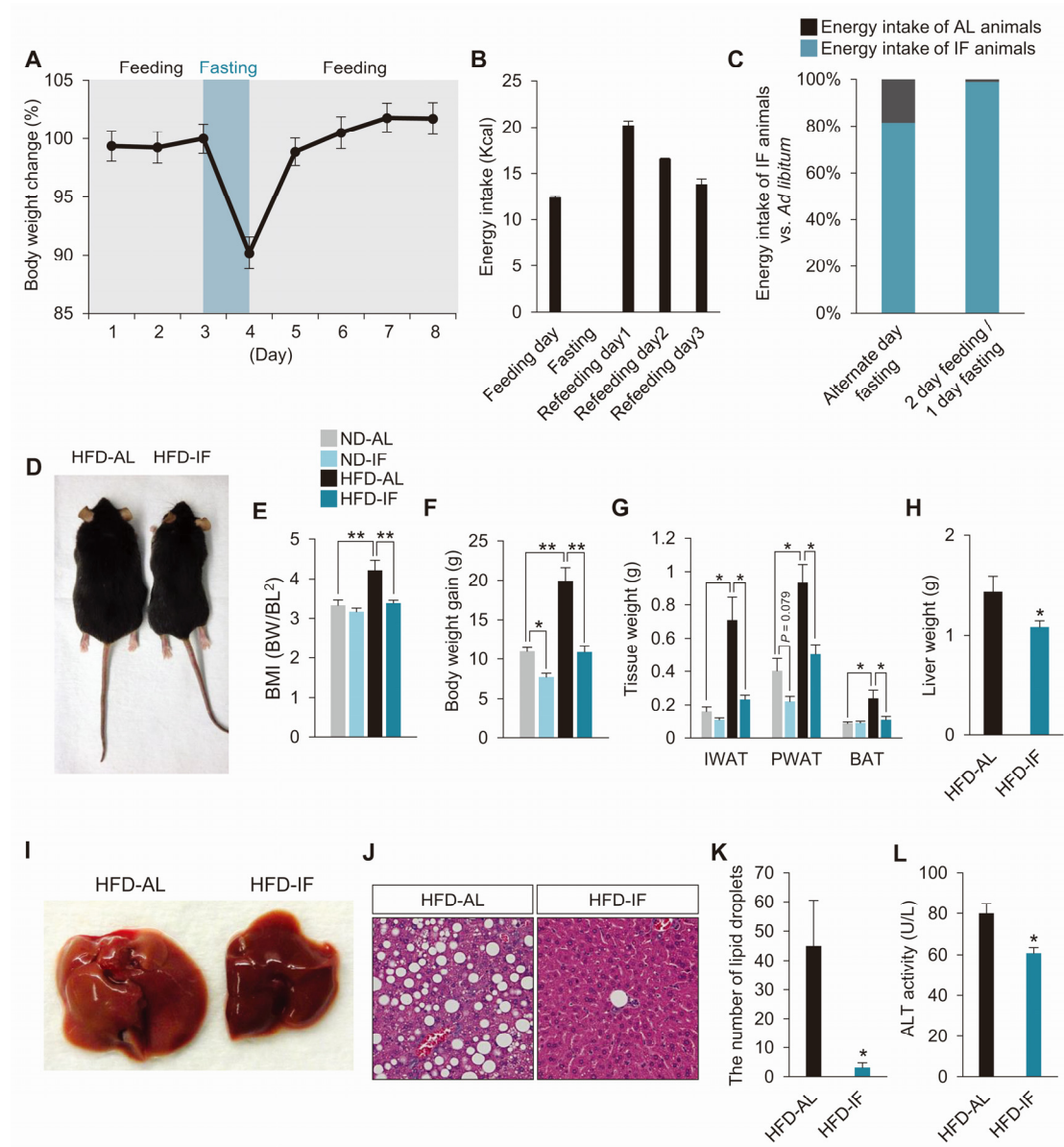


## Supplementary information, Figure S1



**Figure S1 Feeding analyses after 24-h fasting and metabolic phenotypes of mice subjected to IF. (A)** Daily body weight changes of mice before and after 24-h fasting (n = 10). **(B)** Daily energy intake before and after 24-h fasting (n = 5 cages; 2 mice per cage). **(C)** Comparison of energy intakes between alternate day fasting (i.e., 1 day feeding-1 day fasting, 1:1 IF) and 2:1 intermittent fasting (i.e., 2 day feeding-1 day

fasting). In 1:1 IF regime, only 85% of food intake was compensated during the 1 day of the refeeding period compared to the amount taken for 2 days of feeding condition. On the other hand, 99% of energy intake was achieved when 2 days of refeeding period was given, compared to 3 days of feeding condition. **(D)** A representative image of mice subjected to high-fat diet (HFD) *ad libitum* (AL) or HFD-IF. **(E)** Body mass index (ND-AL: n = 7; ND-IF: n = 8; HFD-AL: n = 7; and HFD-IF: n = 8). **(F)** Body weight gain after 16 weeks of IF cycles. **(G)** Tissue weights of inguinal and periogonadal WAT (IWAT and PWAT) as well as brown adipose tissue (BAT). **(H)** Liver weights. **(I)** Representative images of liver from HFD-AL and HFD-IF mice. **(J)** Histological sections of HFD-AL and HFD-IF mouse liver. **(K)** The number of lipid droplets in liver. **(L)** Plasma alanine aminotransferase (ALT) activity. Values are mean  $\pm$  SEM; two-way ANOVA with Student-Newman-Keuls *post-hoc* analysis and two-tailed unpaired Student's *t*-test; \* $P < 0.05$  and \*\*  $P < 0.01$  vs. HFD-AL.