

Supplementary Figure 1. Energy content of weight change ($\Delta EC/\Delta W$, $X \pm SEM$) versus study week observed in CALERIE Study participants during calorie restriction (CR) and very low calorie diet (VLCD) protocols. The group mean values are fit with logarithmic regression models, the heavier line for men. Sample sizes (n): CR, 6 men and 6 women; VLCD, 4 men and 7 women.

