

Supplemental table**Table S1.** Anthropometric characteristics before and after controlled feeding phases of 4 to 6 weeks in men and women

	Controlled feeding		Difference (95%CI)	<i>P</i> *
	Pre	Post		
Men (n=159)				
Body weight, <i>kg</i>	89.1 ± 15.6	88.7 ± 15.4	-0.4 (-0.6, -0.3)	<0.0001
Body mass index, <i>kg/m²</i>	29.2 ± 5.0	29.0 ± 4.9	-0.1 (-0.2, -0.1)	<0.0001
Waist circumference, <i>cm</i>	101.0 ± 14.8	100.5 ± 14.7	-0.5 (-0.8, -0.2)	0.0005
Women (n=168)				
Body weight, <i>kg</i>	71.7 ± 13.7	71.1 ± 13.6	-0.6 (-0.8, -0.5)	<0.0001
Body mass index, <i>kg/m²</i>	27.4 ± 5.1	27.2 ± 5.1	-0.2 (-0.3, -0.2)	<0.0001
Waist circumference, <i>cm</i>	91.1 ± 13.0	90.1 ± 13.3	-1.0 (-1.5, -0.6)	<0.0001

Values are means ± SDs unless otherwise indicated.

* Differences between post- and pre-intervention values, as determined by mixed models.