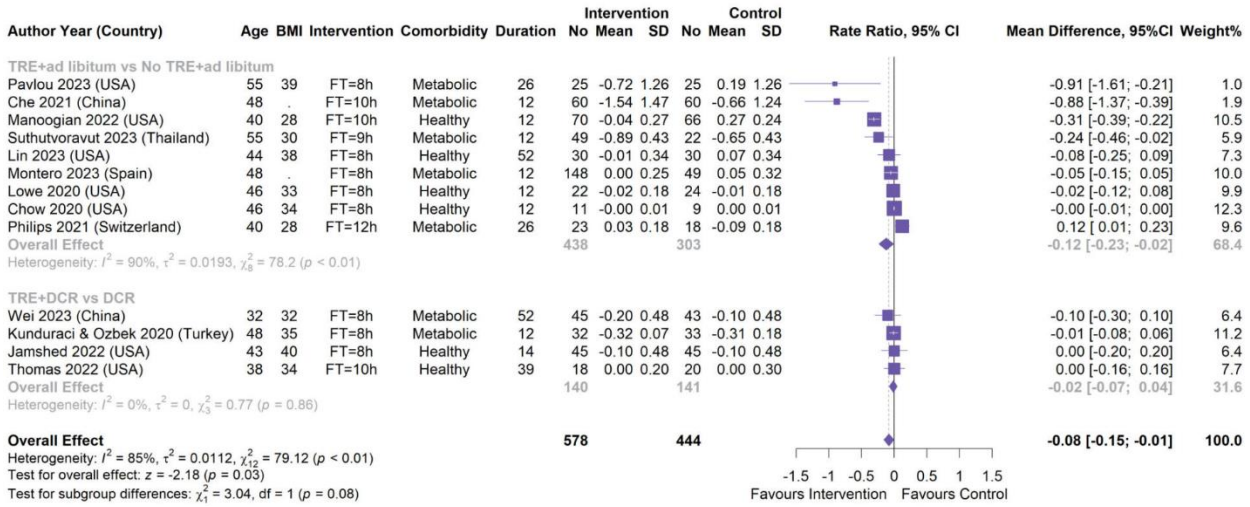
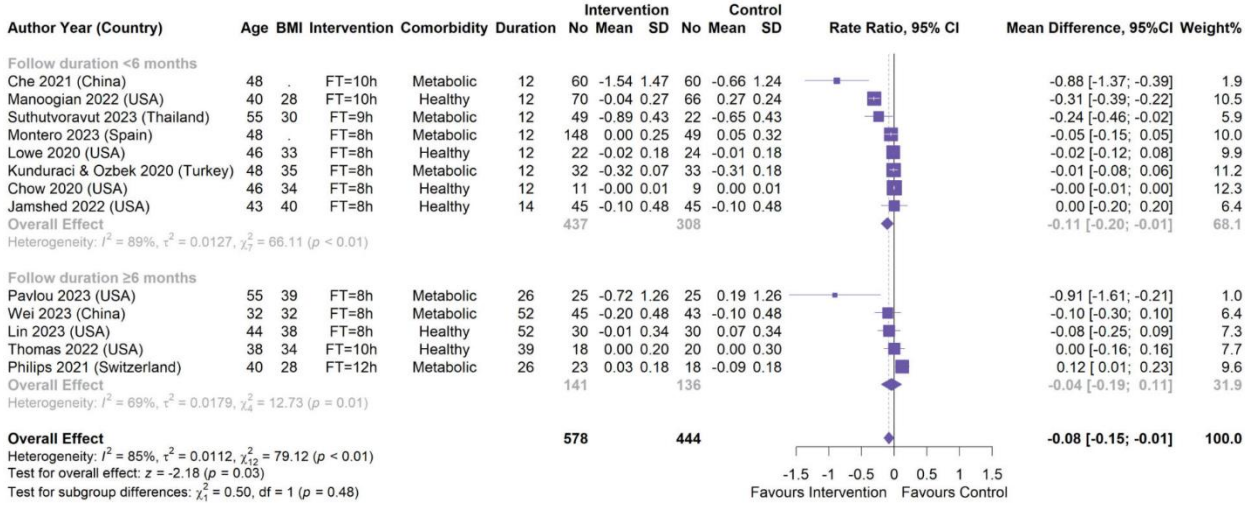


eFigure 133: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on HbA1c (%), grouped by energy prescription

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 134: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on HbA1c (%), grouped by follow duration

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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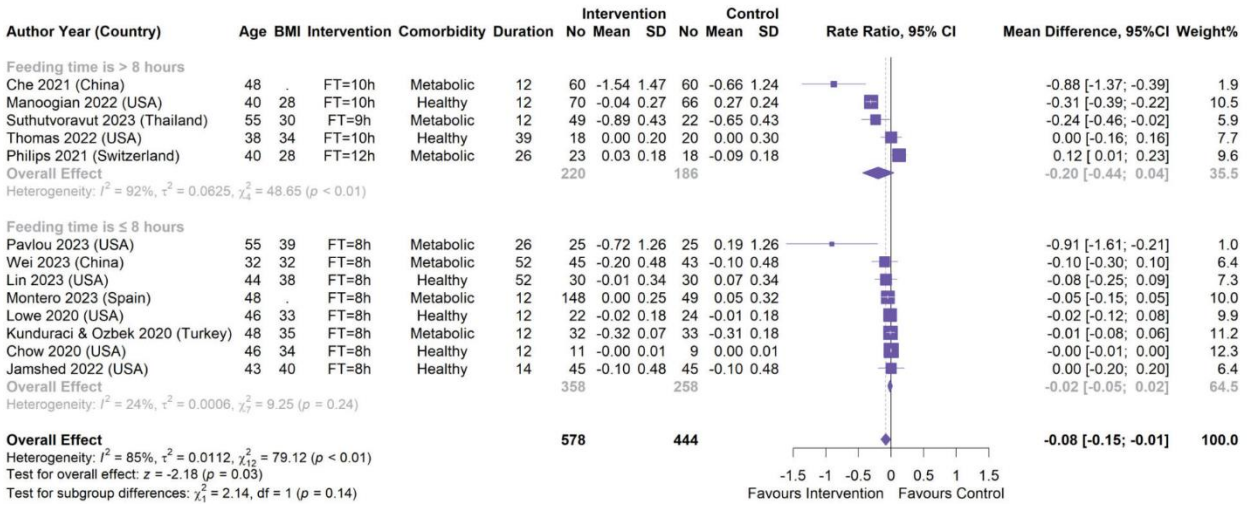
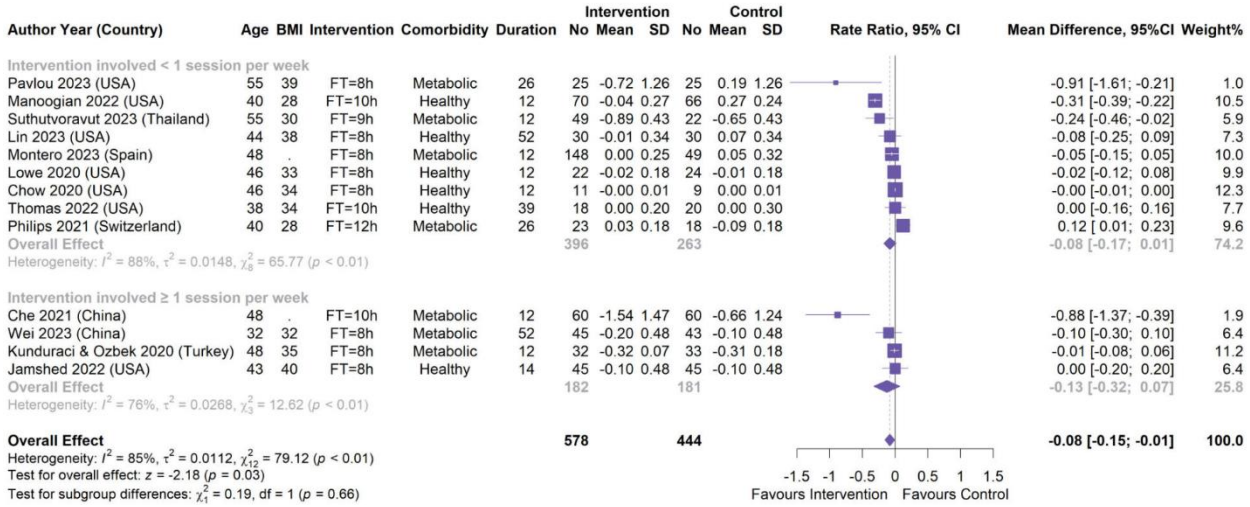


eFigure 135: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on HbA1c (%), grouped by eating window

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 136: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on HbA1c (%), grouped by frequency of contact

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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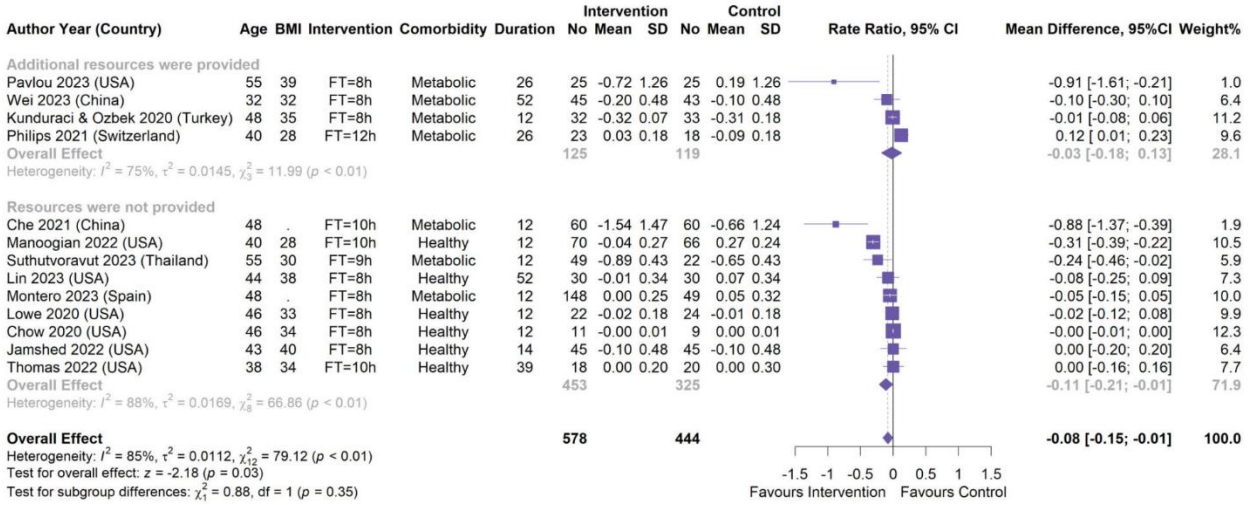
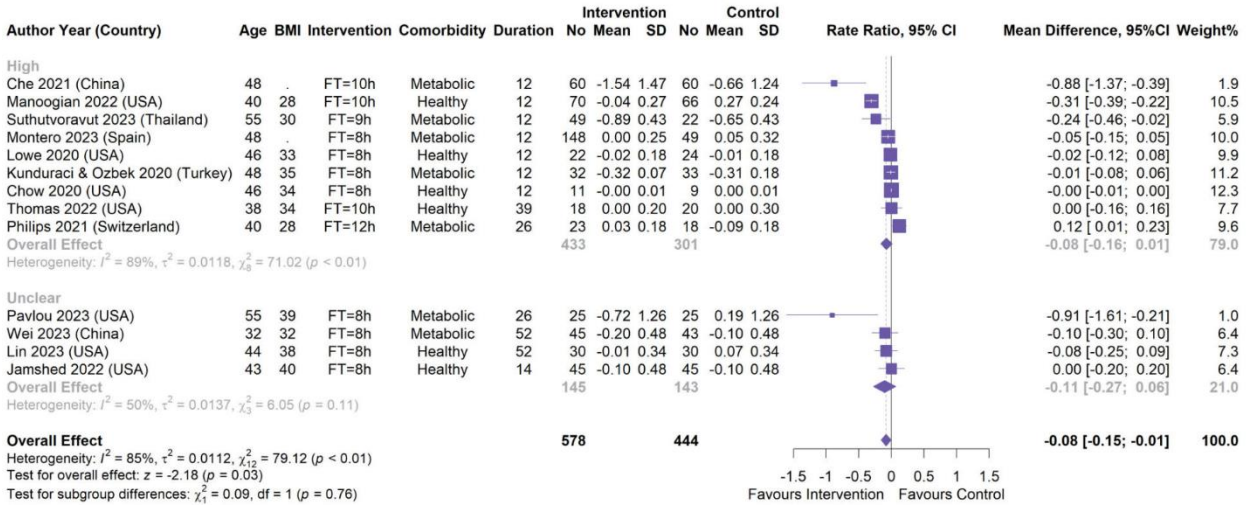


eFigure 137: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on HbA1c (%), grouped by resource provision

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 138: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on HbA1c (%), grouped by risk of bias

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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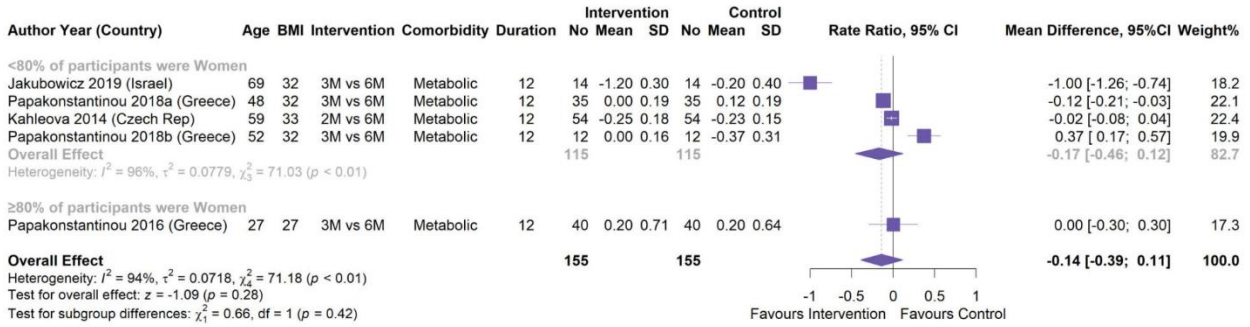
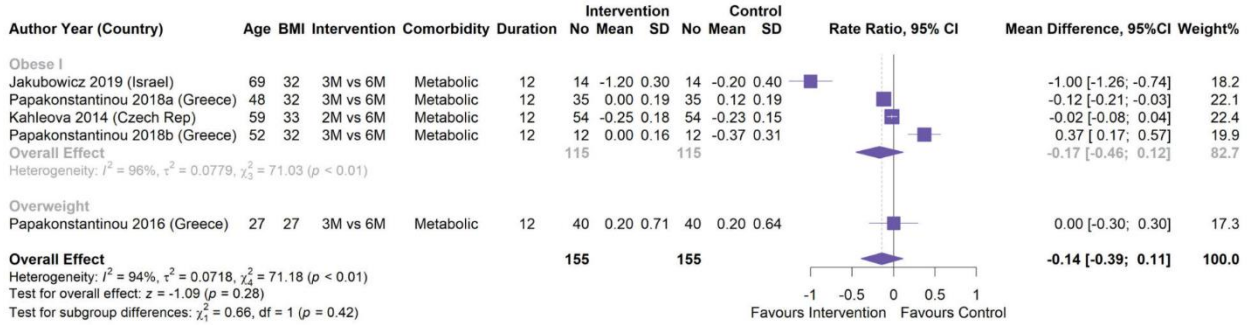


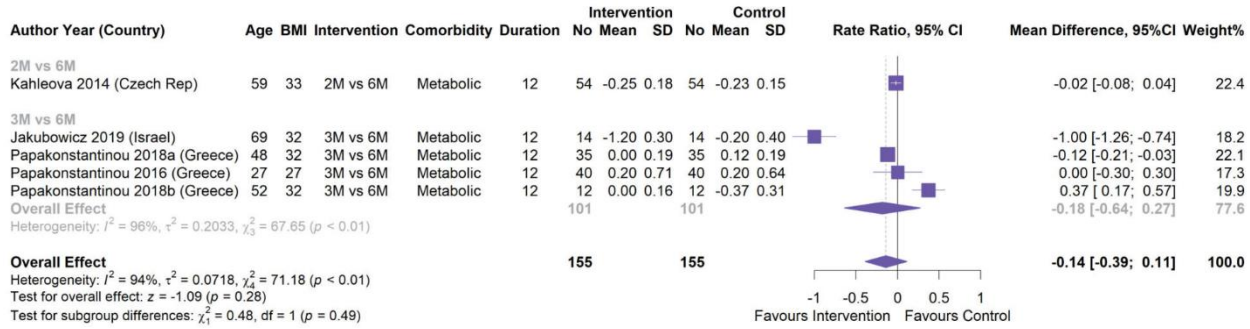
eFigure 139: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on HbA1c (%), grouped by gender proportion

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 140: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on HbA1c (%), grouped by baseline BMI status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 141: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on HbA1c (%), grouped by intervention intensity

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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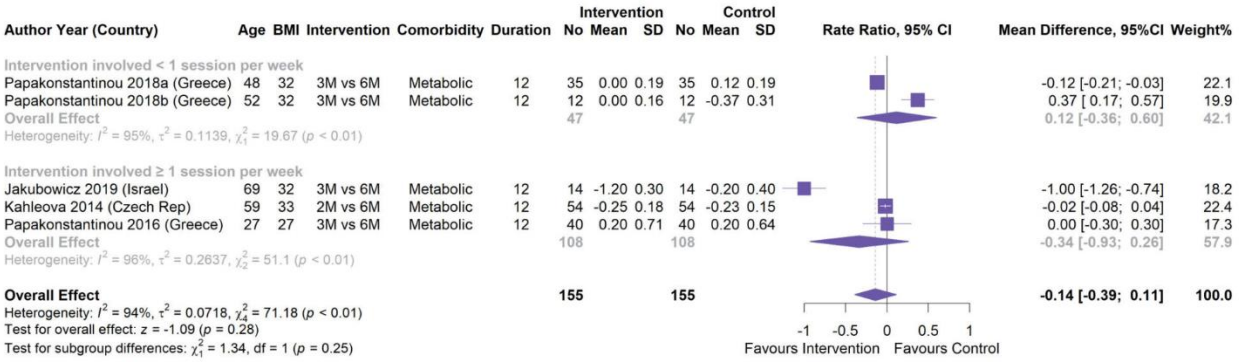
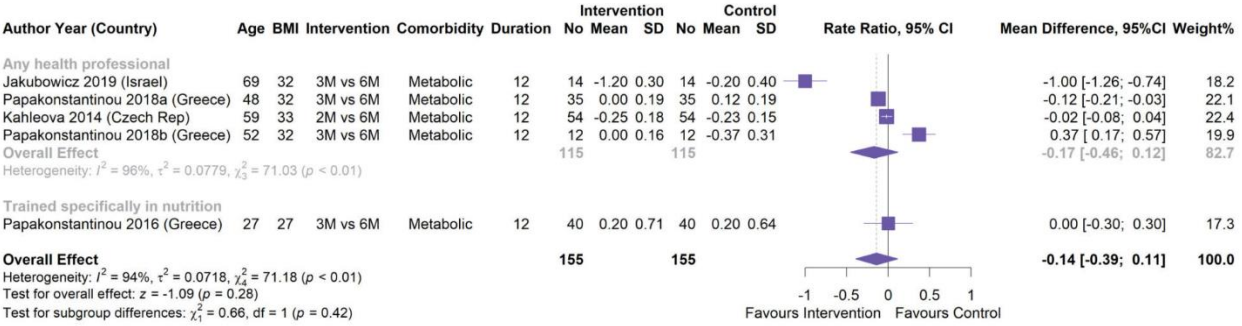


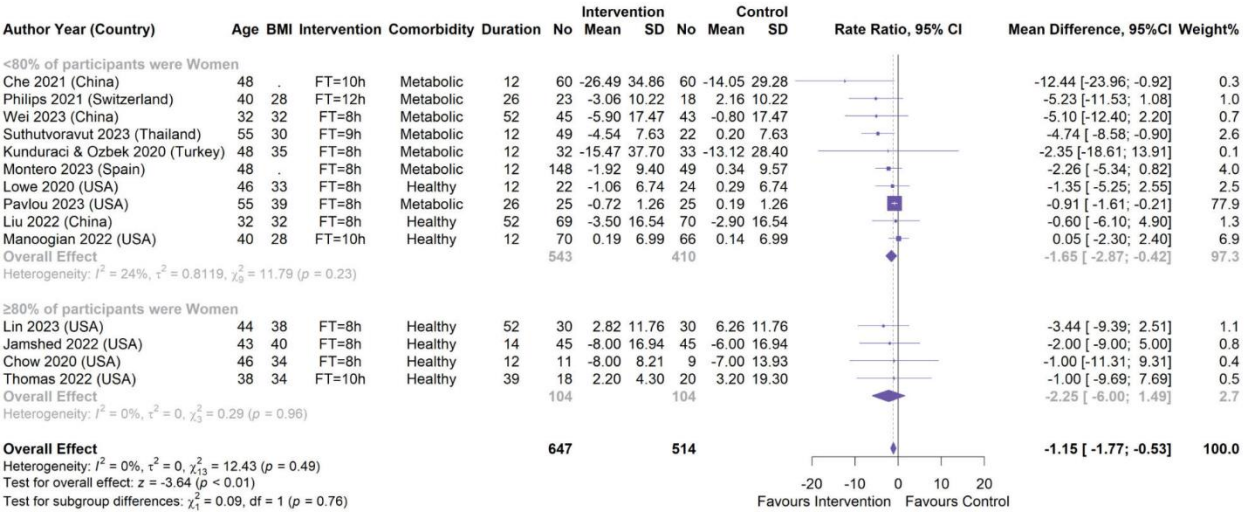
eFigure 142: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on HbA1c (%), grouped by frequency of contact

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 143: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on HbA1c (%), grouped by delivery personnel

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 144: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on fasting glucose (mg/dL), grouped by gender proportion

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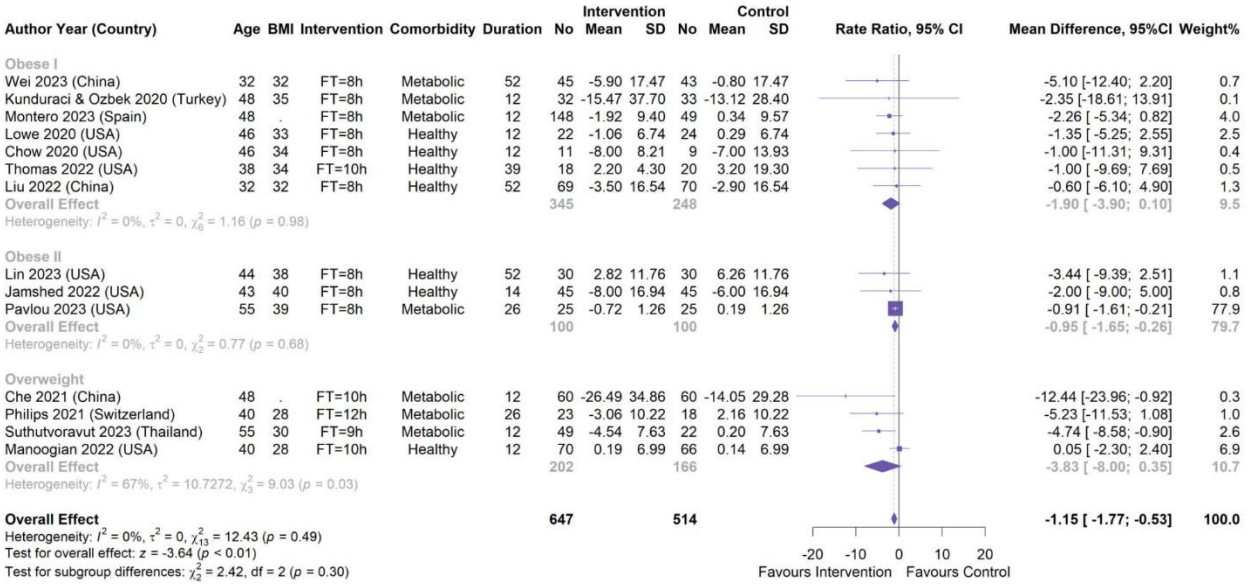
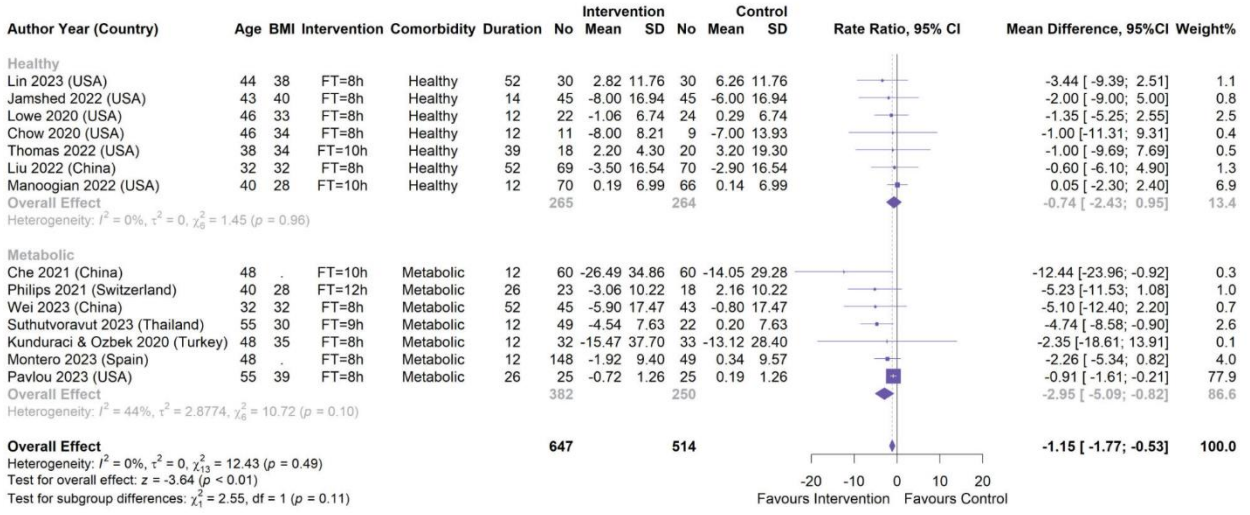
BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 145: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on fasting glucose (mg/dL), grouped by baseline BMI status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 146: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on fasting glucose (mg/dL), grouped by health status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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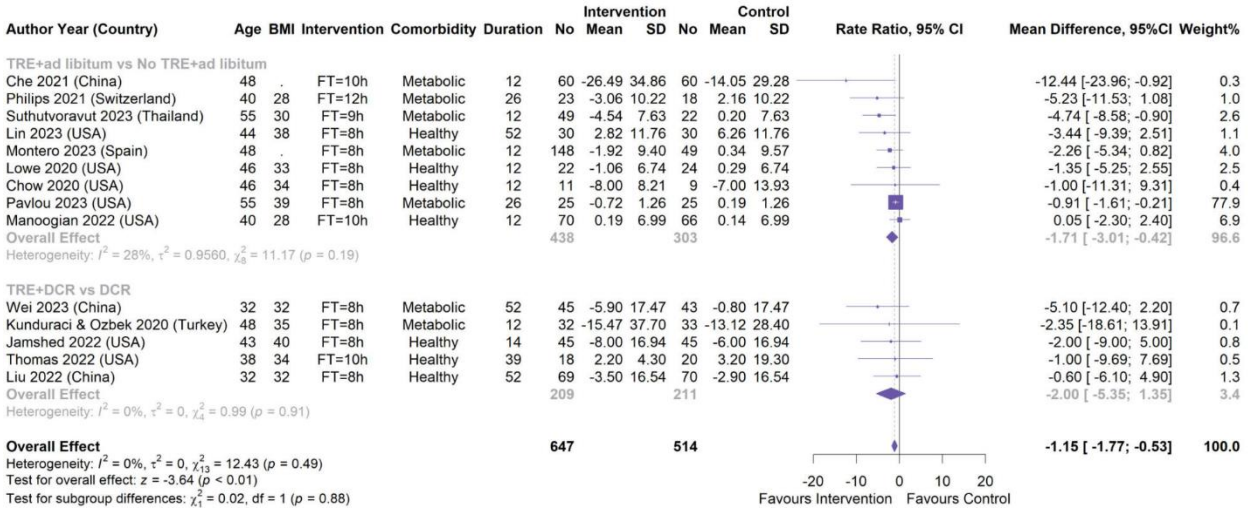
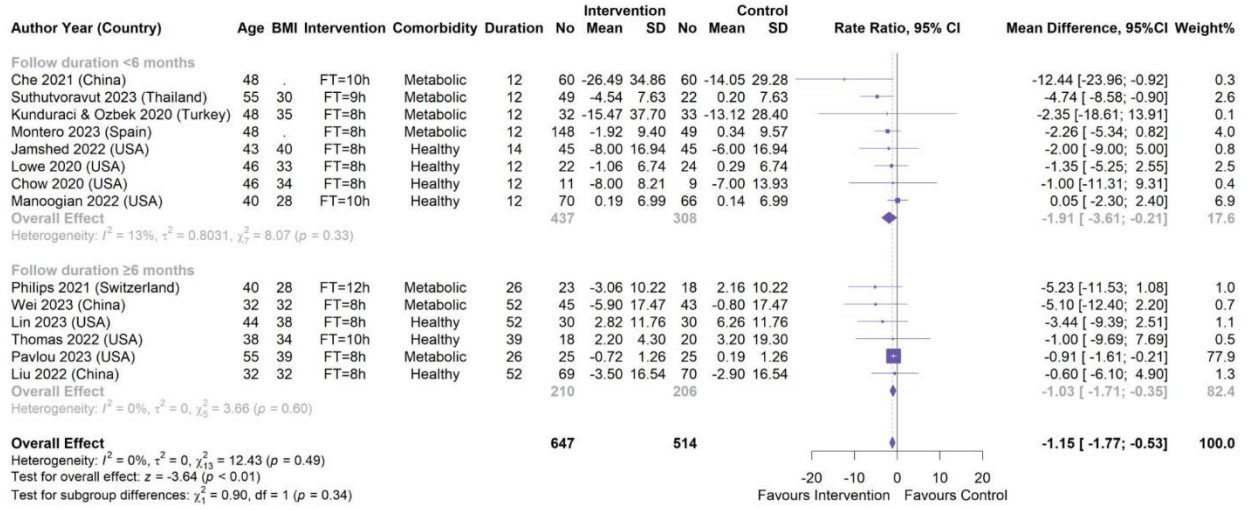


eFigure 147: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on fasting glucose (mg/dL), grouped by energy prescription

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 148: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on fasting glucose (mg/dL), grouped by follow duration

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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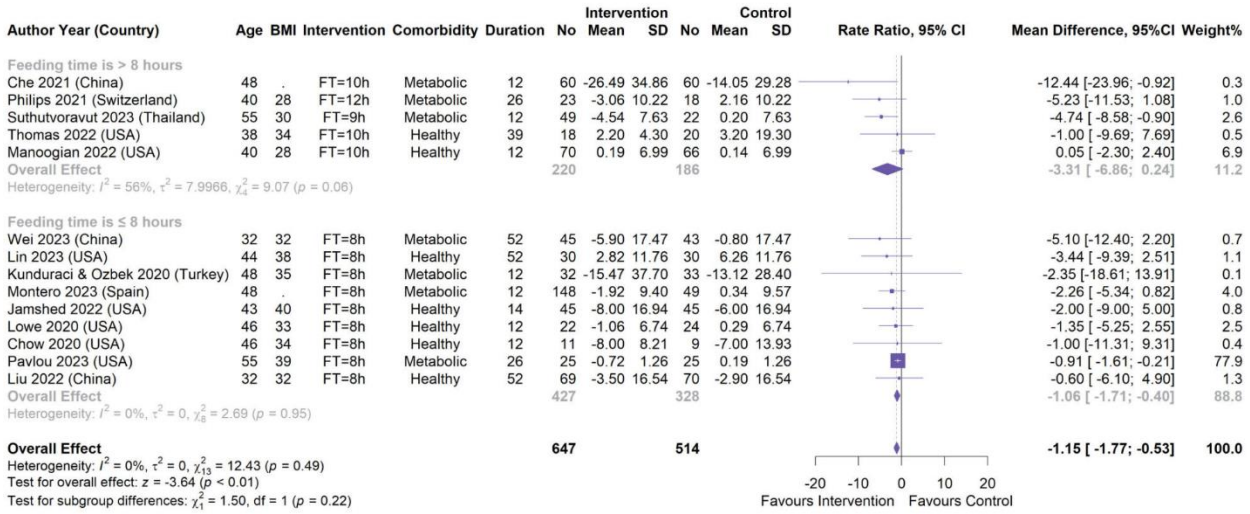
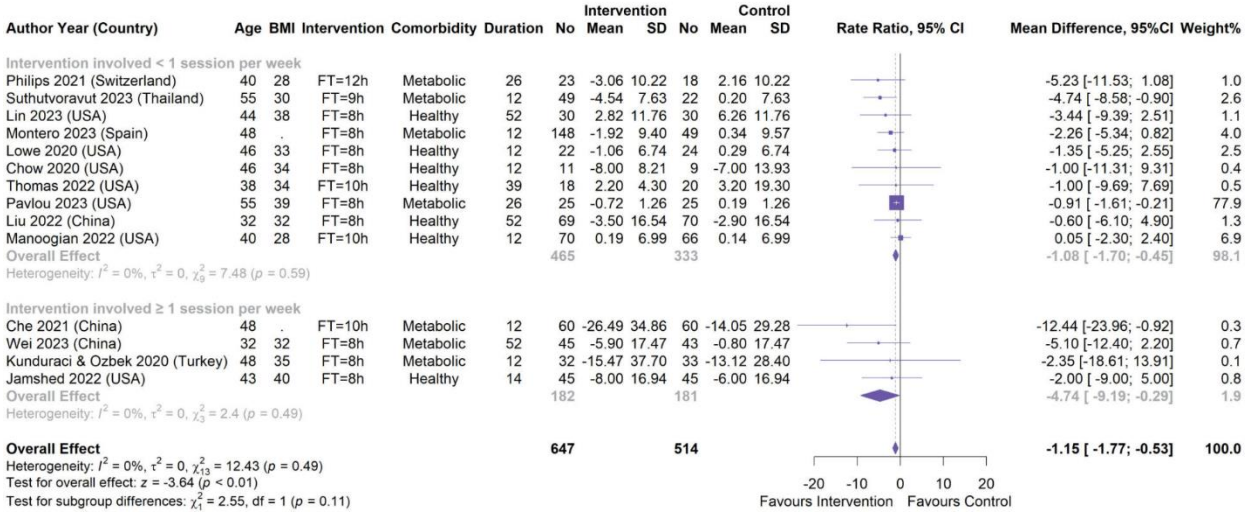


eFigure 149: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on fasting glucose (mg/dL), grouped by eating window

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 150: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on fasting glucose (mg/dL), grouped by frequency of contact

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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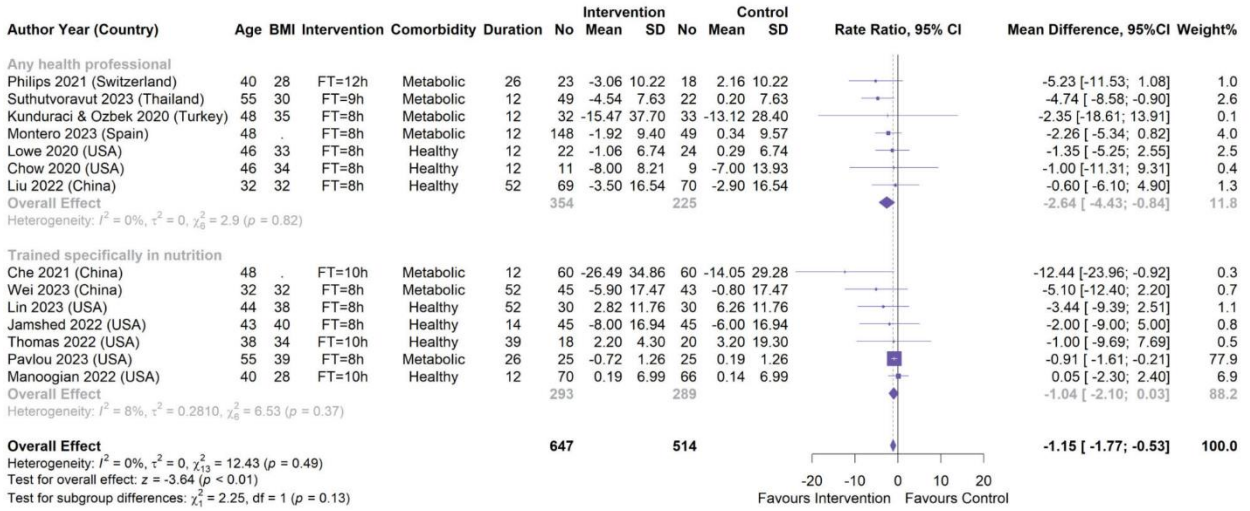
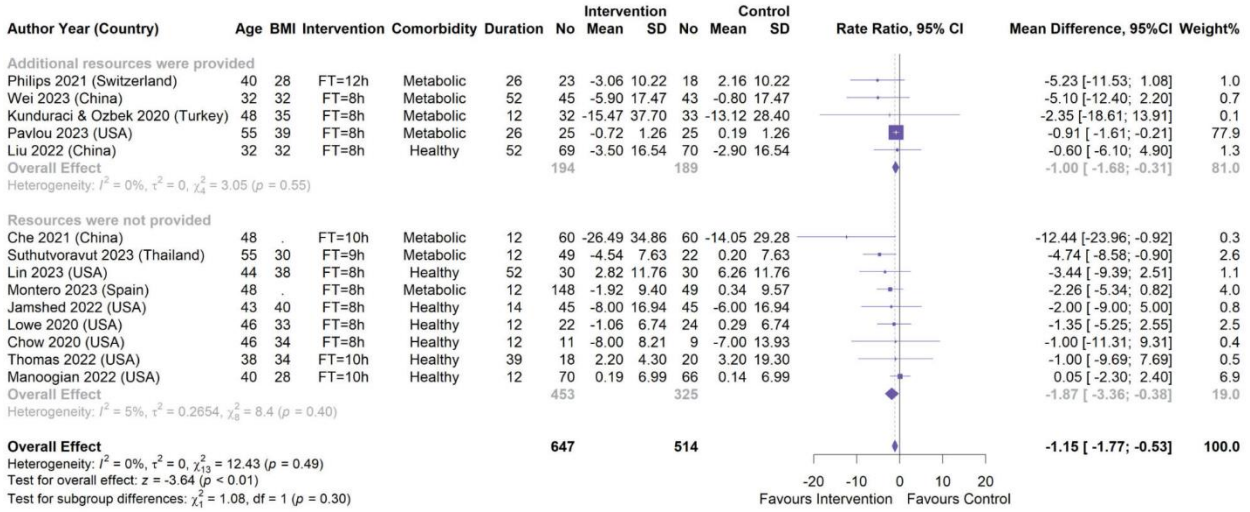


eFigure 151: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on fasting glucose (mg/dL), grouped by delivery personnel

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 152: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on fasting glucose (mg/dL), grouped by resource provision

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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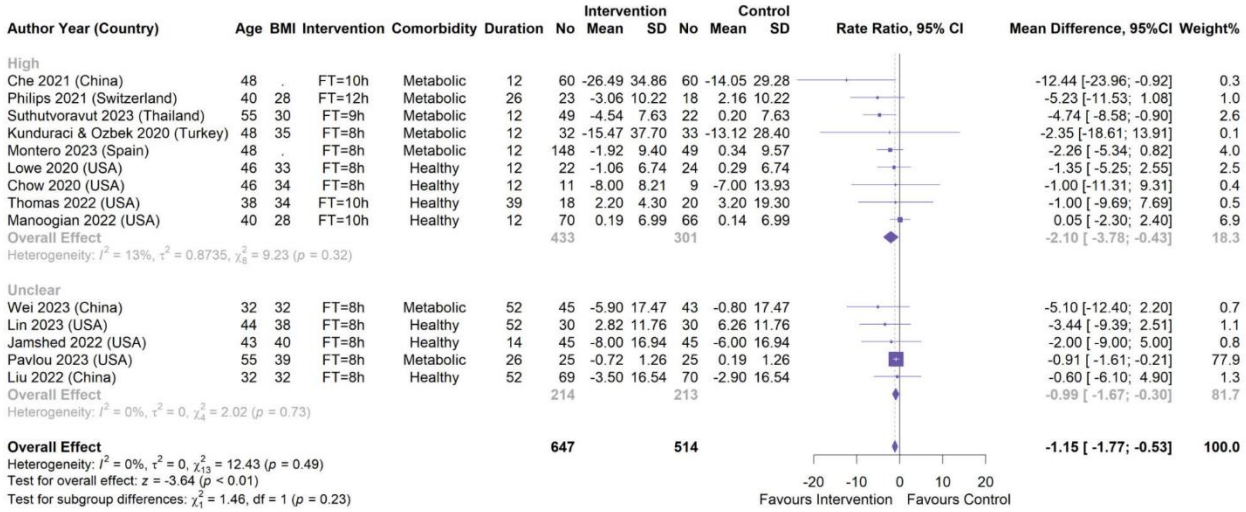
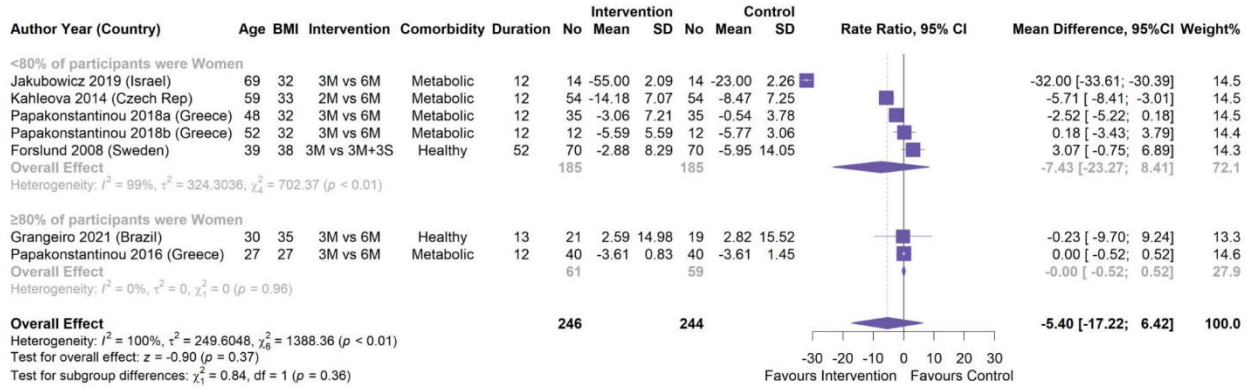


eFigure 153: Meta-analysis of difference in mean difference (95% CIs) for the effect of time-restricted eating on fasting glucose (mg/dL), grouped by risk of bias

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 154: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on fasting glucose (mg/dL), grouped by gender proportion

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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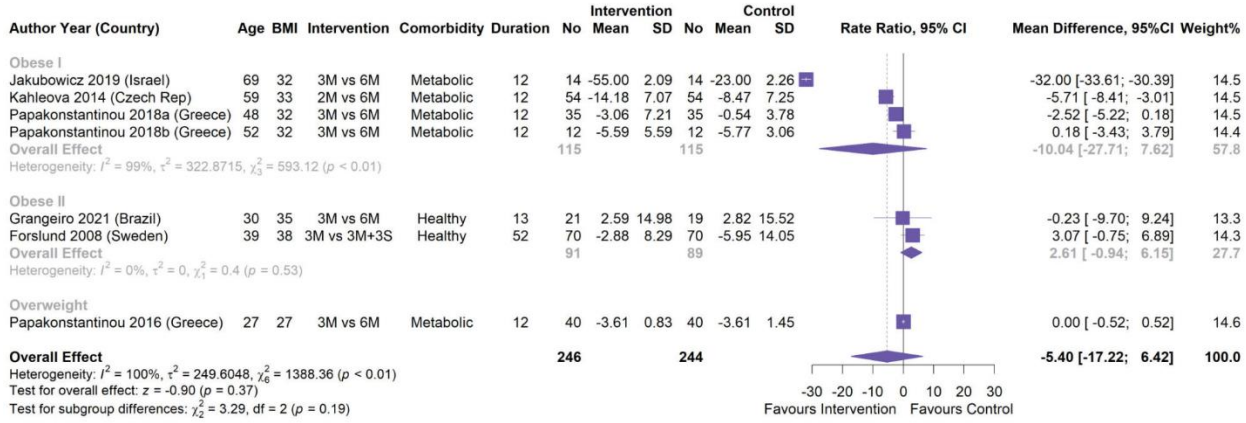
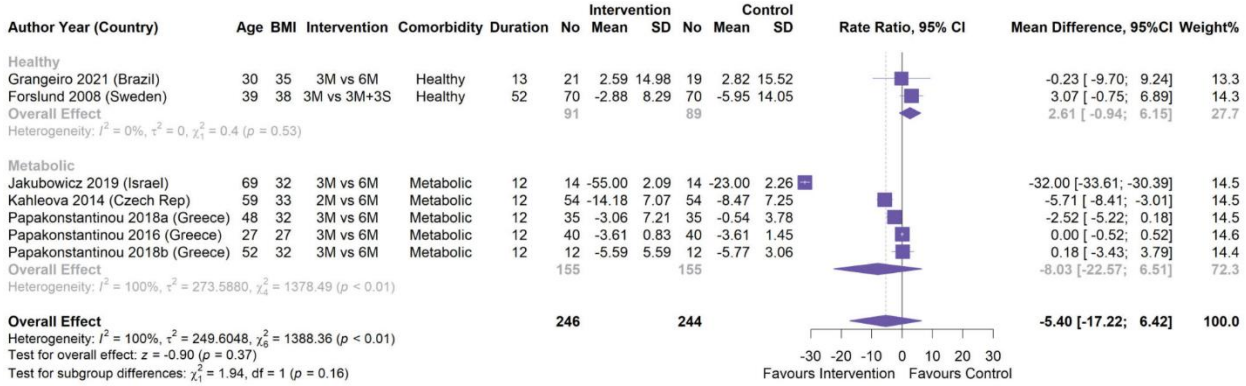


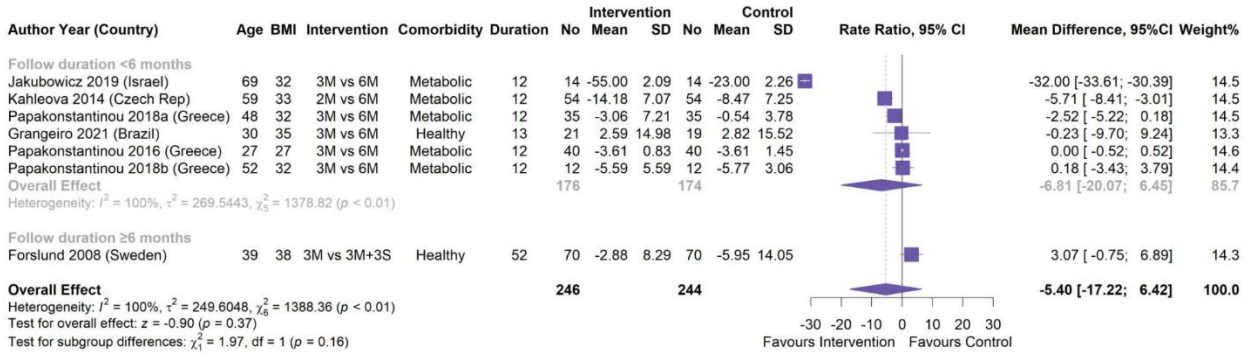
eFigure 155: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on fasting glucose (mg/dL), grouped by baseline BMI status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 156: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on fasting glucose (mg/dL), grouped by health status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 157: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on fasting glucose (mg/dL), grouped by follow duration

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet

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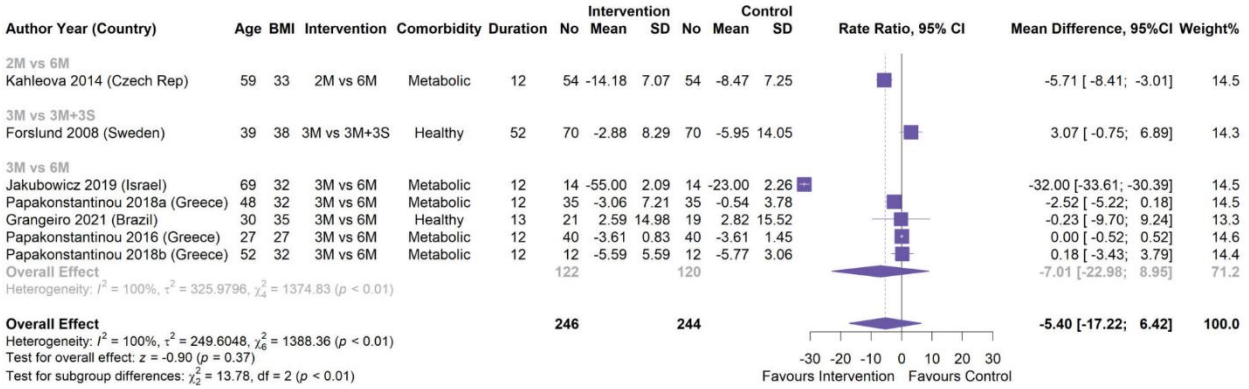
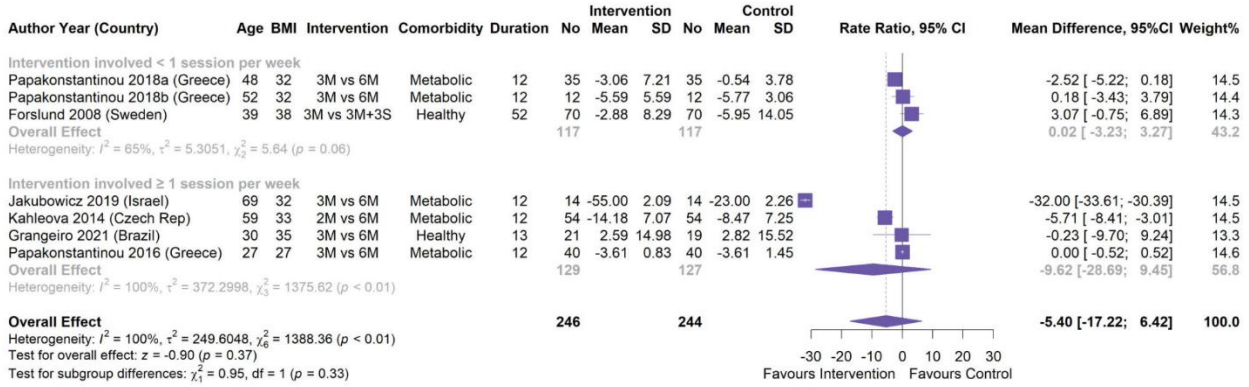
– 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



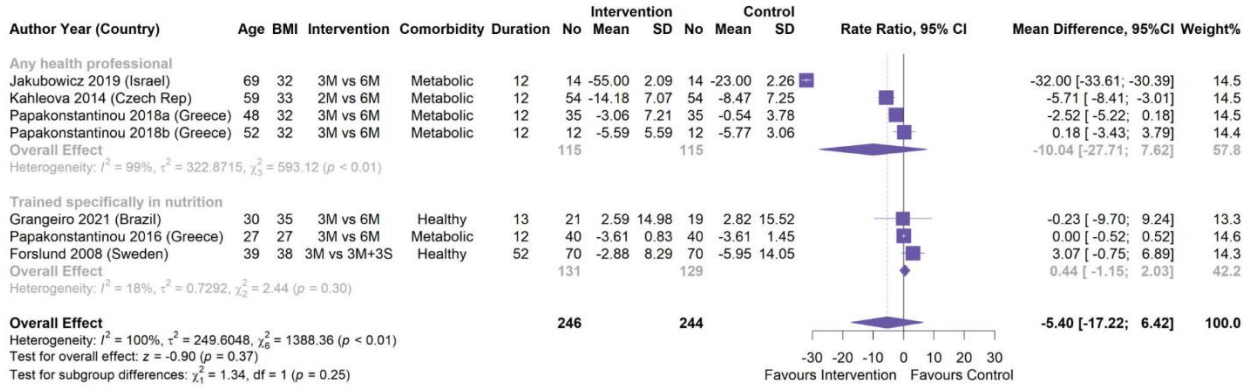
eFigure 158: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on fasting glucose (mg/dL), grouped by intervention intensity

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 159: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on fasting glucose (mg/dL), grouped by frequency of contact

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 160: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on fasting glucose (mg/dL), grouped by delivery personnel

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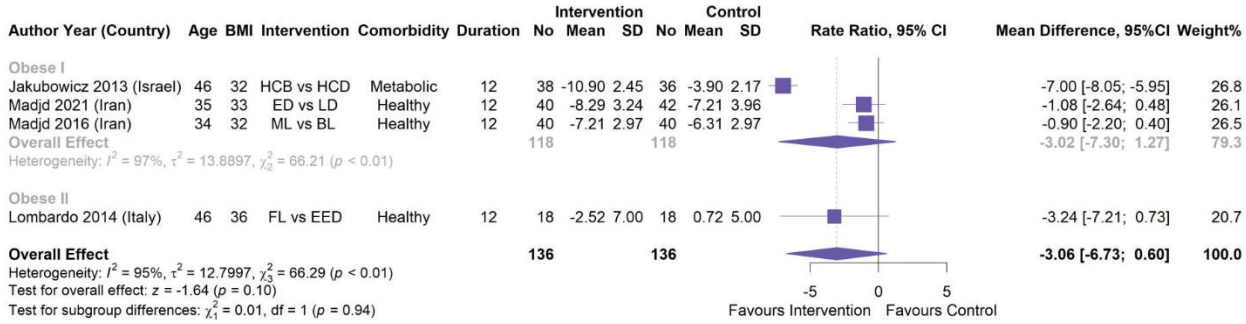
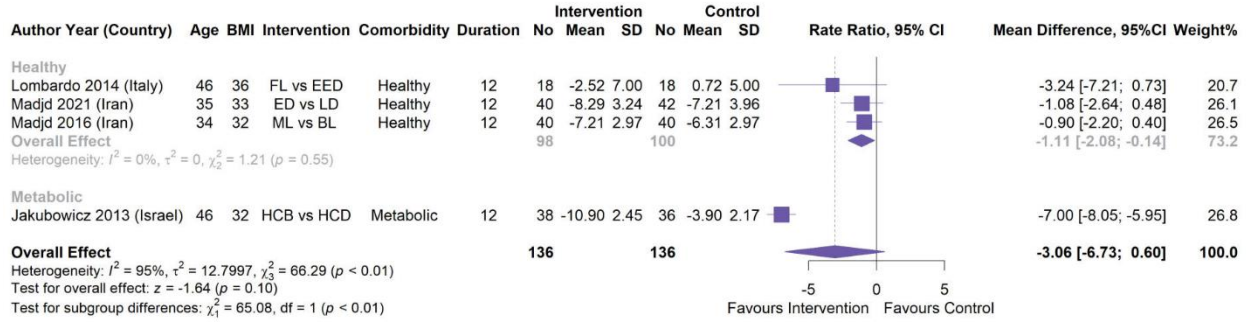
BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



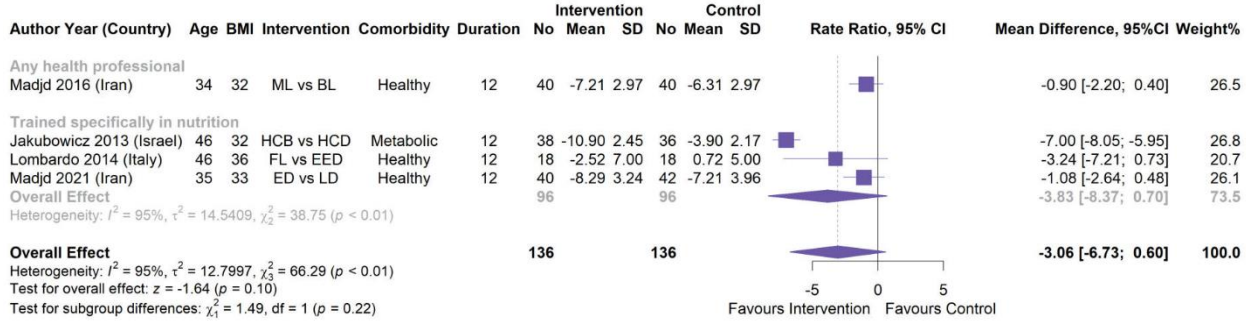
eFigure 161: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal distribution on fasting glucose (mg/dL), grouped by baseline BMI status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 162: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal distribution on fasting glucose (mg/dL), grouped by health status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 163: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal distribution on fasting glucose (mg/dL), grouped by delivery personnel

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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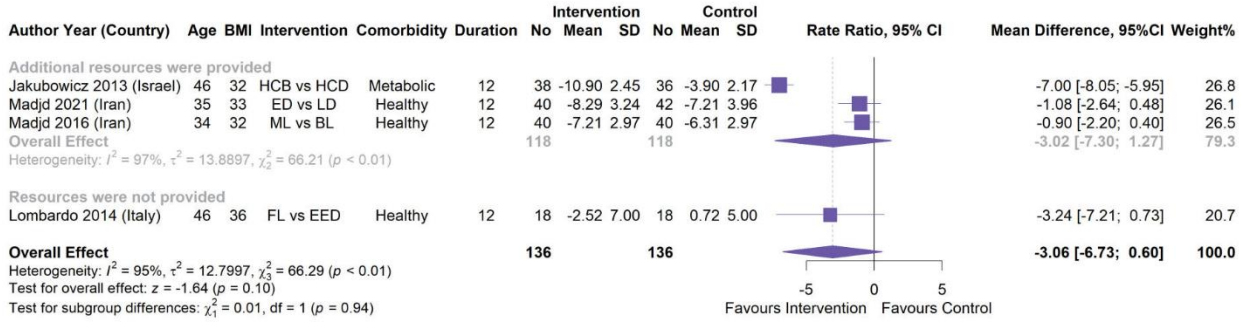
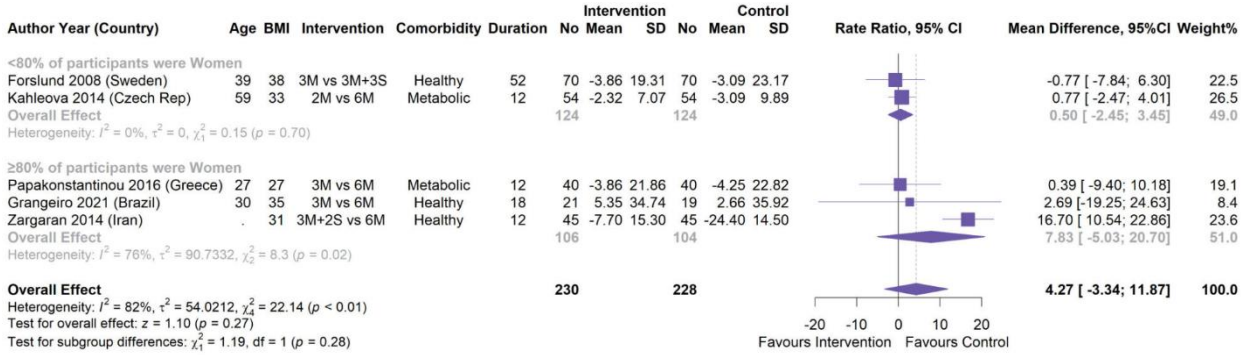


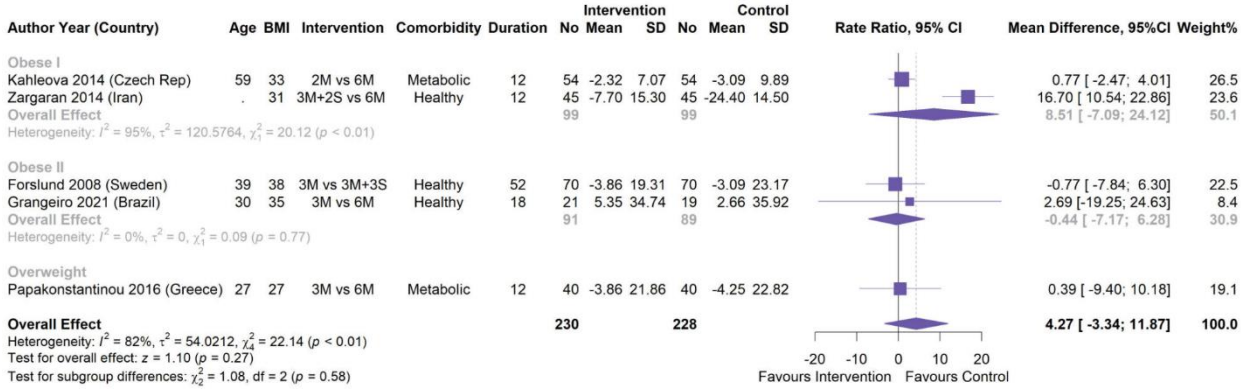
eFigure 164: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal distribution on fasting glucose (mg/dL), grouped by resource provision

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 165: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on LDL (mg/dL), grouped by gender proportion

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 166: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on LDL (mg/dL), grouped by baseline BMI status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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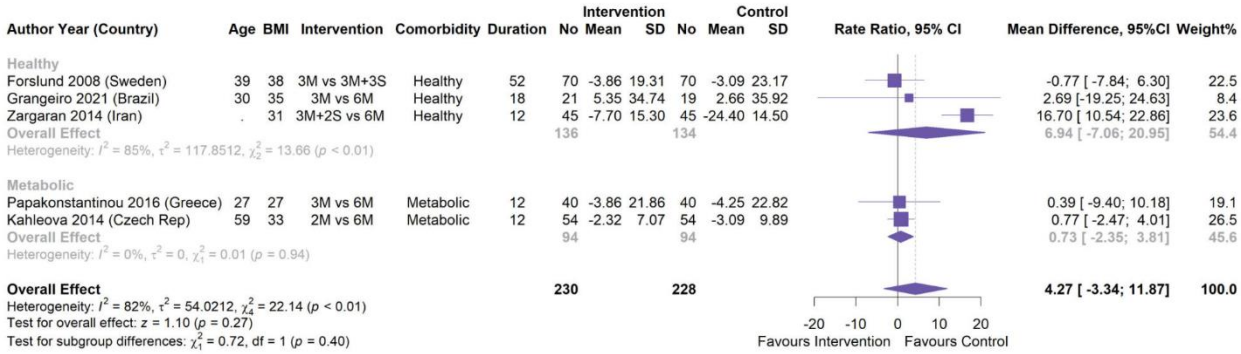
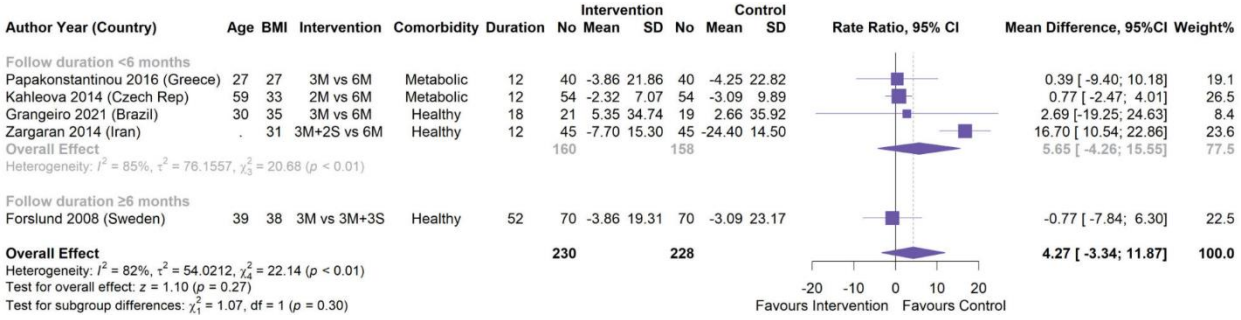


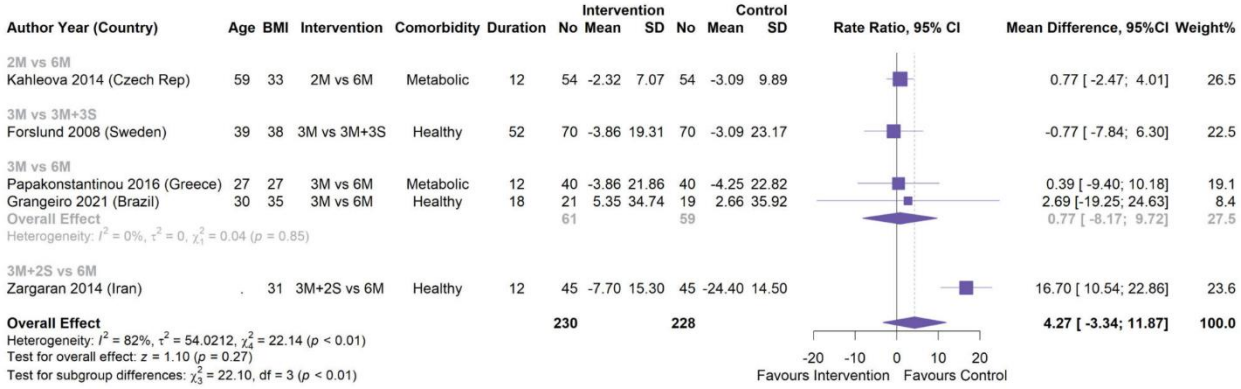
eFigure 167: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on LDL (mg/dL), grouped by health status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 168: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on LDL (mg/dL), grouped by follow duration

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 169: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on LDL (mg/dL), grouped by intervention intensity

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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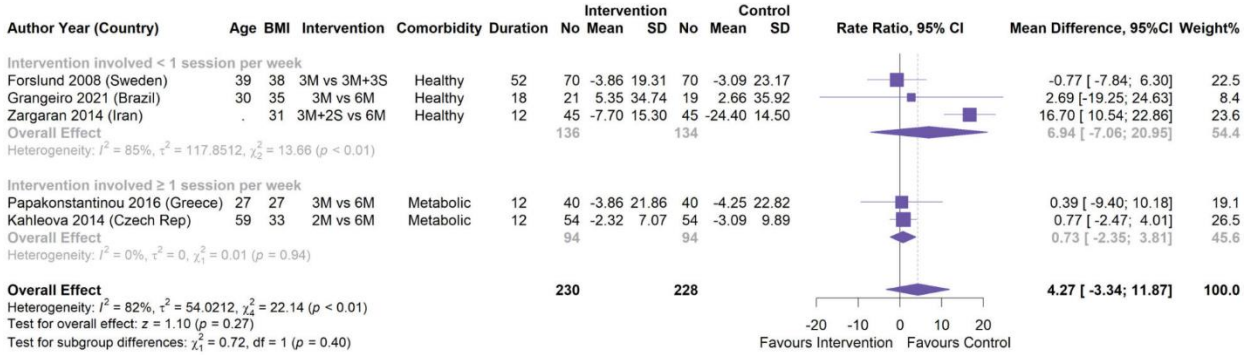
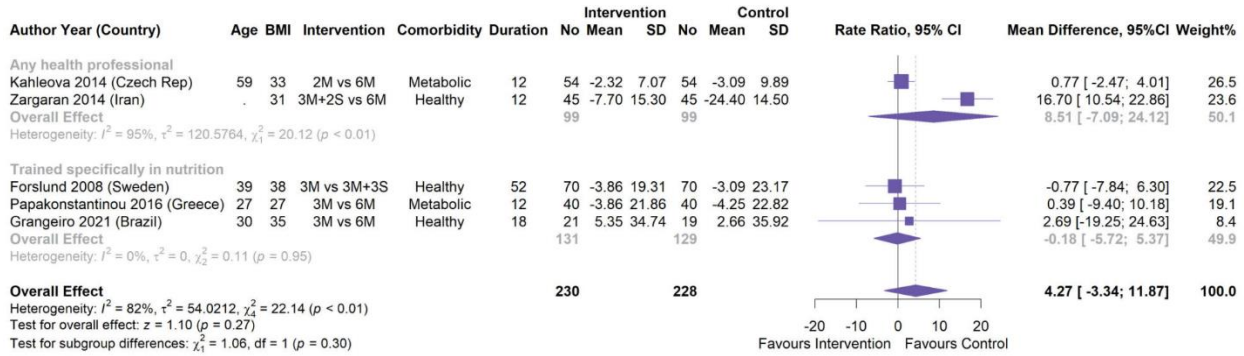


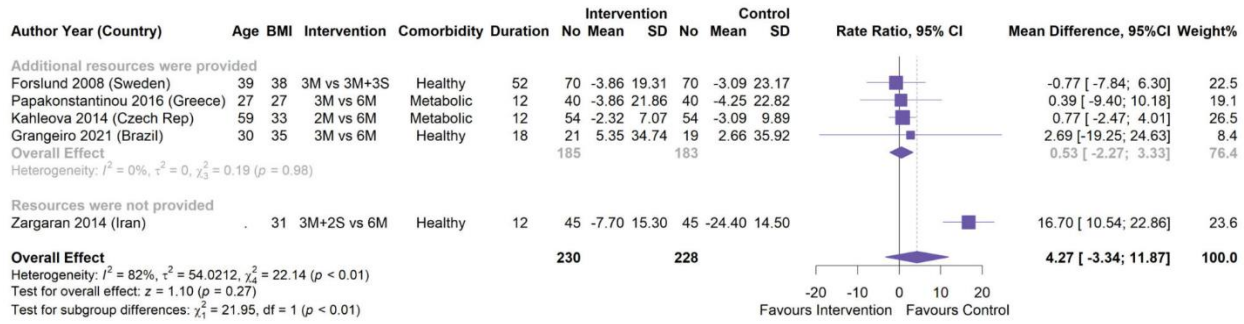
eFigure 170: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on LDL (mg/dL), grouped by frequency of contact

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 171: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on LDL (mg/dL), grouped by delivery personnel

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 172: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal frequency on LDL (mg/dL), grouped by resource provision

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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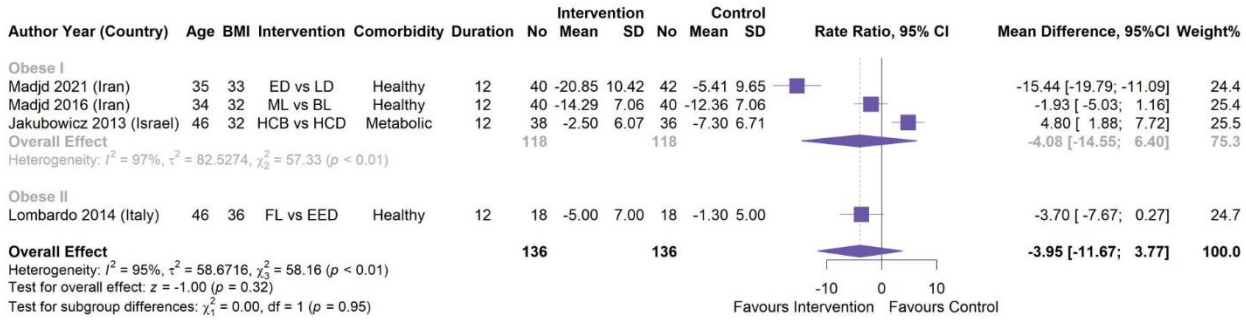
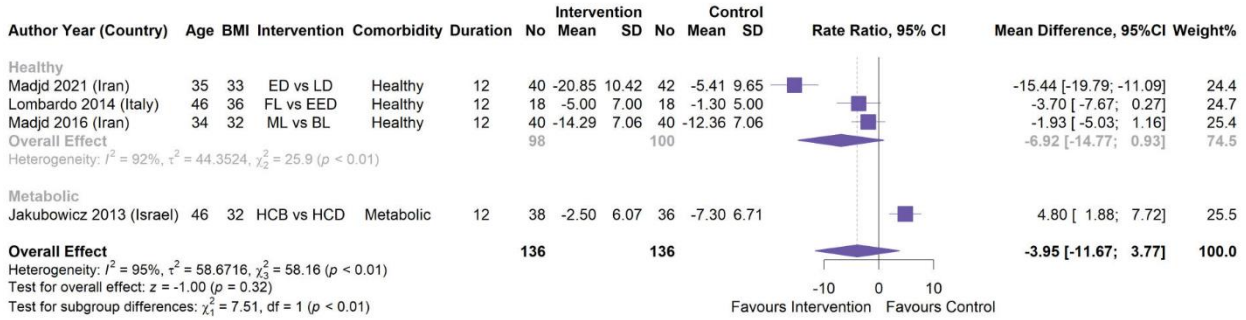


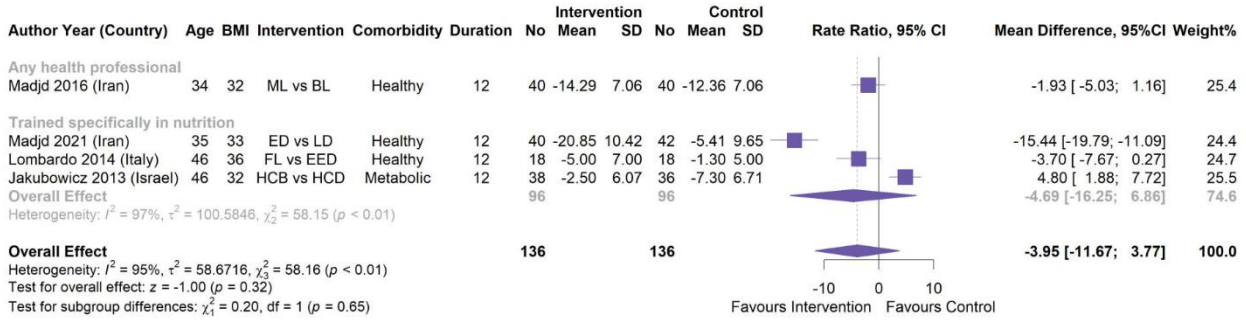
eFigure 173: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal distribution on LDL (mg/dL), grouped by baseline BMI status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 174: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal distribution on LDL (mg/dL), grouped by health status

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 175: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal distribution on LDL (mg/dL), grouped by delivery personnel

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.

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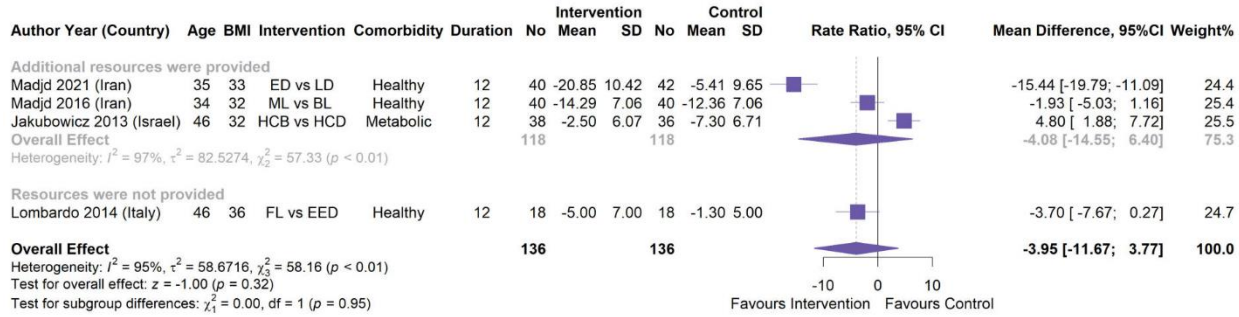
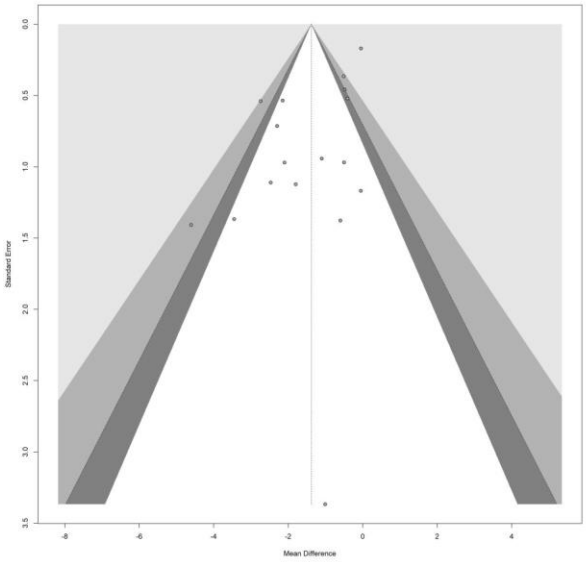


eFigure 176: Meta-analysis of difference in mean difference (95% CIs) for the effect of meal distribution on LDL (mg/dL), grouped by resource provision

BMI: Body Mass Index; SD: Standard Deviation; CI: Confidence Interval; USA: United States of America; FT: Feeding Time; Duration: follow-up duration in weeks; 2M/3M/6M: 2, 3 or 6 meals; 3M+2S: 3 meals and 2 snacks; 3M+3S: 3 meals and 3 snacks; 10S: Grazing diet – 100kcal every 2-3 hours; HCB: High Calorie Breakfast; HCD: High Calorie Dinner; ED: Early Dinner; LD: Late Dinner; FL: Front Loading: EED: Equal Energy Distribution; ML: Middle Loading; BL: Back Loading.



eFigure 177: Funnel plots for weight (TRE vs control)

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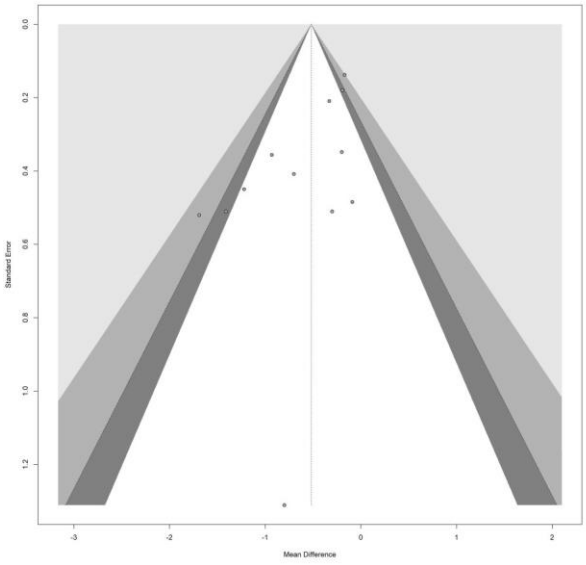
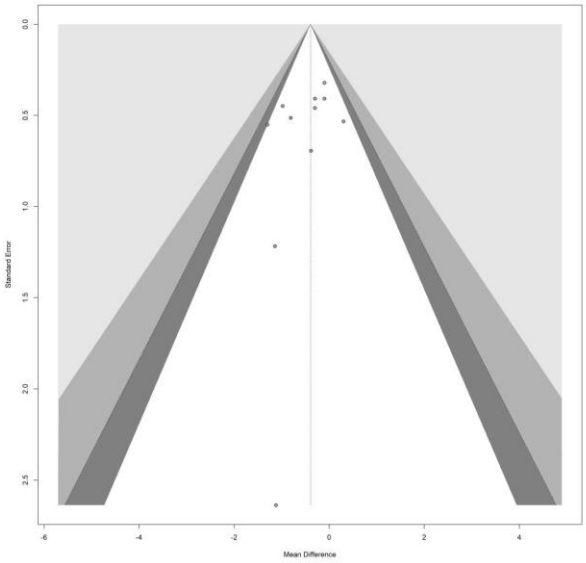


eFigure 178: Funnel plots for BMI (TRE vs control)



eFigure 179: Funnel plots for lean mass (TRE vs control)

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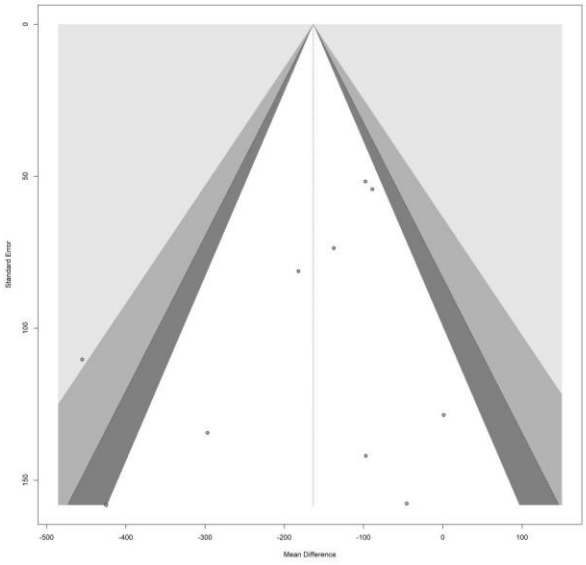
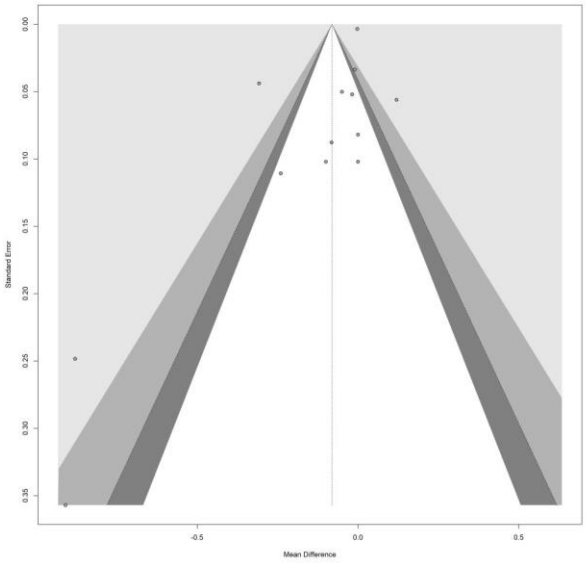


eFigure 180: Funnel plots for energy intake (TRE vs control)



eFigure 181: Funnel plots for HbA1c (TRE vs control)

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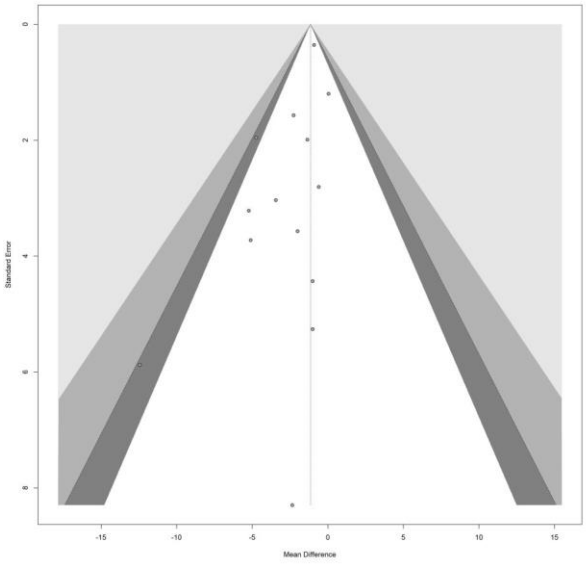
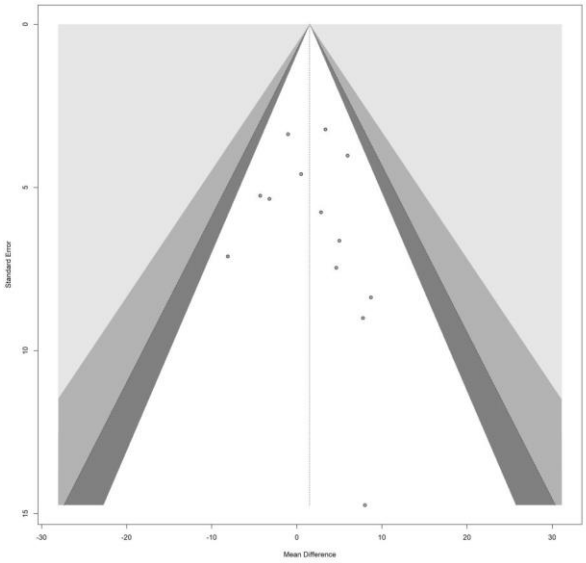


eFigure 182: Funnel plots for fasting glucose (TRE vs control)



eFigure 183: Funnel plots for LDL (TRE vs control)

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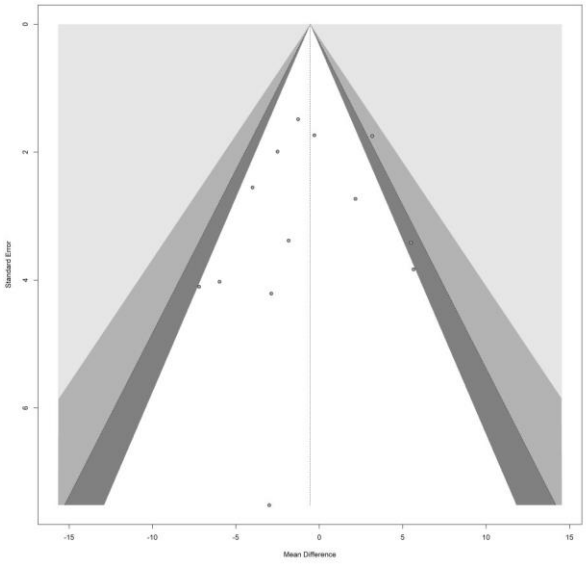
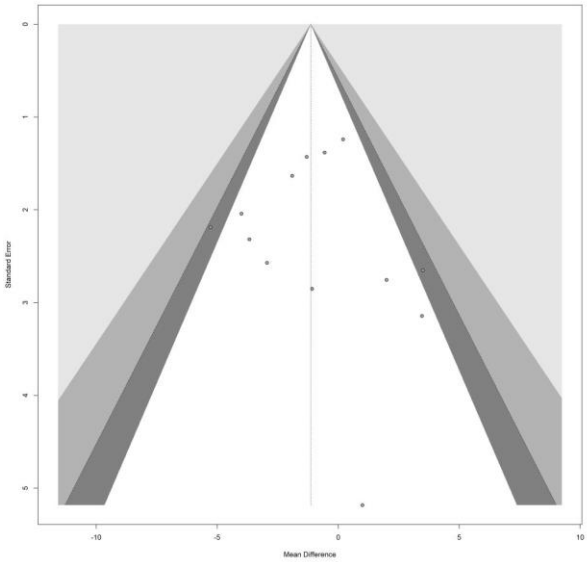


eFigure 184: Funnel plots for systolic blood pressure (TRE vs control)



eFigure 185: Funnel plots for diastolic blood pressure (TRE vs control)

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