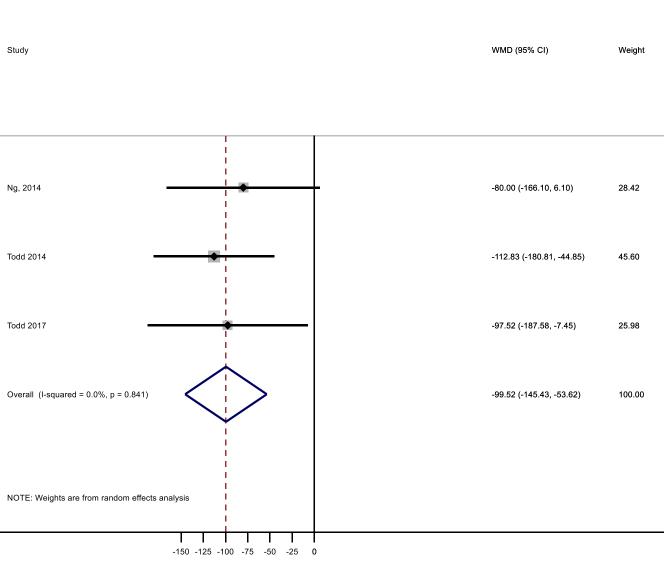## Additional File 2

We undertook a subgroup analysis of studies by Ng (2014), Todd (2014) and Todd (2017). These studies were conducted with the same baseline (2005-2006) and follow-up (2007-2008) periods in the USA and were weighted for the population. This meta-analysis gave an I^2 value of 0.0%, indicating very low heterogeneity. The mean difference of calories per adult per day was - 99.5.

%

Study	WMD (95% CI)	Weight
Ng, 2014	-80.00 (-166.10, 6.10)	28.42
Todd 2014	-112.83 (-180.81, -44.85)	45.60
Todd 2017	-97.52 (-187.58, -7.45)	25.98
Overall (I-squared = 0.0%, p = 0.841)	-99.52 (-145.43, -53.62)	100.00

NOTE: Weights are from random effects analysis

-150 -125 -100 -75 -50 -25 0

Decreased calories per adult per day