



United States Department of Agriculture

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# **Frequency of Eating during Pregnancy and Gestational Weight Gain: A Systematic Review**

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2020 Dietary Guidelines Advisory Committee,  
Frequency of Eating Subcommittee

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Nutrition Evidence Systematic Review  
Center for Nutrition Policy and Promotion  
Food and Nutrition Service  
U.S. Department of Agriculture  
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Alexandria, Virginia 22314

This systematic review was conducted by the 2020 Dietary Guidelines Advisory Committee in collaboration with the Nutrition Evidence Systematic Review (NESR) team at the Center for Nutrition Policy and Promotion, Food and Nutrition Service, U.S. Department of Agriculture (USDA). All systematic reviews from the 2020 Advisory Committee Project are available on the NESR website: <https://nesr.usda.gov/2020-dietary-guidelines-advisory-committee-systematic-reviews>.

Conclusion statements drawn as part of this systematic review describe the state of science related to the specific question examined. Conclusion statements do not draw implications, and should not be interpreted as dietary guidance. This portfolio provides the complete documentation for this systematic review. A summary of this review is included in the 2020 Advisory Committee's Scientific Report available at [www.DietaryGuidelines.gov](http://www.DietaryGuidelines.gov).

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**Related citation:** Dietary Guidelines Advisory Committee. 2020. *Scientific Report of the 2020 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Agriculture and the Secretary of Health and Human Services*. U.S. Department of Agriculture, Agricultural Research Service, Washington, DC.

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USDA and HHS implemented a process to identify topics and scientific questions to be examined by the 2020 Dietary Guidelines Advisory Committee. The Committee conducted its review of evidence in subcommittees for discussion by the full Committee during its public meetings. The role of the Committee members involved establishing all aspects of the protocol, which presented the plan for how they would examine the scientific evidence, including the inclusion and exclusion criteria; reviewing all studies that met the criteria they set; deliberating on the body of evidence

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<sup>i</sup> Under contract with the Food and Nutrition Service, United States Department of Agriculture.

for each question; and writing and grading the conclusion statements to be included in the scientific report the 2020 Committee submitted to USDA and HHS. The NESR team with assistance from Federal Liaisons and Project Leadership, supported the Committee by facilitating, executing, and documenting the work necessary to ensure the reviews were completed in accordance with NESR methodology. More information about the 2020 Dietary Guidelines Advisory Committee, including the process used to identify topics and questions, can be found at [www.DietaryGuidelines.gov](http://www.DietaryGuidelines.gov). More information about NESR can be found at [NESR.usda.gov](http://NESR.usda.gov).

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# TABLE OF CONTENTS

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Acknowledgements.....	3
Table of contents .....	5
Introduction.....	6
What is the relationship between the frequency of eating during pregnancy and gestational weight gain? .....	8
Plain language summary.....	8
Technical abstract.....	9
Full review .....	10
Systematic review question .....	10
Conclusion statement and grade .....	10
Summary of the evidence .....	10
Research recommendations.....	10
Methodology .....	12
Analytic framework.....	12
Literature search and screening plan .....	14
Inclusion and exclusion criteria.....	14
Electronic databases and search terms.....	17
Literature search and screening results .....	22
Excluded articles .....	24
Table 1. Inclusion and exclusion criteria .....	14
Table 2. Articles excluded after full text screening with rationale for exclusion.....	24
Figure 1: Analytic framework .....	13
Figure 2: Flow chart of literature search and screening results.....	23

## INTRODUCTION

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This document describes a systematic review conducted to answer the following question: What is the relationship between the frequency of eating during pregnancy and gestational weight gain? This systematic review was conducted by the 2020 Dietary Guidelines Advisory Committee, supported by USDA's Nutrition Evidence Systematic Review (NESR).

More information about the 2020 Dietary Guidelines Advisory Committee is available at the following website: [www.DietaryGuidelines.gov](http://www.DietaryGuidelines.gov).

NESR specializes in conducting food- and nutrition-related systematic reviews using a rigorous, protocol-driven methodology. More information about NESR is available at the following website: [NESR.usda.gov](http://NESR.usda.gov).

NESR's systematic review methodology involves developing a protocol, searching for and selecting studies, extracting data from and assessing the risk of bias of each included study, synthesizing the evidence, developing conclusion statements, grading the evidence underlying the conclusion statements, and recommending future research. A detailed description of the systematic reviews conducted for the 2020 Dietary Guidelines Advisory Committee, including information about methodology, is available on the NESR website: <https://nesr.usda.gov/2020-dietary-guidelines-advisory-committee-systematic-reviews>. In addition, starting on page 12, this document describes the final protocol as it was applied in the systematic review. A description of and rationale for modifications made to the protocol are described in the 2020 Dietary Guidelines Advisory Committee Report, Part D: Chapter 2. Food, Beverage, and Nutrient Consumption during Pregnancy and Chapter 13. Frequency of Eating.

## List of abbreviations

<b>Abbreviation</b>	<b>Full name</b>
CNPP	Center for Nutrition Policy and Promotion
DPS	Division of Prevention Science
FoE	Frequency of eating
FNS	Food and Nutrition Service
HHS	Health and Human Services
NESR	Nutrition Evidence Systematic Review
NIH	National Institute of Health
ODPHP	Office of Disease Prevention and Health Promotion
ONGA	Office of Nutrition Guidance and Analysis
USDA	United State Department of Agriculture

# WHAT IS THE RELATIONSHIP BETWEEN THE FREQUENCY OF EATING DURING PREGNANCY AND GESTATIONAL WEIGHT GAIN?

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## PLAIN LANGUAGE SUMMARY

### What is the question?

- The question is: What is the relationship between the frequency of eating during pregnancy and gestational weight gain?

### What is the answer to the question?

- No evidence is available to determine the relationship between the frequency of eating during pregnancy and gestational weight gain.

### Why was this question asked?

- This important public health question was identified by the U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS) to be examined by the 2020 Dietary Guidelines Advisory Committee.

### How was this question answered?

- The 2020 Dietary Guidelines Advisory Committee, Frequency of Eating Subcommittee conducted a systematic review to answer this question with support from the Nutrition Evidence Systematic Review (NESR) team.
- Frequency of eating was defined as the number of daily eating occasions.
- Gestational weight gain was defined as weight a woman gains during pregnancy.

### What is the population of interest?

- The population of interest was women during pregnancy who were healthy and/or at risk of chronic disease.

### What evidence was found?

- This review identified 0 studies that met the inclusion criteria.

### How up-to-date is this systematic review?

- This review searched for studies from January, 2000 to September, 2019.

# TECHNICAL ABSTRACT

## Background

- This important public health question was identified by the U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS) to be examined by the 2020 Dietary Guidelines Advisory Committee.
- The 2020 Dietary Guidelines Advisory Committee, Frequency of Eating Subcommittee conducted a systematic review to answer this question with support from the Nutrition Evidence Systematic Review (NESR) team.
- The goal of this systematic review was to examine the following question: What is the relationship between the frequency of eating during pregnancy and gestational weight gain?

## Conclusion statement and grade

- No evidence is available to determine the relationship between the frequency of eating during pregnancy and gestational weight gain. (Grade: Grade not assignable)

## Methods

- A literature search was conducted using 4 databases (PubMed, Cochrane, Embase, and CINAHL) to identify articles that evaluated an intervention or exposure of the frequency of eating and the outcome of gestational weight gain. A manual search was also conducted to identify articles that may not have been included in the electronic databases searched. Articles were screened by two authors independently for inclusion based on pre-determined criteria.
- Because no articles were identified in the literature search, this systematic review did not involve data extraction, risk of bias assessment, or evidence synthesis. However, a conclusion statement was developed, that acknowledged the absence of evidence to address this question. Since no evidence was available to answer this question, the strength of evidence could not be graded.

## Summary of the evidence

- This systematic review was undertaken to examine the relationship between the frequency of eating during pregnancy and gestational weight gain.
- Frequency of eating was defined as the number of daily eating occasions. An eating occasion was defined as an ingestive event that is either energy yielding or non-energy yielding.
- Gestational weight gain was defined as weight a woman gains during pregnancy.
- This review identified 0 studies published between January, 2000 and September, 2019 that met the inclusion criteria for this systematic review.

## **FULL REVIEW**

### **Systematic review question**

What is the relationship between the frequency of eating during pregnancy and gestational weight gain?

### **Conclusion statement and grade**

No evidence is available to determine the relationship between the frequency of eating during pregnancy and gestational weight gain. (Grade: Grade not assignable)

### **Summary of the evidence**

- This systematic review was undertaken to examine the relationship between the frequency of eating during pregnancy and gestational weight gain.
- Frequency of eating was defined as the number of daily eating occasions. An eating occasion was defined as an ingestive event that is either energy yielding or non-energy yielding.
- Gestational weight gain was defined as weight a woman gains during pregnancy.
- This review identified 0 studies published between January, 2000 and September, 2019 that met the inclusion criteria for this systematic review.

### **Research recommendations**

- More controlled trials are needed that assess the frequency of eating and various outcomes.
- Future studies should develop a consistent definition of an ingestive event that includes eating and drinking and methods to quantify it.
- Future studies should document the frequency of water consumption.
- In future studies, collection of ingestive frequency data should:
  - Report number of ingestive events across 24 hours.
  - Collect a minimum of 3 days of ingestive event data on at least 2 discrete occasions to allow assessment of estimate reliability.
- Future studies should report information on food insecurity in relation to frequency of eating to allow isolation of voluntary versus involuntary eating frequency effects.
- Future research should report key confounders and other factors to be considered, such as:
  - Sex, Age, Race/ethnicity, Habitual eating frequency, Smoking, Anthropometry, Socioeconomic status, Physical activity, Cultural practices, Total energy intake, Diet energy density, Energy state of the diet (restriction/surplus), Energy balance (total energy intake/total energy expenditure), Chrononutrition factors (time of day, (consistency of) habitual eating frequency, and duration between ingestive events and/or ingestive periods), Portion size, Macronutrient content, Location of eating occasion, Eating environment (who you eat with, work/school/exercise schedule), Holiday eating (seasonal), Sleep schedule (shift work), Secondary eating, Dentition, Hydration status, Pregnancy status,

Pubertal status, Menopausal status, Biochemical changes

## METHODOLOGY

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The NESR team used its rigorous, protocol-driven methodology to support the 2020 Dietary Guidelines Advisory Committee in conducting this systematic review.

NESR's systematic review methodology involves:

- Developing a protocol,
- Searching for and selecting studies,
- Extracting data from and assessing the risk of bias of each included study,
- Synthesizing the evidence,
- Developing conclusion statements,
- Grading the evidence underlying the conclusion statements, and
- Recommending future research.

A detailed description of the methodology used in conducting this systematic review is available on the NESR website: <https://nesr.usda.gov/2020-dietary-guidelines-advisory-committee-systematic-reviews>, and can be found in the 2020 Dietary Guidelines Advisory Committee Report, Part C: Methodology.<sup>ii</sup> Additional information about this systematic review, including a description of and rationale for any modifications made to the protocol can be found in the 2020 Dietary Guidelines Advisory Committee Report, Chapter 2. Food, Beverage, and Nutrient Consumption during Pregnancy.

Below are details of the final protocol for the systematic review described herein, including the:

- Analytic framework
- Literature search and screening plan
- Literature search and screening results

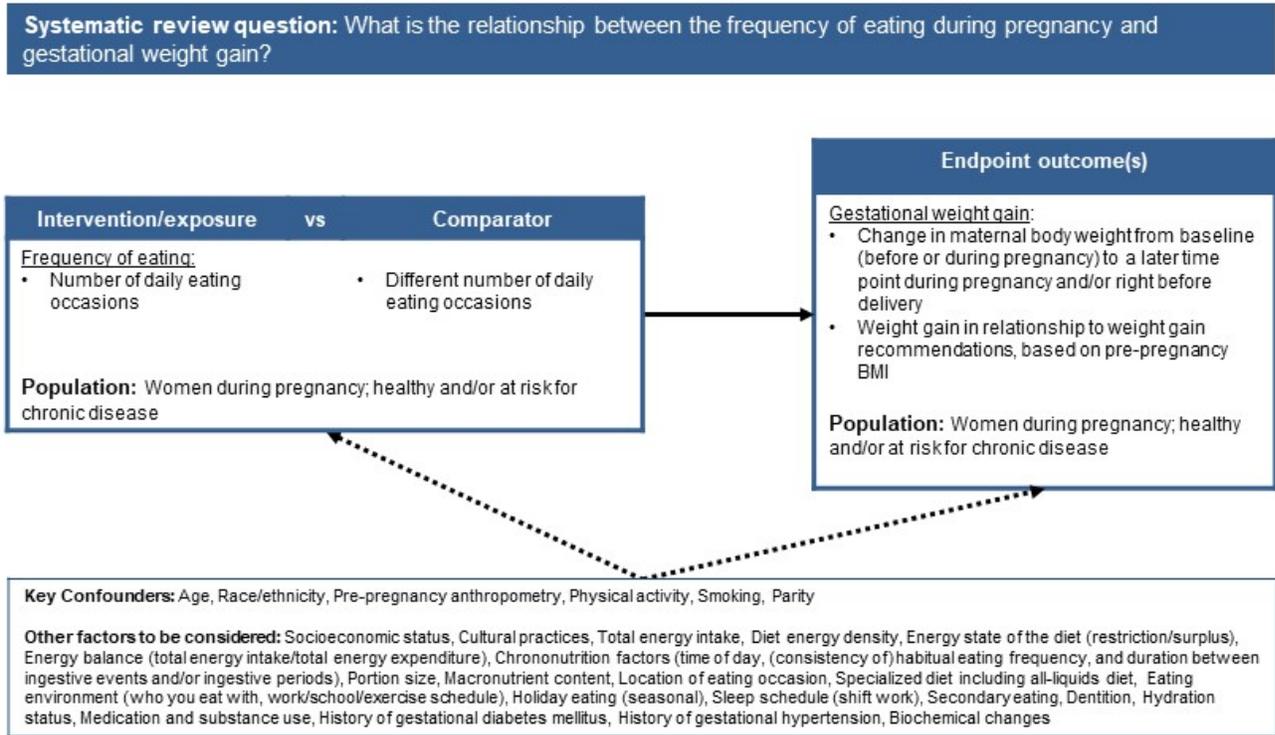
## ANALYTIC FRAMEWORK

The analytic framework (**Figure 1**) illustrates the overall scope of the systematic review, including the population, the interventions and/or exposures, comparators, and outcomes of interest. It also includes definitions of key terms and identifies key confounders considered in the systematic review. The inclusion and exclusion criteria that follow provide additional information about how parts of the analytic framework were defined and operationalized for the review.

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<sup>ii</sup> Dietary Guidelines Advisory Committee. 2020. *Scientific Report of the 2020 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Agriculture and the Secretary of Health and Human Services*. U.S. Department of Agriculture, Agricultural Research Service, Washington, DC.

**Figure 1: Analytic framework**



**Key definitions**

- Eating occasion** – ingestive event [preload, meals or snacks; food or beverage (energy yielding or non-energy yielding)]
- Secondary eating**– eating occasions that are not identified as the primary activity (e.g., screen time, eating while driving, reading)
- Gestational weight gain** - weight a woman gains during pregnancy (CDC)

**Legend**

- The relationship of interest in the systematic review
- Factors that may impact the relationship of interest in the systematic review

# LITERATURE SEARCH AND SCREENING PLAN

## Inclusion and exclusion criteria

This table provides the inclusion and exclusion criteria for the systematic review. The inclusion and exclusion criteria are the set of characteristics used to determine which articles identified in the literature search were included in or excluded from the systematic review.

**Table 1. Inclusion and exclusion criteria**

Category	Inclusion Criteria	Exclusion Criteria
<b>Study design</b>	<ul style="list-style-type: none"> <li>• Randomized controlled trials</li> <li>• Non-randomized controlled trials, including quasi-experimental and controlled before and after studies</li> <li>• Prospective cohort studies</li> <li>• Retrospective cohort studies</li> <li>• Nested case-control studies</li> </ul>	<ul style="list-style-type: none"> <li>• Uncontrolled trials</li> <li>• Case-control studies</li> <li>• Cross-sectional studies</li> <li>• Uncontrolled before-and-after studies</li> <li>• Narrative reviews</li> <li>• Systematic reviews</li> <li>• Meta-analyses</li> </ul>
<b>Intervention/exposure</b>	Frequency of eating: <ul style="list-style-type: none"> <li>• Number of daily eating occasions</li> </ul>	<ul style="list-style-type: none"> <li>• Studies that <b>only</b> examine frequency of intake of a single food, beverage or category of foods or beverages (i.e. frequency of milk consumption, frequency of seafood consumption)</li> <li>• Studies that do not have eating occasions across the day</li> </ul>
<b>Comparator</b>	<ul style="list-style-type: none"> <li>• Different number of daily eating occasions</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• Change in maternal body weight from baseline (before or during pregnancy) to a later time point during pregnancy and/or right before delivery</li> <li>• Maternal body weight gain in relationship to weight gain recommendations, based on pre-pregnancy BMI</li> </ul>	<ul style="list-style-type: none"> <li>• Changes in weight from any point during pre-pregnancy or pregnancy to postpartum period</li> </ul>
<b>Temporality</b>	<ul style="list-style-type: none"> <li>• Studies that assess exposure prior to outcome</li> </ul>	<ul style="list-style-type: none"> <li>• Studies that assess outcome prior to exposure</li> </ul>
<b>Date of publication</b>	<ul style="list-style-type: none"> <li>• January 2000 – September 2019</li> </ul>	<ul style="list-style-type: none"> <li>• Articles published prior to or after January 2000 – September 2019</li> </ul>
<b>Publication status</b>	<ul style="list-style-type: none"> <li>• Articles published in peer-reviewed journals</li> </ul>	<ul style="list-style-type: none"> <li>• Articles that have not been peer-reviewed and are not published in peer-reviewed journals (e.g. unpublished data, manuscripts, reports, abstracts, pre-prints, and conference proceedings)</li> </ul>
<b>Language of publication</b>	<ul style="list-style-type: none"> <li>• Articles published in English</li> </ul>	<ul style="list-style-type: none"> <li>• Articles published in languages other than English</li> </ul>

Category	Inclusion Criteria	Exclusion Criteria
<b>Country<sup>iii</sup></b>	<ul style="list-style-type: none"> <li>Studies conducted in countries ranked as high or very high human development</li> </ul>	<ul style="list-style-type: none"> <li>Studies conducted in countries ranked as medium or lower human development</li> </ul>
<b>Study participants</b>	<ul style="list-style-type: none"> <li>Human participants</li> <li>Females who are pregnant <ul style="list-style-type: none"> <li>Females who are capable of becoming pregnant</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Males</li> <li>Non-human participants (i.e., animals or in-vitro models)</li> <li>Studies that exclusively enroll based on pregnancies conceived using Assisted Reproductive Technologies</li> <li>Studies that exclusively enroll multiple gestation pregnancies <ul style="list-style-type: none"> <li>Studies that exclusively report combined data for singleton and multiple gestation pregnancies</li> </ul> </li> </ul>
<b>Health status of study participants</b>	<ul style="list-style-type: none"> <li>Studies that enroll mothers who are healthy and/or at risk for chronic disease</li> <li>Studies that enroll <b>some</b> mothers diagnosed with a disease</li> <li>Studies that enroll <b>some</b> mothers classified as severely undernourished prior to pregnancy</li> <li>Studies that enroll <b>some</b> or all mothers classified as underweight or obese prior to pregnancy</li> </ul>	<ul style="list-style-type: none"> <li>Studies that <b>exclusively</b> enroll mothers diagnosed with a disease, including severe undernutrition, or hospitalized with an illness or injury (for this criterion, studies that exclusively enroll mothers with obesity will <b>not</b> be excluded)</li> <li>Studies that <b>exclusively</b> enroll subjects post bariatric surgery</li> </ul>
<b>Eating frequency data collection for intervention studies</b>	<ul style="list-style-type: none"> <li>Data collection for eating frequency that occurs on at least 2 occasions, including baseline and during or after the intervention. <ul style="list-style-type: none"> <li>Each occasion encompasses a minimum of 3, 24-hour periods or a questionnaire that covers at least 3 days addressing eating frequency. <ul style="list-style-type: none"> <li>(e.g., 3, 24-h dietary recalls reporting ingestive events)</li> <li>(e.g., 1 eating frequency questionnaire documenting eating frequency for the past month)</li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Data collection for eating frequency that occurs on fewer than 2 occasions, and encompasses fewer than 3, 24-hour periods</li> </ul>

<sup>iii</sup> In order to determine the inclusion exclusion criteria for country, the Human Development classification was used. This classification is based on the Human Development Index (HDI) ranking from the year the study intervention occurred or data were collected (UN Development Program. HDI 1990-2017 HDRO calculations based on data from UNDESA (2017a), UNESCO Institute for Statistics (2018), United Nations Statistics Division (2018b), World Bank (2018b), Barro and Lee (2016) and IMF (2018). Available from: <http://hdr.undp.org/en/data>). If the study did not report the year in which the intervention occurred or data were collected, the HDI classification for the year of publication was applied. HDI values are available from 1980, and then from 1990 to present. If a study was conducted prior to 1990, the HDI classification from 1990 was applied. If a study was conducted in 2018 or 2019, the most current HDI classification was applied. When a country was not included in the HDI ranking, the current country classification from the World Bank was used instead (The World Bank. World Bank country and lending groups. Available from: <https://datahelpdesk.worldbank.org/knowledgebase/articles/906519-world-country-and-lending-groups>)

Category	Inclusion Criteria	Exclusion Criteria
<b>Eating frequency data collection for observational studies</b>	<ul style="list-style-type: none"> <li>• Data collection for eating frequency that encompasses a minimum of 3, 24-hour periods               <ul style="list-style-type: none"> <li>○ (e.g., 3, 24-h dietary recalls reporting each ingestive event)</li> <li>○ (e.g., 1 eating frequency questionnaire documenting eating frequency for the past month)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Data collection for eating frequency that encompasses fewer than 3, 24-hour periods</li> </ul>
<b>Size of study groups for intervention studies</b>	<ul style="list-style-type: none"> <li>• 15 or greater participants for studies using within-subject analyses, or</li> <li>• 30 or greater participants for studies using between-subject analysis, or</li> <li>• A power calculation included</li> </ul>	<ul style="list-style-type: none"> <li>• Fewer than 15 participants for studies using within-subject analyses, or</li> <li>• Fewer than 30 participants for studies using between-subject analysis, or</li> <li>• No power calculation reported</li> </ul>

## Electronic databases and search terms

### PubMed

- Provider: U.S. National Library of Medicine
- Date(s) searched: September 17 2019
- Date range searched: January 1, 2000-September 17 2019
- Search Terms:

**#1** - "frequency of eating" OR eating frequenc\* OR "frequent eating" OR feeding frequenc\* OR "Meals"[Mesh] OR meal frequenc\* OR "meal timing" OR "meal time" OR mealtim\* OR daily meal\* OR dinnertim\* OR dinner pattern\* OR "night eating" OR evening meal\* OR eating occasion\* OR irregular eat\* OR snack frequenc\* OR snacking frequenc\* OR snacking pattern\* OR snacking behavior\* OR "Fasting"[Mesh] OR "intermittent fasting" OR fasting diet\* OR "alternate-day fasting" OR "meal skipping" OR "breakfast skipping" OR skipping breakfast\* OR "Feeding Behavior"[Mesh:noexp] OR feeding behavior\*[tiab] OR eating episode\* OR eating pattern\* OR eating habit\* OR eating tim\* OR "eating alone" OR time restricted feeding\* OR feeding pattern\* OR meal profile\* OR meal pattern\* OR meal environment\* OR chrono-nutrition OR intermittent energy restriction\* OR intermittent diet\*

**#2** - "Cardiovascular Diseases"[Mesh:noexp] OR cardiovascular disease\*[tiab] OR coronary artery disease[tiab] OR heart disease\*[tiab] OR "Heart Failure"[Mesh] OR heart failure[tiab] OR "Myocardial Infarction"[Mesh] OR myocardial infarction\*[tiab] OR "Myocardial Ischemia"[Mesh] OR Myocardial Ischemia\*[tiab] OR "Stroke"[Mesh] OR stroke[tiab] OR angina[tiab] OR heart attack[tiab] OR "Venous Thrombosis"[Mesh] OR venous thrombosis[tiab] OR hypertension[tiab] OR high blood pressure[tiab] OR "Lipids/blood"[Mesh] OR "Cholesterol, HDL"[Mesh] OR HDL cholesterol[tiab] OR "Cholesterol, LDL"[Mesh] OR LDL cholesterol[tiab] OR total cholesterol[tiab] OR "Triglycerides"[Mesh] OR triglycerides[tiab]

**#3** - "Diabetes Mellitus, Type 2"[Mesh] OR Type 2 diabetes[tiab] OR T2D[tiab] OR adult onset diabetes[tiab] OR "Prediabetic State"[Mesh] OR prediabet\*[tiab] OR pre diabet\* OR "Insulin Resistance"[Mesh] OR insulin resistance[tiab] OR "Glucose Intolerance"[Mesh] OR glucose intolerance[tiab] OR glucose tolerance[tiab] OR "Glycated Hemoglobin A"[Mesh] OR hemoglobin A1c[ti] OR "Hyperglycemia"[Mesh] OR "Hypoglycemia"[Mesh] OR ((impaired fasting[tiab] OR "Diabetes Mellitus"[Mesh:noexp]) AND (glucose[tiab] OR glycemi\*[tiab] OR high blood sugar[tiab] OR low blood sugar[tiab])

**#4** - "Body Weights and Measures"[Mesh] OR "Body Weight"[Mesh] OR body weight[tiab] OR "Overnutrition"[Mesh:NoExp] OR overnutrition[tiab] OR body weight[tiab] OR weight status[tiab] OR obesity[tiab] OR obese[tiab] OR overweight[tiab] OR body mass index[tiab] OR BMI[tiab] OR underweight[tiab] OR wasting[tiab] OR healthy weight[tiab] OR "Body Composition"[Mesh] OR body composition[tiab] OR body fat[tiab] OR fat mass[tiab] OR fat free mass[tiab] OR "Adipose Tissue"[Mesh] OR "Adiposity"[Mesh] OR adipos\*[tiab] OR anthropometry[tiab] OR anthropometric\*[tiab] OR body height[tiab] OR stunting[tiab] OR stunted[tiab] OR "Growth Charts"[Mesh] OR growth chart\*[tiab] OR waist circumference[tiab] OR head circumference[tiab] OR arm circumference[tiab] OR thigh circumference[tiab] OR neck circumference[tiab] OR "Gestational Weight Gain"[Mesh] OR "Weight Gain"[Mesh:NoExp] OR weight gain[tiab] OR "Body Size"[Mesh] OR "body size"[tiab] OR weight change[tiab] OR weight changes[tiab] OR "Weight Loss"[Mesh] OR weight loss\*[tiab] OR weight reduc\*[tiab] OR "Weight Reduction Programs"[Mesh] OR "Body-Weight Trajectory"[Mesh] OR weight maint\* OR "Diet, Reducing"[Mesh] OR diet reduc\*[tiab] OR weight cycling[tiab] OR weight

decreas\*[tiab] OR weight watch\*[tiab] OR weight control\*[tiab] OR weight retention[tiab] OR (weight[tiab] AND (reduction OR reduced OR reducing OR loss OR losses OR maintenanc\* OR maintain\*[tiab] OR decreas\*[tiab] OR watch OR control\*[tiab] OR change\*[tiab] OR gain[tiab]))

**#5 - (#2 OR #3 OR #4)**

**#6 - (#1 AND #5)**

**#7 - (#1 AND #5) NOT ("Animals"[Mesh] NOT ("Animals"[Mesh] AND "Humans"[Mesh])) NOT (editorial[ptyp] OR comment[ptyp] OR news[ptyp] OR letter[ptyp] OR review[ptyp] OR systematic review[ptyp] OR systematic review[ti] OR meta-analysis[ptyp] OR meta-analysis[ti] OR meta-analyses[ti] OR retracted publication[ptyp] OR retraction of publication[ptyp] OR retraction of publication[tiab] OR retraction notice[ti]) Filters: Publication date from 2000/01/01 to 2019/09/17; English**

## **Cochrane Central Register of Controlled Trials (CENTRAL)**

- Provider: John Wiley & Sons
- Date(s) searched: September 17, 2019
- Date range searched: January 1, 2000-September 17, 2019
- Search Terms:

**#1 - [mh Meals] OR [mh Fasting] OR [mh ^"Feeding Behavior"]**

**#2 - "frequency of eating" OR "eating frequenc\*" OR "frequent eating" OR "feeding frequenc\*" OR "meal frequenc\*" OR "meal timing" OR "meal time" OR mealtim\* OR "daily meal\*" OR dinnertim\* OR "dinner pattern\*" OR "night eating" OR "evening meal\*" OR "eating occasion\*" OR "irregular eat\*" OR "snack frequenc\*" OR "snacking frequenc\*" OR "snacking pattern\*" OR "snacking behavior\*" OR "intermittent fasting" OR "fasting diet\*" OR "alternate-day fasting" OR "meal skipping" OR "breakfast skipping" OR "skipping breakfast\*" OR "feeding behavior\*" OR "eating episode\*" OR "eating pattern\*" OR "eating habit\*" OR "eating tim\*" OR "eating alone" OR "time restricted feeding\*" OR "feeding pattern\*" OR "meal profile\*" OR "meal pattern\*" OR "meal environment\*" OR chrono-nutrition OR "intermittent energy restriction\*" OR "intermittent diet\*"**

**#3 - #1 OR #2**

**#4 - [mh ^"Cardiovascular Diseases"] OR [mh "Heart Failure"] OR [mh "Myocardial Infarction"] OR [mh "Myocardial Ischemia"] OR [mh Stroke] OR [mh "Venous Thrombosis"] OR [mh Lipids/BL] OR [mh "Cholesterol, HDL"] OR [mh "Cholesterol, LDL"] OR [mh Triglycerides]**

**#5 - ("cardiovascular disease\*" OR "coronary artery disease" OR "heart disease" OR "heart failure" OR "myocardial infarction\*" OR "myocardial ischemia\*" OR stroke OR angina OR "heart attack" OR "venous thrombosis" OR "hypertension" OR "high blood pressure" OR "HDL cholesterol" OR "LDL cholesterol" OR "total cholesterol" OR triglycerides):ti,ab,kw**

**#6 - #4 OR #5**

**#7 - [mh "Diabetes Mellitus, Type 2"] OR [mh "Prediabetic State"] OR [mh "Insulin Resistance"] OR [mh "Glucose Intolerance"] OR [mh "Glycated Hemoglobin A"] OR [mh Hyperglycemia] OR [mh Hypoglycemia]**

**#8 - ("Type 2 diabetes" OR T2D OR "adult onset diabetes" OR prediabet\* OR pre diabet\* OR**

“insulin resistance” OR “glucose intolerance” OR “glucose tolerance” OR “hemoglobin A1c”):ti,ab,kw

**#9** - (“impaired fasting” OR [mh ^”Diabetes Mellitus”]) AND (glucose OR glycemi\* OR “high blood sugar” OR “low blood sugar”))

**#10** - #7 OR #8 OR #9

**#11** - [mh “Body Weights and Measures”] OR [mh “Body Weight”] OR [mh ^Overnutrition] OR [mh “Body Composition”] OR [mh “Adipose Tissue”] OR [mh Adiposity] OR [mh “Growth Charts”] OR [mh “Gestational Weight Gain”] OR [mh ^”Weight Gain”] OR [mh “Body Size”] OR [mh “Weight Loss”] OR [mh “Weight Reduction Programs”] OR [mh “Body-Weight Trajectory”] OR [mh “Diet, Reducing”]

**#12** - “body weight” OR overnutrition OR “body weight” OR “weight status” OR obesity OR obese OR overweight OR “body mass index” OR BMI OR underweight OR wasting OR “healthy weight” OR “body composition” OR “body fat” OR “fat mass” OR “fat free mass” OR adipos\* OR anthropometry OR anthropometric\* OR “body height” OR stunting OR stunted OR “growth chart\*” OR “waist circumference” OR “head circumference” OR “arm circumference” OR “thigh circumference” OR “neck circumference” OR “weight gain” OR “body size” OR “weight change” OR “weight changes” OR “weight loss\*” OR “weight reduc\*” OR “weight maint\*” OR “diet reduc\*” OR “weight cycling” OR “weight decreas\*” OR “weight watch\*” OR “weight control\*” OR “weight retention”

**#13** - ((weight NEAR/4 (reduction OR reduced OR reducing OR loss OR losses OR maintenanc\* OR maintain\* OR decreas\* OR watch OR control\* OR change\* OR gain))):ti,ab,kw

**#14** - #11 OR #12 OR #13

**#15** - #6 OR #10 OR #14

**#16** - #3 AND #15” with Publication Year from 2000 to 2019, in Trials (Word variations have been searched)

## Embase

- Provider: Elsevier
- Date(s) searched: September 17, 2019
- Date range searched: January 1, 2000-September 17, 2019
- Search Terms:

**#1** - ‘meal’/exp OR ‘fasting’/exp OR ‘feeding behavior’/de

**#2** - ‘frequency of eating’:ab,ti OR ‘eating frequenc\*’:ab,ti OR ‘frequent eating’:ab,ti OR ‘feeding frequenc\*’:ab,ti OR ‘meal frequenc\*’:ab,ti OR ‘meal timing’:ab,ti OR ‘meal time’:ab,ti OR mealtim\*’:ab,ti OR ‘daily meal\*’:ab,ti OR dinnertim\*’:ab,ti OR ‘dinner pattern\*’:ab,ti OR ‘night eating’:ab,ti OR ‘evening meal\*’:ab,ti OR ‘eating occasion\*’:ab,ti OR ‘irregular eat\*’:ab,ti OR ‘snack frequenc\*’:ab,ti OR ‘snacking frequenc\*’:ab,ti OR ‘snacking pattern\*’:ab,ti OR ‘snacking behavior\*’:ab,ti OR ‘intermittent fasting’:ab,ti OR ‘fasting diet\*’:ab,ti OR ‘alternate-day fasting’:ab,ti OR ‘meal skipping’:ab,ti OR ‘breakfast skipping’:ab,ti OR ‘skipping breakfast\*’:ab,ti OR ‘feeding behavior\*’:ab,ti OR ‘eating episode\*’:ab,ti OR ‘eating pattern\*’:ab,ti OR ‘eating habit\*’:ab,ti OR ‘eating tim\*’:ab,ti OR ‘eating alone’:ab,ti OR ‘time restricted feeding\*’:ab,ti OR

'feeding pattern\*':ab,ti OR 'meal profile\*':ab,ti OR 'meal pattern\*':ab,ti OR 'meal environment\*':ab,ti OR 'chrono nutrition':ab,ti OR 'intermittent energy restriction\*':ab,ti OR 'intermittent diet\*':ab,ti

**#3 - #1 OR #2**

**#4 -** 'cardiovascular disease'/de OR 'heart failure'/exp OR 'heart infarction'/exp OR 'heart muscle ischemia'/exp OR 'cerebrovascular accident'/exp OR 'vein thrombosis'/exp OR 'high density lipoprotein cholesterol'/de OR 'low density lipoprotein cholesterol'/de OR 'triacylglycerol'/exp

**#5 -** 'cardiovascular disease\*':ab,ti OR 'coronary artery disease':ab,ti OR 'heart disease':ab,ti OR 'heart failure':ab,ti OR 'myocardial infarction\*':ab,ti OR 'myocardial ischemia\*':ab,ti OR stroke:ab,ti OR angina:ab,ti OR 'heart attack':ab,ti OR 'venous thrombosis':ab,ti OR 'hypertension':ab,ti OR 'high blood pressure':ab,ti OR 'hdl cholesterol':ab,ti OR 'ldl cholesterol':ab,ti OR 'total cholesterol':ab,ti OR triglycerides:ab,ti

**#6 - #4 OR #5**

**#7 -** 'non insulin dependent diabetes mellitus'/exp OR 'impaired glucose tolerance'/exp OR 'insulin resistance'/de OR 'glucose intolerance'/de OR 'glycosylated hemoglobin'/exp OR 'hyperglycemia'/de OR 'hypoglycemia'/exp

**#8 -** 'type 2 diabetes':ab,ti OR t2d:ab,ti OR 'adult onset diabetes':ab,ti OR prediabet\*:ab,ti OR 'pre diabet\*':ab,ti OR 'insulin resistance':ab,ti OR 'glucose intolerance':ab,ti OR 'glucose tolerance':ab,ti OR 'hemoglobin a1c':ab,ti

**#9 -** (('impaired fasting' OR 'diabetes mellitus']) NEAR/4 (glucose OR glycemi\* OR 'high blood sugar' OR 'low blood sugar')):ab,ti

**#10 - #7 OR #8 OR #9**

**#11 -** 'weight, mass and size'/exp OR 'body weight'/exp OR 'overnutrition'/de OR 'body composition'/exp OR 'adipose tissue'/exp OR 'growth chart'/de OR 'gestational weight gain'/de OR 'body weight gain'/de OR 'body size'/de OR 'body weight loss'/exp OR 'weight loss program'/de OR 'weight trajectory (body weight)'/de OR 'low calorie diet'/exp

**#12 -** overnutrition:ab,ti OR 'body weight':ab,ti OR 'weight status':ab,ti OR obesity:ab,ti OR obese:ab,ti OR overweight:ab,ti OR 'body mass index':ab,ti OR bmi:ab,ti OR underweight:ab,ti OR wasting:ab,ti OR 'healthy weight':ab,ti OR 'body composition':ab,ti OR 'body fat':ab,ti OR 'fat mass':ab,ti OR 'fat free mass':ab,ti OR adipos\*:ab,ti OR anthropometry:ab,ti OR anthropometric\*:ab,ti OR 'body height':ab,ti OR stunting:ab,ti OR stunted:ab,ti OR 'growth chart\*':ab,ti OR 'waist circumference':ab,ti OR 'head circumference':ab,ti OR 'arm circumference':ab,ti OR 'thigh circumference':ab,ti OR 'neck circumference':ab,ti OR 'weight gain':ab,ti OR 'body size':ab,ti OR 'weight change':ab,ti OR 'weight changes':ab,ti OR 'weight loss\*':ab,ti OR 'weight reduc\*':ab,ti OR 'weight maint\*':ab,ti OR 'diet reduc\*':ab,ti OR 'weight cycling':ab,ti OR 'weight decreas\*':ab,ti OR 'weight watch\*':ab,ti OR 'weight control\*':ab,ti OR 'weight retention':ab,ti

**#13 -** (weight NEAR/4 (reduction OR reduced OR reducing OR loss OR losses OR maintenanc\* OR maintain\* OR decreas\* OR watch OR control\* OR change\* OR gain)):ab,ti

**#14 - #11 OR #12 OR #13**

**#15 - #6 OR #10 OR #14**

**#16 - #3 AND #15**

**#17 - #3 AND #15 AND ([article]/lim OR [article in press]/lim) AND [humans]/lim AND [english]/lim AND [2000-2019]/py NOT ([conference abstract]/lim OR [conference review]/lim OR [conference paper]/lim OR [editorial]/lim OR [erratum]/lim OR [letter]/lim OR [note]/lim OR [review]/lim OR [systematic review]/lim OR [meta analysis]/lim)**

## **CINAHL Plus (Cumulative Index to Nursing and Allied Health Literature)**

- Provider: EBSCOhost
- Date(s) searched: September 24, 2019
- Date range searched: January 1, 2000-September 24, 2019
- Search Terms:

**#S1 - (MH "Meals+") OR (MH "Fasting") OR (MH "Eating Behavior")**

**#S2 - "frequency of eating" OR "eating frequenc\*" OR "frequent eating" OR "feeding frequenc\*" OR "meal frequenc\*" OR "meal timing" OR "meal time" OR mealtim\* OR "daily meal" OR dinnertim\* OR "dinner pattern\*" OR "night eating" OR "evening meal\*" OR "eating occasion\*" OR "irregular eat\*" OR "snack frequenc\*" OR "snacking frequenc\*" OR "snacking pattern\*" OR "snacking behavior\*" OR "intermittent fasting" OR "fasting diet\*" OR "alternate-day fasting" OR "meal skipping" OR "breakfast skipping" OR "skipping breakfast\*" OR "feeding behavior\*" OR "eating episode\*" OR "eating pattern\*" OR "eating habit\*" OR "eating tim\*" OR "eating alone" OR "time restricted feeding\*" OR "feeding pattern\*" OR "meal profile\*" OR "meal pattern\*" OR "meal environment\*" OR chrono-nutrition OR "intermittent energy restriction\*" OR "intermittent diet\*"**

**#S3 - S1 OR S2**

**#S4 - (MH "Cardiovascular Diseases") OR (MH "Heart Failure+") OR (MH "Myocardial Infarction+") OR (MH "Myocardial Ischemia+") OR (MH "Stroke+") OR (MH "Venous Thrombosis+") OR (MH "Lipids/BL") OR (MH "Lipoproteins, HDL Cholesterol") OR (MH "Lipoproteins, LDL Cholesterol") OR (MH "Triglycerides")**

**#S5 - "cardiovascular disease\*" OR "coronary artery disease" OR "heart disease\*" OR "heart failure" OR "myocardial infarction\*" OR "myocardial Ischemia\*" OR stroke OR angina OR "heart attack" OR "venous thrombosis" OR hypertension OR "high blood pressure" OR "HDL cholesterol" OR "LDL cholesterol" OR "total cholesterol" OR triglycerides**

**#S6 - S4 OR S5**

**#S7 - (MH "Diabetes Mellitus, Type 2") OR (MH "Prediabetic State") OR (MH "Insulin Resistance+") OR (MH "Glucose Intolerance") OR (MH "Hemoglobin A, Glycosylated") OR (MH "Hyperglycemia+") OR (MH "Hypoglycemia+")**

**#S8 - ("Type 2 diabetes" OR T2D OR "adult onset diabetes" OR prediabet\* OR pre diabet\* OR "insulin resistance" OR "glucose intolerance" OR "glucose tolerance" OR "hemoglobin A1c")**

**#S9 - ((MH "Diabetes Mellitus" OR "impaired fasting") N4 (glucose OR glyce\* OR "high blood sugar" OR "low blood sugar"))**

**#S10 - S7 OR S8 OR S9**

**#S11 - (MH "Body Weights and Measures+") OR (MH "Body Weight+") OR (MH "Body**

Composition+) OR (MH "Adipose Tissue") OR (MH "Gestational Weight Gain") OR (MH "Weight Gain+") OR (MH "Body Size") OR (MH "Weight Loss+") OR (MH "Weight Reduction Programs") OR (MH "Body Weight Changes") OR (MH "Diet, Reducing")

**#S12** - "body weight" OR overnutrition OR "body weight" OR "weight status" OR obesity OR obese OR overweight OR "body mass index" OR BMI OR underweight OR wasting OR "healthy weight" OR "body composition" OR "body fat" OR "fat mass" OR "fat free mass" OR adipos\* OR anthropometry OR anthropometric\* OR "body height" OR stunting OR stunted OR "growth chart\*" OR "waist circumference" OR "head circumference" OR "arm circumference" OR "thigh circumference" OR "neck circumference" OR "weight gain" OR "body size" OR "weight change" OR "weight changes" OR "weight loss\*" OR "weight reduc\*" OR "weight maint\*" OR "diet reduc\*" OR "weight cycling" OR "weight decreas\*" OR "weight watch\*" OR "weight control\*" OR "weight retention"

**#S13** - ((weight N4 (reduction OR reduced OR reducing OR loss OR losses OR maintenanc\* OR maintain\* OR decreas\* OR watch OR control\* OR change\* OR gain))

**#S14** - S11 OR S12 OR S13

**#S15** - S6 OR S10 OR S14

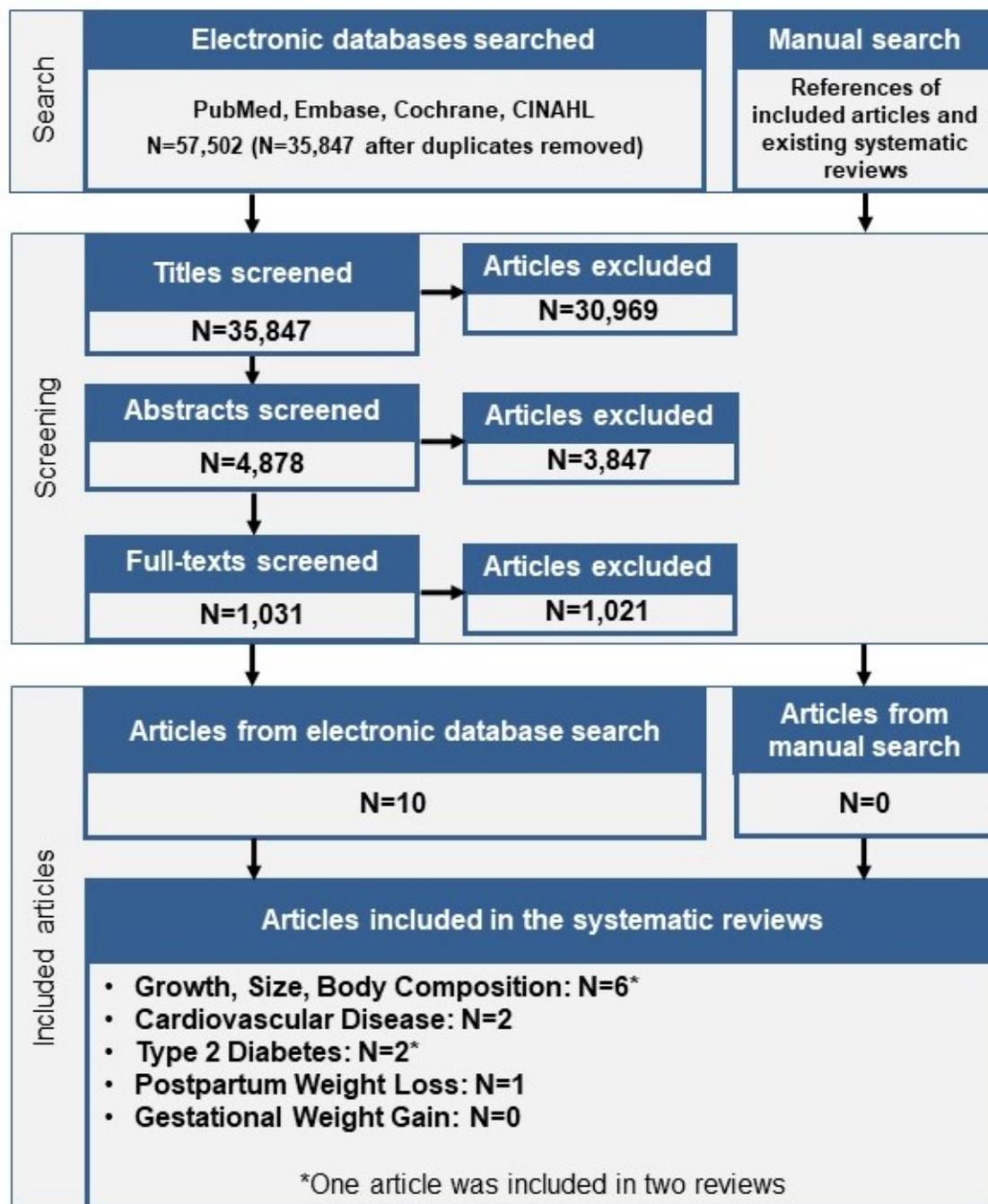
**#S16** - (S3 AND S15) NOT (MH "Literature Review" OR MH "Meta Analysis" OR MH "Systematic Review" OR MH "News" OR MH "Retracted Publication" OR MH "Retraction of Publication") Publication Year: 2000-2019; Peer Reviewed; English Language; Human

## LITERATURE SEARCH AND SCREENING RESULTS

The flow chart (**Figure 2**) below illustrates the literature search and screening results for articles examining the systematic review question. The literature search was conducted to identify articles for 5 different, but related, systematic reviews on frequency of eating and growth, size, and body composition, cardiovascular disease, type 2 diabetes, post-partum weight loss, and gestational weight gain. The results of the electronic database searches, after removal of duplicates, were screened independently by two NESR analysts using a step-wise process by reviewing titles, abstracts, and full-texts to determine which articles met the inclusion criteria. Refer to **Table 2** for the rationale for exclusion for each excluded full-text article. A manual search was done to find articles that were not identified when searching the electronic databases; all manually identified articles were also screened to determine whether they meet criteria for inclusion.

The literature search and screening results from multiple questions on frequency of eating were combined for efficiency because of topical overlap. The searches were designed to comprehensively identify relevant literature in all examined systematic review questions to avoid screening the same results multiple times.

**Figure 2: Flow chart of literature search and screening results**



## Excluded articles

The table below lists the articles excluded after full-text screening, and includes a column to document the rationale for study exclusion based on the criteria in Table 1. At least one reason for exclusion is provided for each article, though this may not reflect all possible reasons for exclusion. Information about articles excluded after title and abstract screening is available upon request.

**Table 2. Articles excluded after full text screening with rationale for exclusion**

Citation		Rationale
1	A little at a time: eating and exercising in bits and pieces. <i>Harv Mens Health Watch</i> . 2006. 11:6-7 <a href="https://www.ncbi.nlm.nih.gov/pubmed/17153760">https://www.ncbi.nlm.nih.gov/pubmed/17153760</a>	Publication Status
2	Abdullah NF, Teo PS, Foo LH. Ethnic Differences in the Food Intake Patterns and Its Associated Factors of Adolescents in Kelantan, Malaysia. <i>Nutrients</i> . 2016;8(9). <a href="https://www.ncbi.nlm.nih.gov/pubmed/27626444">https://www.ncbi.nlm.nih.gov/pubmed/27626444</a> .	Study Design
3	Abendroth A, Michalsen A, Ludtke R, Ruffer A, Musial F, Dobos GJ, Langhorst J. Changes of Intestinal Microflora in Patients with Rheumatoid Arthritis during Fasting or a Mediterranean Diet. <i>Forsch Komplementmed</i> . 2010. 17:307-13 <a href="https://www.ncbi.nlm.nih.gov/pubmed/21196744">https://www.ncbi.nlm.nih.gov/pubmed/21196744</a>	Publication Status
4	Adachi Y, Sato C, Yamatsu K, Ito S, Adachi K, Yamagami T. A randomized controlled trial on the long-term effects of a 1-month behavioral weight control program assisted by computer tailored advice. <i>Behav Res Ther</i> . 2007. 45:459-70 <a href="https://www.ncbi.nlm.nih.gov/pubmed/16713991">https://www.ncbi.nlm.nih.gov/pubmed/16713991</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
5	Adawi M, Damiani G, Bragazzi NL, Bridgwood C, Pacifico A, Conic RRZ, et al. The Impact of Intermittent Fasting (Ramadan Fasting) on Psoriatic Arthritis Disease Activity, Enthesitis, and Dactylitis: A Multicentre Study. <i>Nutrients</i> . 2019;11(3). <a href="https://www.ncbi.nlm.nih.gov/pubmed/30871045">https://www.ncbi.nlm.nih.gov/pubmed/30871045</a> .	Daily Eating Occasions Not Reported, Eating Frequency Data Collection
6	Adegboye AR, Rossner S, Neovius M, Lourenco PM, Linne Y. Relationships between prenatal smoking cessation, gestational weight gain and maternal lifestyle characteristics. <i>Women Birth</i> . 2010. 23:29-35 <a href="https://www.ncbi.nlm.nih.gov/pubmed/19586807">https://www.ncbi.nlm.nih.gov/pubmed/19586807</a>	Intervention/Exposure
7	Affenito SG, Thompson D, Dorazio A, Albertson AM, Loew A, Holschuh NM. Ready-to-eat cereal consumption and the School Breakfast Program: relationship to nutrient intake and weight. <i>J Sch Health</i> . 2013. 83:28-35 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23253288">https://www.ncbi.nlm.nih.gov/pubmed/23253288</a>	Study Design
8	Affenito SG, Thompson DR, Barton BA, Franko DL, Daniels SR, Obarzanek E, Schreiber GB, Striegel-Moore RH. Breakfast consumption by African-American and white adolescent girls correlates positively with calcium and fiber intake and negatively with body mass index. <i>J Am Diet Assoc</i> . 2005. 105:938-45 <a href="https://www.ncbi.nlm.nih.gov/pubmed/15942545">https://www.ncbi.nlm.nih.gov/pubmed/15942545</a>	Daily Eating Occasions Not Reported

	Citation	Rationale
9	Affenito SG. Breakfast: A Missed Opportunity. <i>Journal of the American Dietetic Association</i> . 2007;107(4):565-9. <a href="https://www.ncbi.nlm.nih.gov/pubmed/17383260">https://www.ncbi.nlm.nih.gov/pubmed/17383260</a> .	Study Design
10	Afrasiabi A, Hassanzadeh S, Sattarivand R, Mahboob S. Effects of Ramadan fasting on serum lipid profiles on 2 hyperlipidemic groups with or without diet pattern. <i>Saudi Med J</i> . 2003. 24:23-6 <a href="https://www.ncbi.nlm.nih.gov/pubmed/12590268">https://www.ncbi.nlm.nih.gov/pubmed/12590268</a>	Daily Eating Occasions Not Reported, Country
11	Afrasiabi A, Hassanzadeh S, Sattarivand R, Nouri M, Mahbood S. Effects of low fat and low calorie diet on plasma lipid levels in the fasting month of Ramadan. <i>Saudi Med J</i> . 2003. 24:184-8 <a href="https://www.ncbi.nlm.nih.gov/pubmed/12682685">https://www.ncbi.nlm.nih.gov/pubmed/12682685</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
12	Agras WS, Hammer LD, McNicholas F, Kraemer HC. Risk factors for childhood overweight: a prospective study from birth to 9.5 years. <i>J Pediatr</i> . 2004. 145:20-5 <a href="https://www.ncbi.nlm.nih.gov/pubmed/15238901">https://www.ncbi.nlm.nih.gov/pubmed/15238901</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
13	Aila Gustafsson S, Edlund B, Kjellin L, Norring C. Risk and protective factors for disturbed eating in adolescent girls - aspects of perfectionism and attitudes to eating and weight. <i>Eur Eat Disord Rev</i> . 2009. 17:380-9 <a href="https://www.ncbi.nlm.nih.gov/pubmed/19378349">https://www.ncbi.nlm.nih.gov/pubmed/19378349</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
14	Ajabnoor GM, Bahijri S, Borai A, Abdulkhaliq AA, Al-Aama JY, Chrousos GP. Health impact of fasting in Saudi Arabia during Ramadan: association with disturbed circadian rhythm and metabolic and sleeping patterns. <i>PLoS One</i> . 2014. 9:e96500 <a href="https://www.ncbi.nlm.nih.gov/pubmed/24810091">https://www.ncbi.nlm.nih.gov/pubmed/24810091</a>	Daily Eating Occasions Not Reported
15	Ajabnoor GM, Bahijri S, Shaik NA, Borai A, Alamoudi AA, Al-Aama JY, Chrousos GP. Ramadan fasting in Saudi Arabia is associated with altered expression of CLOCK, DUSP and IL-1alpha genes, as well as changes in cardiometabolic risk factors. <i>PLoS One</i> . 2017. 12:e0174342 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28384165">https://www.ncbi.nlm.nih.gov/pubmed/28384165</a>	Daily Eating Occasions Not Reported
16	Akanji AO, Mojiminiyi OA, Abdella N. Beneficial changes in serum apo A-1 and its ratio to apo B and HDL in stable hyperlipidaemic subjects after Ramadan fasting in Kuwait. <i>Eur J Clin Nutr</i> . 2000. 54:508-13 <a href="https://www.ncbi.nlm.nih.gov/pubmed/10878654">https://www.ncbi.nlm.nih.gov/pubmed/10878654</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
17	Akhan G, Kutluhan S, Koyuncuoglu HR. Is there any change of stroke incidence during Ramadan?. <i>Acta Neurol Scand</i> . 2000. 101:259-61 <a href="https://www.ncbi.nlm.nih.gov/pubmed/10770523">https://www.ncbi.nlm.nih.gov/pubmed/10770523</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
18	Akimoto-Gunther L, Hubler M, Santos M, Carolino I, Sonoo N, Botti B, Mota D, Takahachi G. Effects of re-education in eating habits and physical activity on the lipid profile of obese teenagers. <i>Clin Chem Lab Med</i> . 2002. 40:460-2 <a href="https://www.ncbi.nlm.nih.gov/pubmed/12113288">https://www.ncbi.nlm.nih.gov/pubmed/12113288</a>	Study Design, Intervention/Exposure, Daily Eating Occasions Not Reported
19	Aksungar FB, Eren A, Ure S, Teskin O, Ates G. Effects of intermittent fasting on serum lipid levels, coagulation status and plasma homocysteine levels. <i>Ann Nutr Metab</i> . 2005. 49:77-82 <a href="https://www.ncbi.nlm.nih.gov/pubmed/15802901">https://www.ncbi.nlm.nih.gov/pubmed/15802901</a>	Intervention/Exposure, Daily Eating Occasions Not Reported

Citation	Rationale
<b>20</b> Aksungar FB, Sarikaya M, Coskun A, Serteser M, Unsal I. Comparison of Intermittent Fasting Versus Caloric Restriction in Obese Subjects: A Two Year Follow-Up. <i>J Nutr Health Aging</i> . 2017. 21:681-685 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28537332">https://www.ncbi.nlm.nih.gov/pubmed/28537332</a>	Study Design, Size of Study Groups
<b>21</b> Aksungar FB, Topkaya AE, Akyildiz M. Interleukin-6, C-reactive protein and biochemical parameters during prolonged intermittent fasting. <i>Ann Nutr Metab</i> . 2007. 51:88-95 <a href="https://www.ncbi.nlm.nih.gov/pubmed/17374948">https://www.ncbi.nlm.nih.gov/pubmed/17374948</a>	Daily Eating Occasions Not Reported
<b>22</b> Aktas MF, Mahler A, Hamm M, Perger G, Simon F, Westenhofer J, Luft FC, Boschmann M. Lifestyle interventions in Muslim patients with metabolic syndrome-a feasibility study. <i>Eur J Clin Nutr</i> . 2019. 73:805-808 <a href="https://www.ncbi.nlm.nih.gov/pubmed/30538299">https://www.ncbi.nlm.nih.gov/pubmed/30538299</a>	Intervention/Exposure
<b>23</b> Al Assaad RG, Bachir R, El Sayed MJ. Impact of Ramadan on emergency department visits and on medical emergencies. <i>Eur J Emerg Med</i> . 2018. 25:440-444 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28704270">https://www.ncbi.nlm.nih.gov/pubmed/28704270</a>	Daily Eating Occasions Not Reported
<b>24</b> Al Suwaidi J, Bener A, Hajar HA, Numan MT. Does hospitalization for congestive heart failure occur more frequently in Ramadan: a population-based study (1991-2001). <i>Int J Cardiol</i> . 2004. 96:217-21 <a href="https://www.ncbi.nlm.nih.gov/pubmed/15262036">https://www.ncbi.nlm.nih.gov/pubmed/15262036</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>25</b> Alabduljader K, Cliffe M, Sartor F, Papini G, Cox WM, Kubis HP. Ecological momentary assessment of food perceptions and eating behavior using a novel phone application in adults with or without obesity. <i>Eat Behav</i> . 2018. 30:35-41 <a href="https://www.ncbi.nlm.nih.gov/pubmed/29777968">https://www.ncbi.nlm.nih.gov/pubmed/29777968</a>	Intervention/Exposure
<b>26</b> Albertson AM, Franko DL, Thompson D, Eldridge AL, Holschuh N, Affenito SG, Bauserman R, Striegel-Moore RH. Longitudinal patterns of breakfast eating in black and white adolescent girls. <i>Obesity</i> . 2007. 15:2282-92 <a href="https://www.ncbi.nlm.nih.gov/pubmed/17890497">https://www.ncbi.nlm.nih.gov/pubmed/17890497</a>	Daily Eating Occasions Not Reported
<b>27</b> Aldhoon-Hainerova I, Hainer V, Zamrazilova H. Impact of dietary intake, lifestyle and biochemical factors on metabolic health in obese adolescents. <i>Nutr Metab Cardiovasc Dis</i> . 2017. 27:703-710 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28693964">https://www.ncbi.nlm.nih.gov/pubmed/28693964</a>	Study Design
<b>28</b> Alencar MK, Beam JR, McCormick JJ, White AC, Salgado RM, Kravitz LR, Mermier CM, Gibson AL, Conn CA, Kolkmeier D, Ferraro RT, Kerkisick CM. Increased meal frequency attenuates fat-free mass losses and some markers of health status with a portion-controlled weight loss diet. <i>Nutr Res</i> . 2015. 35:375-83 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25862614">https://www.ncbi.nlm.nih.gov/pubmed/25862614</a>	Eating Frequency Data Collection
<b>29</b> Alfonsso S, Sewall A, Lidholm H, Hursti T. The Meal Pattern Questionnaire: A psychometric evaluation using the Eating Disorder Examination. <i>Eat Behav</i> . 2016. 21:7-10 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26722817">https://www.ncbi.nlm.nih.gov/pubmed/26722817</a>	Study Design, Outcome

Citation	Rationale
<b>30</b> Alharbi TJ, Wong J, Markovic T, Yue D, Wu T, Brooks B, Hetherington J, Seimon R, Gibson AA, Toth K, Silviera S, Sainsbury A, Little TJ. Brief report: Ramadan as a model of intermittent fasting: Effects on body composition, metabolic parameters, gut hormones and appetite in adults with and without type 2 diabetes mellitus. <i>Obesity Medicine</i> . 2017. 6:15-17	Daily Eating Occasions Not Reported
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<b>130</b> Bo S, Fadda M, Castiglione A, Ciccone G, De Francesco A, Fedele D, Guggino A, Parasiliti Caprino M, Ferrara S, Vezio Boggio M, Mengozzi G, Ghigo E, Maccario M, Broglio F. Is the timing of caloric intake associated with variation in diet-induced thermogenesis and in the metabolic pattern? A randomized cross-over study. <i>Int J Obes (Lond).</i> 2015. 39:1689-95 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26219416">https://www.ncbi.nlm.nih.gov/pubmed/26219416</a>	Intervention/Exposure, Daily Eating Occasions Not Reported, Comparator
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<b>152</b> Byrne N, Sainsbury A, Wood R, King N, Hills A. Intermittent energy restriction improves weight loss efficiency in obese men. <i>Obesity reviews.</i> 2014. 15:52	Publication Status
<b>153</b> Byrne NM, Sainsbury A, King NA, Hills AP, Wood RE. Intermittent energy restriction improves weight loss efficiency in obese men: the MATADOR study. <i>Int J Obes (Lond).</i> 2018. 42:129-138 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28925405">https://www.ncbi.nlm.nih.gov/pubmed/28925405</a>	Daily Eating Occasions Not Reported
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<b>157</b> Cansel M, Tasolar H, Yagmur J, Ermis N, Acikgoz N, Eyyupkoca F, Pekdemir H, Ozdemir R. The effects of Ramadan fasting on heart rate variability in healthy individuals: a prospective study. <i>Anadolu Kardiyol Derg.</i> 2014. 14:413-6 <a href="https://www.ncbi.nlm.nih.gov/pubmed/24901017">https://www.ncbi.nlm.nih.gov/pubmed/24901017</a>	Daily Eating Occasions Not Reported
<b>158</b> Capaldi ED, Owens JQ, Privitera GJ. Isocaloric meal and snack foods differentially affect eating behavior. <i>Appetite.</i> 2006;46(2):117-23. <a href="https://www.ncbi.nlm.nih.gov/pubmed/16442668">https://www.ncbi.nlm.nih.gov/pubmed/16442668</a> .	Intervention/Exposure, Daily Eating Occasions Not Reported, Outcome

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<b>164</b> Carrard I, Rothen S. Factors associated with disordered eating behaviors and attitudes in older women. <i>Eat Weight Disord</i> . 2019;1-9. <a href="https://www.ncbi.nlm.nih.gov/pubmed/30734223">https://www.ncbi.nlm.nih.gov/pubmed/30734223</a>	Study Design, Intervention/Exposure
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<b>173</b> Chaouachi A, Chamari K, Roky R, Wong P, Mbazaa A, Bartagi Z, Amri M. Lipid profiles of judo athletes during Ramadan. <i>Int J Sports Med.</i> 2008. 29:282-8 <a href="https://www.ncbi.nlm.nih.gov/pubmed/17879887">https://www.ncbi.nlm.nih.gov/pubmed/17879887</a>	Daily Eating Occasions Not Reported
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<b>187</b> Chowdhury EA, Richardson JD, Tsintzas K, Thompson D, Betts JA. Carbohydrate-rich breakfast attenuates glycaemic, insulinaemic and ghrelin response to ad libitum lunch relative to morning fasting in lean adults. <i>Br J Nutr</i> . 2015. 114:98-107 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26004166">https://www.ncbi.nlm.nih.gov/pubmed/26004166</a>	Daily Eating Occasions Not Reported
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<b>192</b> Ciccone J, Woodruff SJ, Fryer K, Campbell T, Cole M. Associations among evening snacking, screen time, weight status, and overall diet quality in young adolescents. <i>Appl Physiol Nutr Metab</i> . 2013. 38:789-94 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23980738">https://www.ncbi.nlm.nih.gov/pubmed/23980738</a>	Study Design
<b>193</b> Clayton DJ, Biddle J, Maher T, Funnell MP, Sargeant JA, King JA, Hulston CJ, Stensel DJ, James LJ. 24-h severe energy restriction impairs postprandial glycaemic control in young, lean males. <i>Br J Nutr</i> . 2018. 120:1107-1116 <a href="https://www.ncbi.nlm.nih.gov/pubmed/30401004">https://www.ncbi.nlm.nih.gov/pubmed/30401004</a>	Comparator, Size of Study Groups
<b>194</b> Clayton DJ, Creese M, Skidmore N, Stensel DJ, James LJ. No effect of 24 h severe energy restriction on appetite regulation and ad libitum energy intake in overweight and obese males. <i>Int J Obes (Lond)</i> . 2016. 40:1662-1670 <a href="https://www.ncbi.nlm.nih.gov/pubmed/27339607">https://www.ncbi.nlm.nih.gov/pubmed/27339607</a>	Daily Eating Occasions Not Reported
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<b>198</b> Colles SL, Dixon JB, O'Brien PE. Night eating syndrome and nocturnal snacking: association with obesity, binge eating and psychological distress. <i>Int J Obes (Lond)</i> . 2007. 31:1722-30 <a href="https://www.ncbi.nlm.nih.gov/pubmed/17579633">https://www.ncbi.nlm.nih.gov/pubmed/17579633</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
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<b>202</b> Corbalan-Tutau MD, Madrid JA, Garaulet M. Timing and duration of sleep and meals in obese and normal weight women. Association with increase blood pressure. <i>Appetite.</i> 2012. 59:9-16 <a href="https://www.ncbi.nlm.nih.gov/pubmed/22450522">https://www.ncbi.nlm.nih.gov/pubmed/22450522</a>	Study Design
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<b>204</b> Corder K, van Sluijs EM, Steele RM, Stephen AM, Dunn V, Bamber D, Goodyer I, Griffin SJ, Ekelund U. Breakfast consumption and physical activity in British adolescents. <i>Br J Nutr.</i> 2011. 105:316-21 <a href="https://www.ncbi.nlm.nih.gov/pubmed/20807464">https://www.ncbi.nlm.nih.gov/pubmed/20807464</a>	Study Design
<b>205</b> Corley B, Khouri C, Theaude L, Hawke P, Hall R, Weatherall M, Krebs J. Changes in resting energy expenditure with intermittent fasting versus continuous daily restriction-a randomised controlled trial. <i>Internal medicine journal.</i> 2019. 49:5	Study Design, Publication Status
<b>206</b> Coronary artery disease. <i>J Pract Nurs.</i> 2008. 58:14-20 <a href="https://www.ncbi.nlm.nih.gov/pubmed/19260363">https://www.ncbi.nlm.nih.gov/pubmed/19260363</a>	Study Design
<b>207</b> Correa-Arruda WS, Vaez IDA, Aguilar-Nascimento JE, Dock-Nascimento DB. Effects of overnight fasting on handgrip strength in inpatients. <i>Einstein (Sao Paulo).</i> 2019. 17:eAO4418 <a href="https://www.ncbi.nlm.nih.gov/pubmed/30652738">https://www.ncbi.nlm.nih.gov/pubmed/30652738</a>	Daily Eating Occasions Not Reported
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<b>211</b> Crimarco A, Turner-McGrievy GM, Wirth MD. The effects of meal-timing on self-rated hunger and dietary inflammatory potential among a sample of college students. <i>J Am Coll Health.</i> 2019. 67:328-337 <a href="https://www.ncbi.nlm.nih.gov/pubmed/29979952">https://www.ncbi.nlm.nih.gov/pubmed/29979952</a>	Intervention/Exposure
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217 Dashti HS, Merino J, Lane JM, Song Y, Smith CE, Tanaka T, McKeown NM, Tucker C, Sun D, Bartz TM, Li-Gao R, Nisa H, Reutrakul S, Lemaitre RN, Alshehri TM, de Mutsert R, Bazzano L, Qi L, Knutson KL, Psaty BM, Mook-Kanamori DO, Perica VB, Neuhouser ML, Fajl Scheer, Rutter MK, Garaulet M, Saxena R. Genome-wide association study of breakfast skipping links clock regulation with food timing. <i>Am J Clin Nutr</i> . 2019. 110:473-484 <a href="https://www.ncbi.nlm.nih.gov/pubmed/31190057">https://www.ncbi.nlm.nih.gov/pubmed/31190057</a>	Intervention/Exposure, Daily Eating Occasions Not Reported, Outcome
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219 Davis AM, Canter KS, Stough CO, Gillette MD, Patton S. Measurement of mealtime behaviors in rural overweight children: an exploratory factor analysis of the Behavioral Pediatrics Feeding Assessment Scale. <i>J Pediatr Psychol</i> . 2014. 39:332-9 <a href="https://www.ncbi.nlm.nih.gov/pubmed/24326908">https://www.ncbi.nlm.nih.gov/pubmed/24326908</a>	Study Design, Intervention/Exposure, Daily Eating Occasions Not Reported
220 de Castro JM. In search of the structure of a function: the eating behavior of free-living humans. <i>Nutrition</i> . 2007. 23:374-377	Study Design
221 De Sousa A. Maternal, child and family factors in childhood obesity. <i>International Journal of Diabetes and Metabolism</i> . 2009. 17:111-112	Study Design
222 Della Libera B, Ribeiro Baiao M, de Souza Santos MM, Padilha P, Dutra Alves P, Saunders C. Adherence of pregnant women to dietary counseling and adequacy of total gestational weight gain. <i>Nutr Hosp</i> . 2011. 26:79-85 <a href="https://www.ncbi.nlm.nih.gov/pubmed/21519732">https://www.ncbi.nlm.nih.gov/pubmed/21519732</a>	Study Design
223 Den inneren Schweinehund in den Griff kriegen. <i>Kinderkrankenschwester</i> . 2017;36(2):58. <a href="https://www.ncbi.nlm.nih.gov/pubmed/30379452">https://www.ncbi.nlm.nih.gov/pubmed/30379452</a> .	Intervention/Exposure, Publication Status, Language
224 Deniz CD, Ozler S, Sayin FK, Eryilmaz MA. Associations between night eating syndrome and metabolic parameters in pregnant women. <i>Turk J Obstet Gynecol</i> . 2019. 16:107-111 <a href="https://www.ncbi.nlm.nih.gov/pubmed/31360584">https://www.ncbi.nlm.nih.gov/pubmed/31360584</a>	Intervention/Exposure

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<b>226</b> Develioglu ON, Kucur M, Ipek HD, Celebi S, Can G, Kulekci M. Effects of Ramadan fasting on serum immunoglobulin G and M, and salivary immunoglobulin A concentrations. <i>J Int Med Res</i> . 2013. 41:463-72 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23569012">https://www.ncbi.nlm.nih.gov/pubmed/23569012</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
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<b>229</b> Dikensoy E, Balat O, Cebesoy B, Ozkur A, Cicek H, Can G. Effect of fasting during Ramadan on fetal development and maternal health. <i>J Obstet Gynaecol Res</i> . 2008. 34:494-8 <a href="https://www.ncbi.nlm.nih.gov/pubmed/18937702">https://www.ncbi.nlm.nih.gov/pubmed/18937702</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>230</b> Dikensoy E, Balat O, Cebesoy B, Ozkur A, Cicek H, Can G. The effect of Ramadan fasting on maternal serum lipids, cortisol levels and fetal development. <i>Arch Gynecol Obstet</i> . 2009. 279:119-23 <a href="https://www.ncbi.nlm.nih.gov/pubmed/18488237">https://www.ncbi.nlm.nih.gov/pubmed/18488237</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
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<b>236</b> Dorflinger LM, Ruser CB, Masheb RM. Night eating among veterans with obesity. <i>Appetite</i> . 2017. 117:330-334 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28711610">https://www.ncbi.nlm.nih.gov/pubmed/28711610</a>	Study Design, Intervention/Exposure
<b>237</b> Dosamantes-Carrasco LD, Mendez-Hernandez P, Flores YN, Siani C, Denova-Gutierrez E, Gallegos-Carrillo K, Ramirez P, Rivera-Paredes B, Salazar-Martinez E, Salmeron J. Influence of mealtime habits on the risk of weight gain and obesity in Mexican adults. <i>Public Health Nutr</i> . 2017. 20:220-232 <a href="https://www.ncbi.nlm.nih.gov/pubmed/27667585">https://www.ncbi.nlm.nih.gov/pubmed/27667585</a>	Intervention/Exposure
<b>238</b> Doucet E, Imbeault P, St-Pierre S, Almeras N, Mauriege P, Richard D, Tremblay A. Appetite after weight loss by energy restriction and a low-fat diet-exercise follow-up. <i>Int J Obes Relat Metab Disord</i> . 2000. 24:906-14 <a href="https://www.ncbi.nlm.nih.gov/pubmed/10918539">https://www.ncbi.nlm.nih.gov/pubmed/10918539</a>	Intervention/Exposure
<b>239</b> Drapeau V, Jacob R, Panahi S, Tremblay A. Effect of Energy Restriction on Eating Behavior Traits and Psychobehavioral Factors in the Low Satiety Phenotype. <i>Nutrients</i> . 2019;11(2). <a href="https://www.ncbi.nlm.nih.gov/pubmed/30678317">https://www.ncbi.nlm.nih.gov/pubmed/30678317</a> .	Intervention/Exposure, Daily Eating Occasions Not Reported
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<b>241</b> Dubois L, Girard M, Potvin Kent M. Breakfast eating and overweight in a pre-school population: is there a link?. <i>Public Health Nutr</i> . 2006. 9:436-42 <a href="https://www.ncbi.nlm.nih.gov/pubmed/16870015">https://www.ncbi.nlm.nih.gov/pubmed/16870015</a>	Daily Eating Occasions Not Reported
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<b>243</b> Duffin C. Tackling childhood obesity across London. <i>Paediatr Nurs</i> . 2009. 21:8-9 <a href="https://www.ncbi.nlm.nih.gov/pubmed/19623796">https://www.ncbi.nlm.nih.gov/pubmed/19623796</a>	Study Design, Intervention/Exposure
<b>244</b> Duval K, Strychar I, Cyr MJ, Prud'homme D, Rabasa-Lhoret R, Doucet E. Physical activity is a confounding factor of the relation between eating frequency and body composition. <i>Am J Clin Nutr</i> . 2008. 88:1200-5 <a href="https://www.ncbi.nlm.nih.gov/pubmed/18996853">https://www.ncbi.nlm.nih.gov/pubmed/18996853</a>	Study Design
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257	Erjavec M, Viktor S, Horne P, Lowe F. Implementing a healthy eating programme: changing children's eating habits for life. <i>Community Pract</i> . 2012. 85:39-40, 42 <a href="https://www.ncbi.nlm.nih.gov/pubmed/22586868">https://www.ncbi.nlm.nih.gov/pubmed/22586868</a>	Study Design, Publication Status

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<b>259</b> Eshghinia S, Mohammadzadeh F. The effects of modified alternate-day fasting diet on weight loss and CAD risk factors in overweight and obese women. <i>J Diabetes Metab Disord.</i> 2013. 12:4 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23497604">https://www.ncbi.nlm.nih.gov/pubmed/23497604</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>260</b> Eslamian L, Ramezani Z. Breakfast as a screening test for gestational diabetes. <i>International Journal of Gynecology and Obstetrics.</i> 2007;96(1):34-5. <a href="https://www.ncbi.nlm.nih.gov/pubmed/17188692">https://www.ncbi.nlm.nih.gov/pubmed/17188692</a> .	Intervention/Exposure, Daily Eating Occasions Not Reported, Publication Status
<b>261</b> Faerch K, Quist JS, Hulman A, Witte DR, Tabak AG, Brunner EJ, Kivimaki M, Jorgensen ME, Panda S, Vistisen D. Prospective association between late evening food consumption and risk of prediabetes and diabetes: the Whitehall II cohort study. <i>Diabet Med.</i> 2019. <a href="https://www.ncbi.nlm.nih.gov/pubmed/30897241">https://www.ncbi.nlm.nih.gov/pubmed/30897241</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
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<b>265</b> Faris MA, Hussein RN, Al-Kurd RA, Al-Fararjeh MA, Bustanji YK, Mohammad MK. Impact of ramadan intermittent fasting on oxidative stress measured by urinary 15-f(2t)-isoprostane. <i>J Nutr Metab.</i> 2012. 2012:802924 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23150812">https://www.ncbi.nlm.nih.gov/pubmed/23150812</a>	Daily Eating Occasions Not Reported
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<b>269</b> Farshchi HR, Taylor MA, Macdonald IA. Deleterious effects of omitting breakfast on insulin sensitivity and fasting lipid profiles in healthy lean women. <i>Am J Clin Nutr.</i> 2005. 81:388-96 <a href="https://www.ncbi.nlm.nih.gov/pubmed/15699226">https://www.ncbi.nlm.nih.gov/pubmed/15699226</a>	Comparator
<b>270</b> Farshchi HR, Taylor MA, Macdonald IA. Regular meal frequency creates more appropriate insulin sensitivity and lipid profiles compared with irregular meal frequency in healthy lean women. <i>Eur J Clin Nutr.</i> 2004. 58:1071-7 <a href="https://www.ncbi.nlm.nih.gov/pubmed/15220950">https://www.ncbi.nlm.nih.gov/pubmed/15220950</a>	Size of Study Groups
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<b>272</b> Fayet-Moore F, McConnell A, Cassettari T, Petocz P. Breakfast Choice Is Associated with Nutrient, Food Group and Discretionary Intakes in Australian Adults at Both Breakfast and the Rest of the Day. <i>Nutrients.</i> 2019;11(1). <a href="https://www.ncbi.nlm.nih.gov/pubmed/30650604">https://www.ncbi.nlm.nih.gov/pubmed/30650604</a>	Study Design
<b>273</b> Feeley AB, Musenge E, Pettifor JM, Norris SA. Investigation into longitudinal dietary behaviours and household socio-economic indicators and their association with BMI Z-score and fat mass in South African adolescents: the Birth to Twenty (Bt20) cohort. <i>Public Health Nutr.</i> 2013. 16:693-703 <a href="https://www.ncbi.nlm.nih.gov/pubmed/22801035">https://www.ncbi.nlm.nih.gov/pubmed/22801035</a>	Daily Eating Occasions Not Reported
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<b>275</b> Feig EH, Piers AD, Kral TVE, Lowe MR. Eating in the absence of hunger is related to loss-of-control eating, hedonic hunger, and short-term weight gain in normal-weight women. <i>Appetite.</i> 2018. 123:317-324 <a href="https://www.ncbi.nlm.nih.gov/pubmed/29331366">https://www.ncbi.nlm.nih.gov/pubmed/29331366</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>276</b> Feizollahzadeh S, Rasuli J, Kheirouri S, Alizadeh M. Augmented plasma adiponectin after prolonged fasting during ramadan in men. <i>Health Promot Perspect.</i> 2014. 4:77-81 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25097840">https://www.ncbi.nlm.nih.gov/pubmed/25097840</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
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<b>278</b> Fenneni MA, Latiri I, Aloui A, Rouatbi S, Saafi MA, Bougmiza I, Chamari K, Ben Saad H. Effects of Ramadan on physical capacities of North African boys fasting for the first time. <i>Libyan J Med.</i> 2014. 9:25391 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25261691">https://www.ncbi.nlm.nih.gov/pubmed/25261691</a>	Intervention/Exposure, Daily Eating Occasions Not Reported

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<b>280</b> Ferraris C, Marcolin G, Veneto A, Tagliabue A, Paoli A. Time restricted feeding in high-level athletes: a pilot study. <i>Nutrition, metabolism and cardiovascular diseases.</i> 2019. 29:877-878	Study Design, Publication Status
<b>281</b> Ferreira SR, Gimeno SG, Hirai AT, Harima H, Matsumura L, Pittito Bde A. Effects of an intervention in eating habits and physical activity in Japanese-Brazilian women with a high prevalence of metabolic syndrome in Bauru, Sao Paulo State, Brazil. <i>Cad Saude Publica.</i> 2008. 24 Suppl 2:S294-302 <a href="https://www.ncbi.nlm.nih.gov/pubmed/18670709">https://www.ncbi.nlm.nih.gov/pubmed/18670709</a>	Study Design
<b>282</b> Ferrie JE, Kivimaki M, Akbaraly TN, Tabak A, Abell J, Davey Smith G, Virtanen M, Kumari M, Shipley MJ. Change in Sleep Duration and Type 2 Diabetes: The Whitehall II Study. <i>Diabetes Care.</i> 2015. 38:1467-72 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26068863">https://www.ncbi.nlm.nih.gov/pubmed/26068863</a>	Intervention/Exposure
<b>283</b> Field AE, Austin SB, Gillman MW, Rosner B, Rockett HR, Colditz GA. Snack food intake does not predict weight change among children and adolescents. <i>Int J Obes Relat Metab Disord.</i> 2004. 28:1210-6 <a href="https://www.ncbi.nlm.nih.gov/pubmed/15314623">https://www.ncbi.nlm.nih.gov/pubmed/15314623</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>284</b> Field AE, Austin SB, Taylor CB, Malspeis S, Rosner B, Rockett HR, Gillman MW, Colditz GA. Relation between dieting and weight change among preadolescents and adolescents. <i>Pediatrics.</i> 2003. 112:900-6 <a href="https://www.ncbi.nlm.nih.gov/pubmed/14523184">https://www.ncbi.nlm.nih.gov/pubmed/14523184</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>285</b> Fineberg HV. An economic analysis of eating and physical activity behaviors: exploring effective strategies to combat obesity. <i>Am J Prev Med.</i> 2004. 27:172-4 <a href="https://www.ncbi.nlm.nih.gov/pubmed/15450628">https://www.ncbi.nlm.nih.gov/pubmed/15450628</a>	Study Design
<b>286</b> Finlayson G, Cecil J, Higgs S, Hill A, Hetherington M. Susceptibility to weight gain. Eating behaviour traits and physical activity as predictors of weight gain during the first year of university. <i>Appetite.</i> 2012. 58:1091-8 <a href="https://www.ncbi.nlm.nih.gov/pubmed/22407132">https://www.ncbi.nlm.nih.gov/pubmed/22407132</a>	Intervention/Exposure
<b>287</b> Firouzbakht M, Kiapour A, Jamali B, Kazeminavaei F, Taghlilil F, Ali Morad Heidari G. Fasting in pregnancy: A survey of beliefs and manners of Muslim women about Ramadan fasting. <i>Annals of Tropical Medicine &amp; Public Health.</i> 2013;6(5):536-40.	Study Design, Daily Eating Occasions Not Reported
<b>288</b> Fletcher BJ, Oka R. Introduction: successful lifestyle changes for cardiovascular risk reduction. <i>J Cardiovasc Nurs.</i> 2010. 25:221-2 <a href="https://www.ncbi.nlm.nih.gov/pubmed/20386244">https://www.ncbi.nlm.nih.gov/pubmed/20386244</a>	Study Design
<b>289</b> Fogtelloo AJ, Pijl H, Roelfsema F, Frolich M, Meinders AE. Impact of meal timing and frequency on the twenty-four-hour leptin rhythm. <i>Horm Res.</i> 2004. 62:71-8 <a href="https://www.ncbi.nlm.nih.gov/pubmed/15218336">https://www.ncbi.nlm.nih.gov/pubmed/15218336</a>	Size of Study Groups

Citation	Rationale
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<b>291</b> Forkert ECO, Moraes ACF, Carvalho HB, Manios Y, Widhalm K, Gonzalez-Gross M, Gutierrez A, Kafatos A, Censi L, De Henauw S, Moreno LA. Skipping breakfast is associated with adiposity markers especially when sleep time is adequate in adolescents. <i>Sci Rep</i> . 2019. 9:6380 <a href="https://www.ncbi.nlm.nih.gov/pubmed/31011180">https://www.ncbi.nlm.nih.gov/pubmed/31011180</a>	Study Design
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<b>294</b> Franko DL, Striegel-Moore RH, Thompson D, Affenito SG, Schreiber GB, Daniels SR, Crawford PB. The relationship between meal frequency and body mass index in black and white adolescent girls: more is less. <i>Int J Obes (Lond)</i> . 2008. 32:23-9 <a href="https://www.ncbi.nlm.nih.gov/pubmed/17563764">https://www.ncbi.nlm.nih.gov/pubmed/17563764</a>	Study Design
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<b>297</b> Fujiwara T. Skipping breakfast is associated with dysmenorrhea in young women in Japan. <i>Int J Food Sci Nutr</i> . 2003. 54:505-9 <a href="https://www.ncbi.nlm.nih.gov/pubmed/14522696">https://www.ncbi.nlm.nih.gov/pubmed/14522696</a>	Study Design, Intervention/Exposure, Daily Eating Occasions Not Reported, Outcome
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<b>301</b> Gabel K, Hoddy KK, Haggerty N, Song J, Kroeger CM, Trepanowski JF, Panda S, Varady KA. Effects of 8-hour time restricted feeding on body weight and metabolic disease risk factors in obese adults: A pilot study. <i>Nutr Healthy Aging.</i> 2018. 4:345-353 <a href="https://www.ncbi.nlm.nih.gov/pubmed/29951594">https://www.ncbi.nlm.nih.gov/pubmed/29951594</a>	Daily Eating Occasions Not Reported, Size of Study Groups
<b>302</b> Gabel K, Hoddy KK, Varady KA. Safety of 8-h time restricted feeding in adults with obesity. <i>Appl Physiol Nutr Metab.</i> 2019. 44:107-109 <a href="https://www.ncbi.nlm.nih.gov/pubmed/30216730">https://www.ncbi.nlm.nih.gov/pubmed/30216730</a>	Daily Eating Occasions Not Reported
<b>303</b> Gabel K, Kroeger CM, Trepanowski JF, Hoddy KK, Cienfuegos S, Kalam F, Varady KA. Differential Effects of Alternate-Day Fasting Versus Daily Calorie Restriction on Insulin Resistance. <i>Obesity (Silver Spring).</i> 2019. 27:1443-1450 <a href="https://www.ncbi.nlm.nih.gov/pubmed/31328895">https://www.ncbi.nlm.nih.gov/pubmed/31328895</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>304</b> Gail Gates, Perera T. Association between Breakfast Consumption and Nutritional Status in 9 to 13 Year Old Children. <i>Journal of Nutrition Education &amp; Behavior.</i> 2013. 45:S31-S31	Study Design, Publication Status
<b>305</b> Gallant A, Drapeau V, Allison KC, Tremblay A, Lambert M, O'Loughlin J, Lundgren JD. Night eating behavior and metabolic health in mothers and fathers enrolled in the QUALITY cohort study. <i>Eat Behav.</i> 2014. 15:186-91 <a href="https://www.ncbi.nlm.nih.gov/pubmed/24854802">https://www.ncbi.nlm.nih.gov/pubmed/24854802</a>	Study Design
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<b>312</b> Geliebter A, Gluck ME, Tanowitz M, Aronoff NJ, Zammit GK. Work-shift period and weight change. <i>Nutrition.</i> 2000. 16:27-9 <a href="https://www.ncbi.nlm.nih.gov/pubmed/10674231">https://www.ncbi.nlm.nih.gov/pubmed/10674231</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
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<b>315</b> Gilardini L, Croci M, Pasqualinotto L, Caffetto K, Invitti C. Dietary Habits and Cardiometabolic Health in Obese Children. <i>Obes Facts.</i> 2015. 8:101-9 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26087840">https://www.ncbi.nlm.nih.gov/pubmed/26087840</a>	Study Design
<b>316</b> Gill S, Panda S. A Smartphone App Reveals Erratic Diurnal Eating Patterns in Humans that Can Be Modulated for Health Benefits. <i>Cell Metab.</i> 2015. 22:789-98 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26411343">https://www.ncbi.nlm.nih.gov/pubmed/26411343</a>	Study Design, Intervention/Exposure, Outcome
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<b>318</b> Giorgio C, Monica M, Margherita T, Elisabetta F, Filippo R. Study of the eating habits of the students attending the first 2 years at high school in Italy. <i>Mediterranean Journal of Nutrition and Metabolism.</i> 2013. 6:143-150	Study Design, Daily Eating Occasions Not Reported
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<b>320</b> Gluck ME, Geliebter A, Satov T. Night eating syndrome is associated with depression, low self-esteem, reduced daytime hunger, and less weight loss in obese outpatients. <i>Obes Res.</i> 2001. 9:264-7 <a href="https://www.ncbi.nlm.nih.gov/pubmed/11331430">https://www.ncbi.nlm.nih.gov/pubmed/11331430</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>321</b> Gluck ME, Venti CA, Salbe AD, Krakoff J. Nighttime eating: Commonly observed and related to weight gain in an inpatient food intake study. <i>American journal of clinical nutrition.</i> 2008;88(4):900-5. <a href="https://www.ncbi.nlm.nih.gov/pubmed/18842774">https://www.ncbi.nlm.nih.gov/pubmed/18842774</a> .	Daily Eating Occasions Not Reported

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<b>323</b> Godfrey JR, Dansinger ML. Toward optimal health: sorting out the dietary approaches to achieve a healthy weight. <i>J Womens Health (Larchmt)</i> . 2009. 18:435-8 <a href="https://www.ncbi.nlm.nih.gov/pubmed/19361308">https://www.ncbi.nlm.nih.gov/pubmed/19361308</a>	Study Design
<b>324</b> Godlin Jeneta J, Preetha. Effect of breakfast in body mass index among college going students. <i>Journal of pharmaceutical sciences and research</i> . 2016. 8:545-551	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>325</b> Goel N, Hopkins C, Ruggieri M, Ahima RS, Allison KC. Delayed eating adversely impacts weight and metabolism compared with daytime eating in normal weight adults. <i>Sleep</i> . 2017. 40:A24-A25	Study Design, Publication Status
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<b>328</b> Goff LM, Huang P, Silva MJ, Bordoli C, Enayat EZ, Molaodi OR, Cassidy A, Maynard M, Harding S. Associations of dietary intake with cardiometabolic risk in a multi-ethnic cohort: a longitudinal analysis of the Determinants of Adolescence, now young Adults, Social well-being and Health (DASH) study. <i>Br J Nutr</i> . 2019. 121:1069-1079 <a href="https://www.ncbi.nlm.nih.gov/pubmed/30764887">https://www.ncbi.nlm.nih.gov/pubmed/30764887</a>	Daily Eating Occasions Not Reported, Eating Frequency Data Collection
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<b>330</b> Gonzalez JT, Richardson JD, Chowdhury EA, Koumanov F, Holman GD, Cooper S, Thompson D, Tsintzas K, Betts JA. Molecular adaptations of adipose tissue to 6 weeks of morning fasting vs. daily breakfast consumption in lean and obese adults. <i>J Physiol</i> . 2018. 596:609-622 <a href="https://www.ncbi.nlm.nih.gov/pubmed/29193093">https://www.ncbi.nlm.nih.gov/pubmed/29193093</a>	Intervention/Exposure, Daily Eating Occasions Not Reported, Size of Study Groups
<b>331</b> Gonzalez-Gonzalez A, Betancourt-Ocampo D, Tavel-Gelrud D, Martinez-Lanz P. Risk eating behaviors in male and female students: a longitudinal study. <i>Eat Behav</i> . 2014. 15:252-4 <a href="https://www.ncbi.nlm.nih.gov/pubmed/24854813">https://www.ncbi.nlm.nih.gov/pubmed/24854813</a>	Intervention/Exposure
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<b>335</b> Goyal R, Julka S. Impact of breakfast skipping on the health status of the population. <i>Indian J Endocrinol Metab</i> . 2014. 18:683-7 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25285286">https://www.ncbi.nlm.nih.gov/pubmed/25285286</a>	Study Design, Daily Eating Occasions Not Reported
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<b>337</b> Grant C, Coates A, Dorrian J, Kennaway D, Wittert G, Heilbronn L, Pajcin M, Della Vedova C, Gupta C, Banks S. Fasting during night shift: a strategy to reduce the metabolic impact of shift-work. <i>Sleep</i> . 2016. 39:A51	Publication Status
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<b>339</b> Gray-Donald K, Robinson E, Collier A, David K, Renaud L, Rodrigues S. Intervening to reduce weight gain in pregnancy and gestational diabetes mellitus in Cree communities: an evaluation. <i>Cmaj</i> . 2000. 163:1247-51 <a href="https://www.ncbi.nlm.nih.gov/pubmed/11107459">https://www.ncbi.nlm.nih.gov/pubmed/11107459</a>	Intervention/Exposure
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<b>342</b> Guelinckx I, Devlieger R, Mullie P, Vansant G. Effect of lifestyle intervention on dietary habits, physical activity, and gestational weight gain in obese pregnant women: a randomized controlled trial. <i>Am J Clin Nutr</i> . 2010. 91:373-80 <a href="https://www.ncbi.nlm.nih.gov/pubmed/19955397">https://www.ncbi.nlm.nih.gov/pubmed/19955397</a>	Intervention/Exposure
<b>343</b> Guinter MA, Park YM, Steck SE, Sandler DP. Day-to-day regularity in breakfast consumption is associated with weight status in a prospective cohort of women. <i>Int J Obes (Lond)</i> . 2019;44(1):186-94. <a href="https://www.ncbi.nlm.nih.gov/pubmed/30926951">https://www.ncbi.nlm.nih.gov/pubmed/30926951</a> .	Daily Eating Occasions Not Reported
<b>344</b> Gupta CC, Centofanti S, Dorrian J, Coates AM, Stepien JM, Kennaway D, et al. Subjective Hunger, Gastric Upset, and Sleepiness in Response to Altered Meal Timing during Simulated Shiftwork. <i>Nutrients</i> . 2019;11(6). <a href="https://www.ncbi.nlm.nih.gov/pubmed/31208092">https://www.ncbi.nlm.nih.gov/pubmed/31208092</a> .	Comparator, Outcome

Citation	Rationale
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<b>346</b> Gur EB, Turan GA, Ince O, Karadeniz M, Tatar S, Kasap E, Sahin N, Guclu S. Effect of Ramadan fasting on metabolic markers, dietary intake and abdominal fat distribution in pregnancy. <i>Hippokratia</i> . 2015. 19:298-303 <a href="https://www.ncbi.nlm.nih.gov/pubmed/27688692">https://www.ncbi.nlm.nih.gov/pubmed/27688692</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
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<b>348</b> Gwin JA, Leidy HJ. Breakfast Consumption Augments Appetite, Eating Behavior, and Exploratory Markers of Sleep Quality Compared with Skipping Breakfast in Healthy Young Adults. <i>Curr Dev Nutr</i> . 2018. 2:nzy074 <a href="https://www.ncbi.nlm.nih.gov/pubmed/30402594">https://www.ncbi.nlm.nih.gov/pubmed/30402594</a>	Outcome, Size of Study Groups
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<b>350</b> Haakstad LA, Voldner N, Bo K. Attitudes and awareness towards weight gain among normal weight and overweight pregnant women. <i>J Matern Fetal Neonatal Med</i> . 2015. 28:1569-74 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25184626">https://www.ncbi.nlm.nih.gov/pubmed/25184626</a>	Intervention/Exposure
<b>351</b> Haas K, Hayoz S, Maurer-Wiesner S. Effectiveness and Feasibility of a Remote Lifestyle Intervention by Dietitians for Overweight and Obese Adults: Pilot Study. <i>JMIR Mhealth Uhealth</i> . 2019. 7:e12289 <a href="https://www.ncbi.nlm.nih.gov/pubmed/30973338">https://www.ncbi.nlm.nih.gov/pubmed/30973338</a>	Intervention/Exposure
<b>352</b> Haerens L, Vereecken C, Maes L, De Bourdeaudhuij I. Relationship of physical activity and dietary habits with body mass index in the transition from childhood to adolescence: a 4-year longitudinal study. <i>Public Health Nutr</i> . 2010. 13:1722-8 <a href="https://www.ncbi.nlm.nih.gov/pubmed/20883572">https://www.ncbi.nlm.nih.gov/pubmed/20883572</a>	Daily Eating Occasions Not Reported
<b>353</b> Hager ER, Calamaro CJ, Bentley LM, Hurley KM, Wang Y, Black MM. Nighttime Sleep Duration and Sleep Behaviors among Toddlers from Low-Income Families: Associations with Obesogenic Behaviors and Obesity and the Role of Parenting. <i>Child Obes</i> . 2016. 12:392-400 <a href="https://www.ncbi.nlm.nih.gov/pubmed/27447782">https://www.ncbi.nlm.nih.gov/pubmed/27447782</a>	Study Design, Intervention/Exposure
<b>354</b> Haghdoost AA, Poorranjbar M. The interaction between physical activity and fasting on the serum lipid profile during Ramadan. <i>Singapore Med J</i> . 2009. 50:897-901 <a href="https://www.ncbi.nlm.nih.gov/pubmed/19787180">https://www.ncbi.nlm.nih.gov/pubmed/19787180</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
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<b>357</b> Halberg N, Henriksen M, Soderhamn N, Stallknecht B, Ploug T, Schjerling P, Dela F. Effect of intermittent fasting and refeeding on insulin action in healthy men. <i>J Appl Physiol</i> . 2005. 99:2128-36 <a href="https://www.ncbi.nlm.nih.gov/pubmed/16051710">https://www.ncbi.nlm.nih.gov/pubmed/16051710</a>	Daily Eating Occasions Not Reported, Size of Study Groups
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<b>359</b> Haluzik M, Matoulek M, Svacina S, Hilgertova J, Haas T. The influence of short-term fasting on serum leptin levels, and selected hormonal and metabolic parameters in morbidly obese and lean females. <i>Endocr Res</i> . 2001. 27:251-60 <a href="https://www.ncbi.nlm.nih.gov/pubmed/11428717">https://www.ncbi.nlm.nih.gov/pubmed/11428717</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>360</b> Hamed IM, Hussein MM, El-Damhougy ST. The effect of the Coptic Orthodox Christian fasting on dietary intake and some biochemical parameters. <i>Research Journal of Pharmaceutical, Biological and Chemical Sciences</i> . 2016. 7:539-543	Intervention/Exposure, Daily Eating Occasions Not Reported, Publication Status
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<b>362</b> Hammouda O, Chtourou H, Aloui A, Chahed H, Kallel C, Miled A, Chamari K, Chaouachi A, Souissi N. Concomitant effects of Ramadan fasting and time-of-day on apolipoprotein AI, B, Lp-a and homocysteine responses during aerobic exercise in Tunisian soccer players. <i>PLoS One</i> . 2013. 8:e79873 <a href="https://www.ncbi.nlm.nih.gov/pubmed/24244572">https://www.ncbi.nlm.nih.gov/pubmed/24244572</a>	Daily Eating Occasions Not Reported
<b>363</b> Hampl JS, Heaton CL, Taylor CA. Snacking patterns influence energy and nutrient intakes but not body mass index. <i>J Hum Nutr Diet</i> . 2003. 16:3-11 <a href="https://www.ncbi.nlm.nih.gov/pubmed/12581404">https://www.ncbi.nlm.nih.gov/pubmed/12581404</a>	Study Design
<b>364</b> Haouari M, Haouari-Oukerro F, Sfaxi A, Ben Rayana MC, Kaabachi N, Mbazaa A. How Ramadan fasting affects caloric consumption, body weight, and circadian evolution of cortisol serum levels in young, healthy male volunteers. <i>Horm Metab Res</i> . 2008. 40:575-7 <a href="https://www.ncbi.nlm.nih.gov/pubmed/18393168">https://www.ncbi.nlm.nih.gov/pubmed/18393168</a>	Daily Eating Occasions Not Reported
<b>365</b> Harder-Lauridsen NM, Nielsen ST, Mann SP, Lyngbaek MP, Benatti FB, Langkilde AR, Law I, Wedell-Neergaard AS, Thomsen C, Moller K, Karstoft K, Pedersen BK, Krogh-Madsen R. The effect of alternate-day caloric restriction on the metabolic consequences of 8 days of bed rest in healthy lean men: a randomized trial. <i>J Appl Physiol</i> . 2017. 122:230-241 <a href="https://www.ncbi.nlm.nih.gov/pubmed/27881670">https://www.ncbi.nlm.nih.gov/pubmed/27881670</a>	Daily Eating Occasions Not Reported, Publication Date

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<b>372</b> Hassan BK, Cunha DB, da Veiga GV, Pereira RA, Sichieri R. Changes in breakfast frequency and composition during adolescence: The Adolescent Nutritional Assessment Longitudinal Study, a cohort from Brazil. <i>PLoS One</i> . 2018. 13:e0200587 <a href="https://www.ncbi.nlm.nih.gov/pubmed/30024906">https://www.ncbi.nlm.nih.gov/pubmed/30024906</a>	Study Design
<b>373</b> Hassan NE, El Shebini SM, Ahmed NH. Association between Dietary Patterns, Breakfast Skipping and Familial Obesity among a Sample of Egyptian Families. <i>Open Access Maced J Med Sci</i> . 2016. 4:213-8 <a href="https://www.ncbi.nlm.nih.gov/pubmed/27335589">https://www.ncbi.nlm.nih.gov/pubmed/27335589</a>	Study Design
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<b>375</b> Haus E, Reinberg A, Mauvieux B, Le Floc'h N, Sackett-Lundeen L, Touitou Y. Risk of obesity in male shift workers: A chronophysiological approach. <i>Chronobiol Int</i> . 2016. 33:1018-36 <a href="https://www.ncbi.nlm.nih.gov/pubmed/27366928">https://www.ncbi.nlm.nih.gov/pubmed/27366928</a>	Intervention/Exposure

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<b>377</b> He F, Zuo L, Emery W, Arciero P. High protein intermittent fasting increases serum polychlorinated biphenyls and decreases oxidative stress in obese adults. <i>Journal of hypertension</i> . 2017. 35:e258	Publication Status
<b>378</b> Headland M, Clifton P, Keogh J. Intermittent compared to continuous energy restriction on weight loss and weight maintenance: effects after 12 months. <i>Obesity research &amp; clinical practice</i> . 2019. 13:268-269	Publication Status
<b>379</b> Headland ML, Clifton PM, Keogh JB. Effect of intermittent compared to continuous energy restriction on weight loss and weight maintenance after 12 months in healthy overweight or obese adults. <i>Int J Obes (Lond)</i> . 2018;43(10):2028-36. <a href="https://www.ncbi.nlm.nih.gov/pubmed/30470804">https://www.ncbi.nlm.nih.gov/pubmed/30470804</a> .	Daily Eating Occasions Not Reported
<b>380</b> Headland ML, Clifton PM, Keogh JB. Effect of Intermittent Energy Restriction on Flow Mediated Dilatation, a Measure of Endothelial Function: A Short Report. <i>Int J Environ Res Public Health</i> . 2018;15(6). <a href="https://www.ncbi.nlm.nih.gov/pubmed/29867034">https://www.ncbi.nlm.nih.gov/pubmed/29867034</a> .	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>381</b> Heart failure. <i>J Pract Nurs</i> . 2008. 58:20-5 <a href="https://www.ncbi.nlm.nih.gov/pubmed/19260364">https://www.ncbi.nlm.nih.gov/pubmed/19260364</a>	Study Design
<b>382</b> Heden TD, Liu Y, Sims LJ, Whaley-Connell AT, Chockalingam A, Dellsperger KC, Kanaley JA. Meal frequency differentially alters postprandial triacylglycerol and insulin concentrations in obese women. <i>Obesity (Silver Spring)</i> . 2013. 21:123-9 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23505176">https://www.ncbi.nlm.nih.gov/pubmed/23505176</a>	Size of Study Groups
<b>383</b> Heery E, Kelleher CC, Wall PG, McAuliffe FM. Prediction of gestational weight gain - a biopsychosocial model. <i>Public Health Nutr</i> . 2015. 18:1488-98 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25171690">https://www.ncbi.nlm.nih.gov/pubmed/25171690</a>	Daily Eating Occasions Not Reported
<b>384</b> Heery E, Wall PG, Kelleher CC, McAuliffe FM. Effects of dietary restraint and weight gain attitudes on gestational weight gain. <i>Appetite</i> . 2016. 107:501-510 <a href="https://www.ncbi.nlm.nih.gov/pubmed/27545671">https://www.ncbi.nlm.nih.gov/pubmed/27545671</a>	Intervention/Exposure
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<b>387</b> Helle C, Hillesund ER, Wills AK, Overby NC. Evaluation of an eHealth intervention aiming to promote healthy food habits from infancy -the Norwegian randomized controlled trial Early Food for Future Health. <i>Int J Behav Nutr Phys Act</i> . 2019. 16:1 <a href="https://www.ncbi.nlm.nih.gov/pubmed/30606197">https://www.ncbi.nlm.nih.gov/pubmed/30606197</a>	Age: Intervention/Exposure

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<b>389</b> Heriseanu AI, Hay P, Touyz S. The short inventory of grazing (SIG): development and validation of a new brief measure of a common eating behaviour with a compulsive dimension. <i>J Eat Disord.</i> 2019. 7:4 <a href="https://www.ncbi.nlm.nih.gov/pubmed/30774954">https://www.ncbi.nlm.nih.gov/pubmed/30774954</a>	Intervention/Exposure
<b>390</b> Herman CP, van Strien T, Polivy J. Undereating or eliminating overeating?. <i>Am Psychol.</i> 2008. 63:202-3 <a href="https://www.ncbi.nlm.nih.gov/pubmed/18377113">https://www.ncbi.nlm.nih.gov/pubmed/18377113</a>	Intervention/Exposure
<b>391</b> Hermenegildo Y, Lopez-Garcia E, Garcia-Esquinas E, Perez-Tasigchana RF, Rodriguez-Artalejo F, Guallar-Castillon P. Distribution of energy intake throughout the day and weight gain: a population-based cohort study in Spain. <i>Br J Nutr.</i> 2016. 115:2003-10 <a href="https://www.ncbi.nlm.nih.gov/pubmed/27044416">https://www.ncbi.nlm.nih.gov/pubmed/27044416</a>	Intervention/Exposure
<b>392</b> Heron KE, Scott SB, Sliwinski MJ, Smyth JM. Eating behaviors and negative affect in college women's everyday lives. <i>Int J Eat Disord.</i> 2014. 47:853-9 <a href="https://www.ncbi.nlm.nih.gov/pubmed/24797029">https://www.ncbi.nlm.nih.gov/pubmed/24797029</a>	Intervention/Exposure
<b>393</b> Herrmann TS, Siega-Riz AM, Hobel CJ, Aurora C, Dunkel-Schetter C. Prolonged periods without food intake during pregnancy increase risk for elevated maternal corticotropin-releasing hormone concentrations. <i>Am J Obstet Gynecol.</i> 2001. 185:403-12 <a href="https://www.ncbi.nlm.nih.gov/pubmed/11518900">https://www.ncbi.nlm.nih.gov/pubmed/11518900</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>394</b> Hibi M, Hari S, Yamaguchi T, Mitsui Y, Kondo S, Katashima M. Effect of Short-Term Increase in Meal Frequency on Glucose Metabolism in Individuals with Normal Glucose Tolerance or Impaired Fasting Glucose: A Randomized Crossover Clinical Trial. <i>Nutrients.</i> 2019;11(9). <a href="https://www.ncbi.nlm.nih.gov/pubmed/31489910">https://www.ncbi.nlm.nih.gov/pubmed/31489910</a> .	Size of Study Groups
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<b>396</b> Hibi M, Kubota C, Mizuno T, Aritake S, Mitsui Y, Katashima M, Uchida S. Effect of shortened sleep on energy expenditure, core body temperature, and appetite: a human randomised crossover trial. <i>Sci Rep.</i> 2017. 7:39640 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28071649">https://www.ncbi.nlm.nih.gov/pubmed/28071649</a>	Comparator
<b>397</b> Hibi M, Masumoto A, Naito Y, Kiuchi K, Yoshimoto Y, Matsumoto M, Katashima M, Oka J, Ikemoto S. Nighttime snacking reduces whole body fat oxidation and increases LDL cholesterol in healthy young women. <i>Am J Physiol Regul Integr Comp Physiol.</i> 2013. 304:R94-r101 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23174861">https://www.ncbi.nlm.nih.gov/pubmed/23174861</a>	Daily Eating Occasions Not Reported, Size of Study Groups
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400 Hinton PS, Olson CM. Postpartum exercise and food intake: the importance of behavior-specific self-efficacy. <i>J Am Diet Assoc</i> . 2001. 101:1430-7 <a href="https://www.ncbi.nlm.nih.gov/pubmed/11762738">https://www.ncbi.nlm.nih.gov/pubmed/11762738</a>	Outcome
401 Hirschler V, Buzzano K, Erviti A, Ismael N, Silva S, Dalamon R. Overweight and lifestyle behaviors of low socioeconomic elementary school children in Buenos Aires. <i>BMC Pediatr</i> . 2009. 9:17 <a href="https://www.ncbi.nlm.nih.gov/pubmed/19239682">https://www.ncbi.nlm.nih.gov/pubmed/19239682</a>	Study Design
402 Hirsh SP, Pons M, Joyal SV, Swick AG. Avoiding holiday seasonal weight gain with nutrient-supported intermittent energy restriction: a pilot study. <i>J Nutr Sci</i> . 2019. 8:e11 <a href="https://www.ncbi.nlm.nih.gov/pubmed/30931109">https://www.ncbi.nlm.nih.gov/pubmed/30931109</a>	Daily Eating Occasions Not Reported
403 Hizli D, Yilmaz SS, Onaran Y, Kafali H, Danisman N, Mollamahmutoglu L. Impact of maternal fasting during Ramadan on fetal Doppler parameters, maternal lipid levels and neonatal outcomes. <i>J Matern Fetal Neonatal Med</i> . 2012. 25:975-7 <a href="https://www.ncbi.nlm.nih.gov/pubmed/21740320">https://www.ncbi.nlm.nih.gov/pubmed/21740320</a>	Study Design, Daily Eating Occasions Not Reported
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405 Hjorth MF, Sjodin A, Dalskov SM, Damsgaard CT, Michaelsen KF, Biloft-Jensen A, Andersen R, Ritz C, Chaput JP, Astrup A. Sleep duration modifies effects of free ad libitum school meals on adiposity and blood pressure. <i>Appl Physiol Nutr Metab</i> . 2016. 41:33-40 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26647154">https://www.ncbi.nlm.nih.gov/pubmed/26647154</a>	Intervention/Exposure
406 Hoddy K, Kroeger C, Trepanowski J, Bhutani S, Barnosky A, Varady K. Meal timing during alternate day fasting: effects on body weight and coronary heart disease risk in obese adults. <i>FASEB journal</i> . 2014;28(Suppl. 1)	Study Design, Publication Status
407 Hoddy KK, Bhutani S, Phillips SA, Varady KA. Effects of different degrees of insulin resistance on endothelial function in obese adults undergoing alternate day fasting. <i>Nutr Healthy Aging</i> . 2016. 4:63-71 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28035343">https://www.ncbi.nlm.nih.gov/pubmed/28035343</a>	Daily Eating Occasions Not Reported
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409 Hoddy KK, Kroeger CM, Trepanowski JF, Barnosky AR, Bhutani S, Varady KA. Safety of alternate day fasting and effect on disordered eating behaviors. <i>Nutr J</i> . 2015. 14:44 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25943396">https://www.ncbi.nlm.nih.gov/pubmed/25943396</a>	Intervention/Exposure, Daily Eating Occasions Not Reported, Outcome

Citation	Rationale
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<b>411</b> Hofmann W, Adriaanse M, Vohs KD, Baumeister RF. Dieting and the self-control of eating in everyday environments: an experience sampling study. <i>Br J Health Psychol.</i> 2014. 19:523-39 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23751109">https://www.ncbi.nlm.nih.gov/pubmed/23751109</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
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<b>413</b> Holmback I, Ericson U, Gullberg B, Wirfalt E. Five meal patterns are differently associated with nutrient intakes, lifestyle factors and energy misreporting in a sub-sample of the Malmö Diet and Cancer cohort. <i>Food Nutr Res.</i> 2009; 53:1-16. <a href="https://www.ncbi.nlm.nih.gov/pubmed/19798420">https://www.ncbi.nlm.nih.gov/pubmed/19798420</a> .	Study Design
<b>414</b> Holmback U, Lowden A, Akerfeldt T, Lennernas M, Hambraeus L, Forslund J, Akerstedt T, Stridsberg M, Forslund A. The human body may buffer small differences in meal size and timing during a 24-h wake period provided energy balance is maintained. <i>J Nutr.</i> 2003. 133:2748-55 <a href="https://www.ncbi.nlm.nih.gov/pubmed/12949360">https://www.ncbi.nlm.nih.gov/pubmed/12949360</a>	Size of Study Groups
<b>415</b> Holmback U. Metabolic, endocrine and mood responses to nocturnal eating in men are affected by sources of dietary energy. <i>Ups J Med Sci.</i> 2002. 107:121-58 <a href="https://www.ncbi.nlm.nih.gov/pubmed/12696573">https://www.ncbi.nlm.nih.gov/pubmed/12696573</a>	Study Design
<b>416</b> Holmstrup ME, Owens CM, Fairchild TJ, Kanaley JA. Effect of meal frequency on glucose and insulin excursions over the course of a day. <i>e-SPEN.</i> 2010. 5:e277-e280	Size of Study Groups
<b>417</b> Hopkins LC, Sattler M, Steeves EA, Jones-Smith JC, Gittelsohn J. Breakfast Consumption Frequency and Its Relationships to Overall Diet Quality, Using Healthy Eating Index 2010, and Body Mass Index among Adolescents in a Low-Income Urban Setting. <i>Ecol Food Nutr.</i> 2017. 56:297-311 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28604287">https://www.ncbi.nlm.nih.gov/pubmed/28604287</a>	Study Design, Daily Eating Occasions Not Reported
<b>418</b> Horne BD, May HT, Anderson JL, Kfoury AG, Bailey BM, McClure BS, Renlund DG, Lappe DL, Carlquist JF, Fisher PW, Pearson RR, Bair TL, Adams TD, Muhlestein JB. Usefulness of routine periodic fasting to lower risk of coronary artery disease in patients undergoing coronary angiography. <i>Am J Cardiol.</i> 2008. 102:814-819 <a href="https://www.ncbi.nlm.nih.gov/pubmed/18805103">https://www.ncbi.nlm.nih.gov/pubmed/18805103</a>	Study Design, Daily Eating Occasions Not Reported
<b>419</b> Horne BD, Muhlestein JB, Lappe DL, May HT, Carlquist JF, Galenko O, Brunisholz KD, Anderson JL. Randomized cross-over trial of short-term water-only fasting: metabolic and cardiovascular consequences. <i>Nutr Metab Cardiovasc Dis.</i> 2013. 23:1050-7 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23220077">https://www.ncbi.nlm.nih.gov/pubmed/23220077</a>	Intervention/Exposure, Daily Eating Occasions Not Reported

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<b>421</b> Horne BD. Is periodic fasting really good for reducing cardiovascular risk and improving heart health? <i>Future Cardiology.</i> 2011;7(6):721-4. <a href="https://www.ncbi.nlm.nih.gov/pubmed/22050055">https://www.ncbi.nlm.nih.gov/pubmed/22050055</a> .	Study Design, Publication Status
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<b>443</b> Jakubowicz D, Barnea M, Wainstein J, Froy O. High caloric intake at breakfast vs. dinner differentially influences weight loss of overweight and obese women. <i>Obesity (Silver Spring)</i> . 2013. 21:2504-12 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23512957">https://www.ncbi.nlm.nih.gov/pubmed/23512957</a>	Intervention/Exposure, Comparator
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<b>445</b> Jakubowicz D, Dayan YB, Wainstein J. The influence of meal timing on glucose metabolism and hyperandrogenism in lean women with polycystic ovary syndrome. <i>Diabetes</i> . 2013. 62:A399	Health Status
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<b>456</b> Jensen ML, Corvalan C, Reyes M, Popkin BM, Taillie LS. Snacking patterns among Chilean children and adolescents: is there potential for improvement? <i>Public Health Nutr</i> . 2019:1-10. <a href="https://www.ncbi.nlm.nih.gov/pubmed/31124768">https://www.ncbi.nlm.nih.gov/pubmed/31124768</a> .	Study Design
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<b>464</b> Kaczmarek JL, MUSAAD SM, Holscher HD. Time of day and eating behaviors are associated with the composition and function of the human gastrointestinal microbiota. <i>Am J Clin Nutr.</i> 2017. 106:1220-1231 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28971851">https://www.ncbi.nlm.nih.gov/pubmed/28971851</a>	Outcome
<b>465</b> Kahleova H, Lloren JI, Mashchak A, Hill M, Fraser GE. Meal Frequency and Timing Are Associated with Changes in Body Mass Index in Adventist Health Study 2. <i>J Nutr.</i> 2017. 147:1722-1728 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28701389">https://www.ncbi.nlm.nih.gov/pubmed/28701389</a>	Study Design
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<b>469</b> Kanaley JA, Heden TD, Liu Y, Fairchild TJ. Alteration of postprandial glucose and insulin concentrations with meal frequency and composition. <i>Br J Nutr.</i> 2014. 112:1484-93 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25231499">https://www.ncbi.nlm.nih.gov/pubmed/25231499</a>	Size of Study Groups
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<b>474</b> Karfopoulou E, Brikou D, Mamalaki E, Bersimis F, Anastasiou CA, Hill JO, Yannakoulia M. Dietary patterns in weight loss maintenance: results from the MedWeight study. <i>Eur J Nutr</i> . 2017. 56:991-1002 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26744302">https://www.ncbi.nlm.nih.gov/pubmed/26744302</a>	Intervention/Exposure
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<b>480</b> Kavehmanesh Z, Abolghasemi H. Maternal Ramadan fasting and neonatal health. <i>J Perinatol</i> . 2004. 24:748-50 <a href="https://www.ncbi.nlm.nih.gov/pubmed/15343350">https://www.ncbi.nlm.nih.gov/pubmed/15343350</a>	Intervention/Exposure, Daily Eating Occasions Not Reported, Country
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<b>482</b> Keogh JB, Pedersen E, Petersen KS, Clifton PM. Effects of intermittent compared to continuous energy restriction on short-term weight loss and long-term weight loss maintenance. <i>Clin Obes</i> . 2014. 4:150-6 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25826770">https://www.ncbi.nlm.nih.gov/pubmed/25826770</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>483</b> Kerr MA, Rennie KL, McCaffrey TA, Wallace JM, Hannon-Fletcher MP, Livingstone MB. Snacking patterns among adolescents: a comparison of type, frequency and portion size between Britain in 1997 and Northern Ireland in 2005. <i>Br J Nutr</i> . 2009. 101:122-31 <a href="https://www.ncbi.nlm.nih.gov/pubmed/18533071">https://www.ncbi.nlm.nih.gov/pubmed/18533071</a>	Study Design, Outcome

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<b>502</b> Klempel MC, Kroeger CM, Bhutani S, Trepanowski JF, Varady KA. Intermittent fasting combined with calorie restriction is effective for weight loss and cardio-protection in obese women. <i>Nutr J</i> . 2012. 11:98 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23171320">https://www.ncbi.nlm.nih.gov/pubmed/23171320</a>	Daily Eating Occasions Not Reported, Comparator
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<b>514</b> Kong A, Beresford SA, Alfano CM, Foster-Schubert KE, Neuhouser ML, Johnson DB, Duggan C, Wang CY, Xiao L, Bain CE, McTiernan A. Associations between snacking and weight loss and nutrient intake among postmenopausal overweight to obese women in a dietary weight-loss intervention. <i>J Am Diet Assoc.</i> 2011. 111:1898-903 <a href="https://www.ncbi.nlm.nih.gov/pubmed/22117666">https://www.ncbi.nlm.nih.gov/pubmed/22117666</a>	Study Design, Daily Eating Occasions Not Reported
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<b>525</b> Kroeger CM, Klempel MC, Bhutani S, Trepanowski JF, Tangney CC, Varady KA. Improvement in coronary heart disease risk factors during an intermittent fasting/calorie restriction regimen: Relationship to adipokine modulations. <i>Nutr Metab (Lond)</i> . 2012. 9:98 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23113919">https://www.ncbi.nlm.nih.gov/pubmed/23113919</a>	Study Design, Daily Eating Occasions Not Reported
<b>526</b> Kroeger CM, Klempel MC, Bhutani S, Trepanowski JF, Varady KA. Improvement in coronary heart disease risk factors during an intermittent fasting/calorie restriction regimen: relationship to adipokine modulations. <i>FASEB journal</i> . 2013. 27(12).	Study Design, Publication Status

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<b>532</b> Lam BCC, Han JSY, Ho CY, Teoh H, Yum MPS, Wong MTK, Koh GCH. The effect of intermittent energy restriction using meal replacements in overweight chinese subjects: a pilot randomized control trial. <i>Obesity facts</i> . 2018. 11:307	Publication Status
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<b>538</b> Larson N, Chen Y, Wall M, Winkler MR, Goldschmidt AB, Neumark-Sztainer D. Personal, behavioral, and environmental predictors of healthy weight maintenance during the transition to adulthood. <i>Prev Med.</i> 2018. 113:80-90 <a href="https://www.ncbi.nlm.nih.gov/pubmed/29727637">https://www.ncbi.nlm.nih.gov/pubmed/29727637</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>539</b> Larson NI, Neumark-Sztainer D, Story M. Weight control behaviors and dietary intake among adolescents and young adults: longitudinal findings from Project EAT. <i>J Am Diet Assoc.</i> 2009. 109:1869-77 <a href="https://www.ncbi.nlm.nih.gov/pubmed/19857628">https://www.ncbi.nlm.nih.gov/pubmed/19857628</a>	Outcome
<b>540</b> Larsson I, Hulthen L, Landen M, Palsson E, Janson P, Stener-Victorin E. Dietary intake, resting energy expenditure, and eating behavior in women with and without polycystic ovary syndrome. <i>Clin Nutr.</i> 2016. 35:213-8 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25743212">https://www.ncbi.nlm.nih.gov/pubmed/25743212</a>	Study Design
<b>541</b> Laska MN, Lytle LA, Nanney MS, Moe SG, Linde JA, Hannan PJ. Results of a 2-year randomized, controlled obesity prevention trial: Effects on diet, activity and sleep behaviors in an at-risk young adult population. <i>Prev Med.</i> 2016. 89:230-236 <a href="https://www.ncbi.nlm.nih.gov/pubmed/27283096">https://www.ncbi.nlm.nih.gov/pubmed/27283096</a>	Daily Eating Occasions Not Reported
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<b>543</b> Latiri I, Sandid S, Fennani MA, Hadrich M, Masmoudi T, Maatoug C, Zammit-Chatti M, Chamari K, Ben Saad H. The Effects of Ramadan Fasting on the Spirometric Data of Healthy Adult Males. <i>Am J Mens Health.</i> 2017. 11:1214-1223 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28625120">https://www.ncbi.nlm.nih.gov/pubmed/28625120</a>	Daily Eating Occasions Not Reported, Outcome
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<b>545</b> Laxer RE, Brownson RC, Dubin JA, Cooke M, Chaurasia A, Leatherdale ST. Clustering of risk-related modifiable behaviours and their association with overweight and obesity among a large sample of youth in the COMPASS study. <i>BMC Public Health.</i> 2017. 17:102 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28109270">https://www.ncbi.nlm.nih.gov/pubmed/28109270</a>	Study Design
<b>546</b> Lazzeri G, Giallombardo D, Guidoni C, Zani A, Casorelli A, Grasso A, Pozzi T, Rossi S, Giacchi M. Nutritional surveillance in Tuscany: eating habits at breakfast, mid-morning and afternoon snacks among 8-9 y-old children. <i>J Prev Med Hyg.</i> 2006. 47:91-9 <a href="https://www.ncbi.nlm.nih.gov/pubmed/17217185">https://www.ncbi.nlm.nih.gov/pubmed/17217185</a>	Study Design
<b>547</b> Leahy K, Berlin KS, Banks GG, Bachman J. The Relationship Between Intuitive Eating and Postpartum Weight Loss. <i>Matern Child Health J.</i> 2017. 21:1591-1597 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28176035">https://www.ncbi.nlm.nih.gov/pubmed/28176035</a>	Study Design, Intervention/Exposure

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550	LeCheminant JD, Christenson E, Bailey BW, Tucker LA. Restricting night-time eating reduces daily energy intake in healthy young men: a short-term cross-over study. <i>Br J Nutr</i> . 2013. 110:2108-13 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23702187">https://www.ncbi.nlm.nih.gov/pubmed/23702187</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
551	LeCroy MN, Truesdale KP, Matheson DM, Karp SM, Moore SM, Robinson TN, et al. Snacking characteristics and patterns and their associations with diet quality and BMI in the Childhood Obesity Prevention and Treatment Research Consortium. <i>Public Health Nutr</i> . 2019:1-11. <a href="https://www.ncbi.nlm.nih.gov/pubmed/31112114">https://www.ncbi.nlm.nih.gov/pubmed/31112114</a> .	Study Design, Daily Eating Occasions Not Reported
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553	Lee SK. Acculturation, meal frequency, eating-out, and body weight in Korean Americans. <i>Nutr Res Pract</i> . 2008. 2:269-74 <a href="https://www.ncbi.nlm.nih.gov/pubmed/20016729">https://www.ncbi.nlm.nih.gov/pubmed/20016729</a>	Study Design
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<b>560</b> Leidy HJ, Racki EM. The addition of a protein-rich breakfast and its effects on acute appetite control and food intake in 'breakfast-skipping' adolescents. <i>Int J Obes (Lond)</i> . 2010. 34:1125-33 <a href="https://www.ncbi.nlm.nih.gov/pubmed/20125103">https://www.ncbi.nlm.nih.gov/pubmed/20125103</a>	Daily Eating Occasions Not Reported, Outcome
<b>561</b> Leidy HJ, Tang M, Armstrong CL, Martin CB, Campbell WW. The effects of consuming frequent, higher protein meals on appetite and satiety during weight loss in overweight/obese men. <i>Obesity (Silver Spring)</i> . 2011. 19:818-24 <a href="https://www.ncbi.nlm.nih.gov/pubmed/20847729">https://www.ncbi.nlm.nih.gov/pubmed/20847729</a>	Outcome, Size of Study Groups
<b>562</b> Leiper JB, Maughan RJ, Kirkendall DT, Bartagi Z, Zerguini Y, Junge A, et al. The F-MARC study on Ramadan and football: research design, population, and environmental conditions. <i>J Sports Sci</i> . 2008;26 Suppl 3:S7-13. <a href="https://www.ncbi.nlm.nih.gov/pubmed/19085448">https://www.ncbi.nlm.nih.gov/pubmed/19085448</a> .	Study Design, Publication Status
<b>563</b> Leiper JB, Watson P, Evans G, Dvorak J. Intensity of a training session during Ramadan in fasting and non-fasting Tunisian youth football players. <i>Journal of Sports Sciences</i> . 2008. 26:S71-9. <a href="https://www.ncbi.nlm.nih.gov/pubmed/19085454">https://www.ncbi.nlm.nih.gov/pubmed/19085454</a>	Daily Eating Occasions Not Reported
<b>564</b> Lemmens SG, Martens EA, Born JM, Martens MJ, Westerterp-Plantenga MS. Staggered meal consumption facilitates appetite control without affecting postprandial energy intake. <i>J Nutr</i> . 2011. 141:482-8 <a href="https://www.ncbi.nlm.nih.gov/pubmed/21270370">https://www.ncbi.nlm.nih.gov/pubmed/21270370</a>	Daily Eating Occasions Not Reported, Outcome
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<b>567</b> Lesser LI, Cohen DA, Brook RH. Changing eating habits for the medical profession. <i>Jama</i> . 2012. 308:983-4 <a href="https://www.ncbi.nlm.nih.gov/pubmed/22968886">https://www.ncbi.nlm.nih.gov/pubmed/22968886</a>	Publication Status
<b>568</b> Leuck M, Levandovski R, Harb A, Quiles C, Hidalgo MP. Circadian rhythm of energy expenditure and oxygen consumption. <i>Journal of Parenteral and Enteral Nutrition</i> . 2014;38(2):263-8. <a href="https://www.ncbi.nlm.nih.gov/pubmed/23599248">https://www.ncbi.nlm.nih.gov/pubmed/23599248</a> .	Intervention/Exposure

Citation	Rationale
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<b>571</b> Levitsky DA, Raea Limb JE, Wilkinson L, Sewall A, Zhong Y, Olabi A, Hunter J. Lack of negative autocorrelations of daily food intake on successive days challenges the concept of the regulation of body weight in humans. <i>Appetite.</i> 2017. 116:277-283 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28483583">https://www.ncbi.nlm.nih.gov/pubmed/28483583</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>572</b> Li C, Ostermann T, Hardt M, Ludtke R, Broecker-Preuss M, Dobos G, Michalsen A. Metabolic and psychological response to 7-day fasting in obese patients with and without metabolic syndrome. <i>Forsch Komplementmed.</i> 2013. 20:413-20 <a href="https://www.ncbi.nlm.nih.gov/pubmed/24434755">https://www.ncbi.nlm.nih.gov/pubmed/24434755</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>573</b> Li G, Xie C, Lu S, Nichols RG, Tian Y, Li L, Patel D, Ma Y, Brocker CN, Yan T, Krausz KW, Xiang R, Gavrilova O, Patterson AD, Gonzalez FJ. Intermittent Fasting Promotes White Adipose Browning and Decreases Obesity by Shaping the Gut Microbiota. <i>Cell Metab.</i> 2017. 26:801 <a href="https://www.ncbi.nlm.nih.gov/pubmed/29117546">https://www.ncbi.nlm.nih.gov/pubmed/29117546</a>	Study Design, Publication Status, Non-human
<b>574</b> Li LB, Wang N, Wu XL, Wang L, Li JJ, Yang M, Ma J. Energy Balance-related Behaviors Are Related to Cardiometabolic Parameters and Predict Adiposity in 8-14-year-old Overweight Chinese Children One Year Later. <i>Biomed Environ Sci.</i> 2016. 29:754-757 <a href="https://www.ncbi.nlm.nih.gov/pubmed/27927275">https://www.ncbi.nlm.nih.gov/pubmed/27927275</a>	Intervention/Exposure
<b>575</b> Lindvall K, Jenkins P, Scribani M, Emmelin M, Larsson C, Norberg M, Weinehall L. Comparisons of weight change, eating habits and physical activity between women in Northern Sweden and Rural New York State- results from a longitudinal study. <i>Nutr J.</i> 2015. 14:88 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26319494">https://www.ncbi.nlm.nih.gov/pubmed/26319494</a>	Intervention/Exposure
<b>576</b> Lipsky LM, Haynie DL, Liu D, Chaurasia A, Gee B, Li K, Iannotti RJ, Simons-Morton B. Trajectories of eating behaviors in a nationally representative cohort of U.S. adolescents during the transition to young adulthood. <i>Int J Behav Nutr Phys Act.</i> 2015. 12:138 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26537771">https://www.ncbi.nlm.nih.gov/pubmed/26537771</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
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583	Lopez Minguez J, Saxena R, Bandin Saura C, Scheer F, Garaulet Aza M. Dinner timing interacts with MTNR1B SNP to influence glucose tolerance in natural late eaters. <i>Sleep</i> . 2016. 39:A51-A52	Study Design, Publication Status
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585	López-Bueno M, González-Jiménez E, Navarro-Prado S, Montero-Alonso MA, Schmidt-RioValle J. Influence of age and religious fasting on the body composition of Muslim women living in a westernized context. <i>Nutrición hospitalaria</i> . 2015. 31:1067-1073	Daily Eating Occasions Not Reported
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588	Loy SL, Cheng TS, Colega MT, Cheung YB, Godfrey KM, Gluckman PD, Kwek K, Saw SM, Chong YS, Padmapriya N, Muller-Riemenschneider F, Lek N, Yap F, Chong MF, Chan JKY. Predominantly night-time feeding and maternal glycaemic levels during pregnancy. <i>Br J Nutr</i> . 2016. 115:1563-1570 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26949026">https://www.ncbi.nlm.nih.gov/pubmed/26949026</a>	Daily Eating Occasions Not Reported
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590	Maccario M, Aimaretti G, Corneli G, Gauna C, Grottoli S, Bidlingmaier M, Strasburger CJ, Dieguez C, Casanueva FF, Ghigo E. Short-term fasting abolishes the sex-related difference in GH and leptin secretion in humans. <i>Am J Physiol Endocrinol Metab</i> . 2000. 279:E411-6 <a href="https://www.ncbi.nlm.nih.gov/pubmed/10913042">https://www.ncbi.nlm.nih.gov/pubmed/10913042</a>	Study Design, Intervention/Exposure, Daily Eating Occasions Not Reported, Comparator

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592 MacFarlane A, Cleland V, Crawford D, Campbell K, Timperio A. Longitudinal examination of the family food environment and weight status among children. <i>Int J Pediatr Obes.</i> 2009. 4:343-52 <a href="https://www.ncbi.nlm.nih.gov/pubmed/19922051">https://www.ncbi.nlm.nih.gov/pubmed/19922051</a>	Daily Eating Occasions Not Reported
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596 Makarem N, Aggarwal B, Sears DD, St-Onge MP, Castaneda SF, Talavera GA, Marinac CR, Patterson R, Sotres-Alvarez D, Garcia ML, et al. Circadian timing of food intake is associated with cardiometabolic risk in us hispanics/latinos: results from the hispanic community health study/study of latinos. <i>Circulation.</i> 2018. 138(6 ).	Study Design, Publication Status
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600 Marlatt KL, Farbakhsh K, Dengel DR, Lyle LA. Breakfast and fast food consumption are associated with selected biomarkers in adolescents. <i>Prev Med Rep.</i> 2016. 3:49-52 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26844187">https://www.ncbi.nlm.nih.gov/pubmed/26844187</a>	Study Design
601 Marlatt KL, Redman LM, Burton JH, Martin CK, Ravussin E. Persistence of weight loss and acquired behaviors 2 y after stopping a 2-y calorie restriction intervention. <i>Am J Clin Nutr.</i> 2017. 105:928-935 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28275127">https://www.ncbi.nlm.nih.gov/pubmed/28275127</a>	Intervention/Exposure, Size of Study Groups

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<b>603</b> Martin J, MacDonald-Wicks L, Hure A, Smith R, Collins CE. Reducing postpartum weight retention and improving breastfeeding outcomes in overweight women: a pilot randomised controlled trial. <i>Nutrients</i> . 2015. 7:1464-79 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25723973">https://www.ncbi.nlm.nih.gov/pubmed/25723973</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>604</b> Masheb RM, Grilo CM. Eating patterns and breakfast consumption in obese patients with binge eating disorder. <i>Behav Res Ther</i> . 2006. 44:1545-53 <a href="https://www.ncbi.nlm.nih.gov/pubmed/16376851">https://www.ncbi.nlm.nih.gov/pubmed/16376851</a>	Study Design
<b>605</b> Mathew S, Krug S, Skurk T, Halama A, Stank A, Artati A, Prehn C, Malek JA, Kastenmuller G, Romisch-Margl W, Adamski J, Hauner H, Suhre K. Metabolomics of Ramadan fasting: an opportunity for the controlled study of physiological responses to food intake. <i>J Transl Med</i> . 2014. 12:161 <a href="https://www.ncbi.nlm.nih.gov/pubmed/24906381">https://www.ncbi.nlm.nih.gov/pubmed/24906381</a>	Daily Eating Occasions Not Reported
<b>606</b> Mattson MP. The need for controlled studies of the effects of meal frequency on health. <i>Lancet</i> . 2005. 365:1978-80 <a href="https://www.ncbi.nlm.nih.gov/pubmed/15936428">https://www.ncbi.nlm.nih.gov/pubmed/15936428</a>	Study Design
<b>607</b> Maughan RJ, Bartagi Z, Dvorak J, Zerguini Y. Dietary intake and body composition of football players during the holy month of Ramadan. <i>J Sports Sci</i> . 2008. 26 Suppl 3:S29-38 <a href="https://www.ncbi.nlm.nih.gov/pubmed/19085450">https://www.ncbi.nlm.nih.gov/pubmed/19085450</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>608</b> Maukonen M, Kanerva N, Partonen T, Mannisto S. Chronotype and energy intake timing in relation to changes in anthropometrics: a 7-year follow-up study in adults. <i>Chronobiol Int</i> . 2019. 36:27-41 <a href="https://www.ncbi.nlm.nih.gov/pubmed/30212231">https://www.ncbi.nlm.nih.gov/pubmed/30212231</a>	Daily Eating Occasions Not Reported
<b>609</b> Mazurak N, Gunther A, Grau FS, Muth ER, Pustovoyt M, Bischoff SC, Zipfel S, Enck P. Effects of a 48-h fast on heart rate variability and cortisol levels in healthy female subjects. <i>Eur J Clin Nutr</i> . 2013. 67:401-6 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23403876">https://www.ncbi.nlm.nih.gov/pubmed/23403876</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>610</b> McCaffree J. Childhood eating patterns: the roles parents play. <i>J Am Diet Assoc</i> . 2003. 103:1587 <a href="https://www.ncbi.nlm.nih.gov/pubmed/14647078">https://www.ncbi.nlm.nih.gov/pubmed/14647078</a>	Study Design
<b>611</b> McCrory MA, Howarth NC, Roberts SB, Huang TT. Eating frequency and energy regulation in free-living adults consuming self-selected diets. <i>Journal of Nutrition</i> . 2011. 141:148-153	Study Design
<b>612</b> McDonald L, Wardle J, Llewellyn CH, Johnson L, van Jaarsveld CH, Syrad H, Fisher A. Sleep and nighttime energy consumption in early childhood: a population-based cohort study. <i>Pediatr Obes</i> . 2015. 10:454-60 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25565402">https://www.ncbi.nlm.nih.gov/pubmed/25565402</a>	Intervention/Exposure, Daily Eating Occasions Not Reported, Comparator

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<b>613</b> McGiveron A, Foster S, Pearce J, Taylor MA, McMullen S, Langley-Evans SC. Limiting antenatal weight gain improves maternal health outcomes in severely obese pregnant women: findings of a pragmatic evaluation of a midwife-led intervention. <i>J Hum Nutr Diet</i> . 2015. 28 Suppl 1:29-37 <a href="https://www.ncbi.nlm.nih.gov/pubmed/24809211">https://www.ncbi.nlm.nih.gov/pubmed/24809211</a>	Intervention/Exposure
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<b>681</b> Norouzy A, Salehi M, Philippou E, Arabi H, Shiva F, Mehrnoosh S, Mohajeri SMR, Reza Mohajeri SA, Motaghedi Larijani A, Nematy M. Effect of fasting in Ramadan on body composition and nutritional intake: a prospective study. <i>Journal of Human Nutrition &amp; Dietetics</i> . 2013. 26:97-104	Daily Eating Occasions Not Reported
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<b>690</b> Odegaard AO, Jacobs DR, Steffen LM, Van Horn L, Ludwig DS, Pereira MA. Breakfast frequency and development of metabolic risk. <i>Diabetes Care</i> . 2013. 36:3100-6 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23775814">https://www.ncbi.nlm.nih.gov/pubmed/23775814</a>	Daily Eating Occasions Not Reported
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<b>701</b> Olson J, Aldrich H, Callahan TJ, Matthews EE, Gance-Cleveland B. Characterization of Childhood Obesity and Behavioral Factors. <i>J Pediatr Health Care</i> . 2016. 30:444-52 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26614274">https://www.ncbi.nlm.nih.gov/pubmed/26614274</a>	Daily Eating Occasions Not Reported, Eating Frequency Data Collection
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<b>704</b> Orra AA, Pires MM, Ferreira SR. Distinct breakfast patterns on satiety perception in individuals with weight excess. <i>Arch Endocrinol Metab</i> . 2016. 60:333-40 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26910624">https://www.ncbi.nlm.nih.gov/pubmed/26910624</a>	Intervention/Exposure, Comparator
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<b>711</b> Palmer MA, Capra S, Baines SK. Association between eating frequency, weight, and health. <i>Nutrition reviews.</i> 2009;67(7):379-90. <a href="https://www.ncbi.nlm.nih.gov/pubmed/19566598">https://www.ncbi.nlm.nih.gov/pubmed/19566598</a> .	Study Design
<b>712</b> Panagiotopoulos C, Riddell MC, Sellers EAC. Type 2 Diabetes in Children and Adolescents. <i>Canadian Journal of Diabetes.</i> 2013. 37:S163-S167.	Study Design
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<b>715</b> Papakonstantinou E, Kechribari I, Mitrou P, Trakakis E, Vassiliadi D, Georgousopoulou E, Zampelas A, Kontogianni MD, Dimitriadis G. Effect of meal frequency on glucose levels in women with polycystic ovary syndrome: a randomized trial. <i>Obesity facts.</i> 2015. 8:73-74	Health Status
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<b>719</b> Park HJ, Lee J, Kim JM, Lee HA, Kim SH, Kim Y. A study of snack consumption, night-eating habits, and nutrient intake in gestational diabetes mellitus. <i>Clin Nutr Res</i> . 2013. 2:42-51 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23431085">https://www.ncbi.nlm.nih.gov/pubmed/23431085</a>	Study Design, Intervention/Exposure, Daily Eating Occasions Not Reported
<b>720</b> Parkes KR. Demographic and lifestyle predictors of body mass index among offshore oil industry workers: cross-sectional and longitudinal findings. <i>Occup Med (Lond)</i> . 2003. 53:213-21 <a href="https://www.ncbi.nlm.nih.gov/pubmed/12724556">https://www.ncbi.nlm.nih.gov/pubmed/12724556</a>	Intervention/Exposure
<b>721</b> Parr EB, Devlin BL, Brennan L, Hawley JA. Controlled time-restricted eating alters ratings of hunger, but does not change fatigue and mood in men with overweight/obesity. <i>Obesity facts</i> . 2019. 12:260	Publication Status
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<b>723</b> Parretti HM, Aveyard P, Blannin A, Clifford SJ, Coleman SJ, Roalfe A, Daley AJ. Efficacy of water preloading before main meals as a strategy for weight loss in primary care patients with obesity: RCT. <i>Obesity (Silver Spring)</i> . 2015. 23:1785-91 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26237305">https://www.ncbi.nlm.nih.gov/pubmed/26237305</a>	Daily Eating Occasions Not Reported
<b>724</b> Partridge C. Unhealthy lifestyle in college students could lead to diabetes risk. <i>Nephrol News Issues</i> . 2007. 21:22, 25 <a href="https://www.ncbi.nlm.nih.gov/pubmed/17269261">https://www.ncbi.nlm.nih.gov/pubmed/17269261</a>	Study Design, Intervention/Exposure, Publication Status
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<b>731</b> Pedersen MH, Svart MV, Lebeck J, Bidlingmaier M, Stodkilde-Jorgensen H, Pedersen SB, Moller N, Jessen N, Jorgensen JOL. Substrate Metabolism and Insulin Sensitivity During Fasting in Obese Human Subjects: Impact of GH Blockade. <i>J Clin Endocrinol Metab.</i> 2017. 102:1340-1349 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28324055">https://www.ncbi.nlm.nih.gov/pubmed/28324055</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>732</b> Pelkman CL, Heinbach RA, Rolls BJ. Reproductive hormones and eating behavior in young women. <i>Appetite.</i> 2000. 34:217-8 <a href="https://www.ncbi.nlm.nih.gov/pubmed/10744913">https://www.ncbi.nlm.nih.gov/pubmed/10744913</a>	Study Design
<b>733</b> Pentikainen S, Tanner H, Karhunen L, Kolehmainen M, Poutanen K, Pennanen K. Mobile Phone App for Self-Monitoring of Eating Rhythm: Field Experiment. <i>JMIR Mhealth Uhealth.</i> 2019. 7:e11490 <a href="https://www.ncbi.nlm.nih.gov/pubmed/30916657">https://www.ncbi.nlm.nih.gov/pubmed/30916657</a>	Outcome, Size of Study Groups
<b>734</b> Peos JJ, Helms ER, Fournier PA, Sainsbury A. Continuous versus intermittent moderate energy restriction for increased fat mass loss and fat free mass retention in adult athletes: protocol for a randomised controlled trial-the ICECAP trial (Intermittent versus Continuous Energy restriction Compared in an Athlete Population). <i>BMJ Open Sport Exerc Med.</i> 2018. 4:e000423 <a href="https://www.ncbi.nlm.nih.gov/pubmed/30364484">https://www.ncbi.nlm.nih.gov/pubmed/30364484</a>	Study Design, Intervention/Exposure, Daily Eating Occasions Not Reported
<b>735</b> Pereira JL, Felix PV, Mattei J, Fisberg RM. Differences over 12 Years in Food Portion Size and Association with Excess Body Weight in the City of Sao Paulo, Brazil. <i>Nutrients.</i> 2018;10(6). <a href="https://www.ncbi.nlm.nih.gov/pubmed/29848971">https://www.ncbi.nlm.nih.gov/pubmed/29848971</a> .	Study Design
<b>736</b> Pereira MA, Erickson E, McKee P, Schrankler K, Raatz SK, Lytle LA, et al. Breakfast frequency and quality may affect glycemia and appetite in adults and children. <i>Journal of nutrition.</i> 2011;141(1):163-8. <a href="https://www.ncbi.nlm.nih.gov/pubmed/21123469">https://www.ncbi.nlm.nih.gov/pubmed/21123469</a> .	Study Design
<b>737</b> Perk G, Ghanem J, Aamar S, Ben-Ishay D, Bursztyn M. The effect of the fast of Ramadan on ambulatory blood pressure in treated hypertensives. <i>J Hum Hypertens.</i> 2001. 15:723-5 <a href="https://www.ncbi.nlm.nih.gov/pubmed/11607803">https://www.ncbi.nlm.nih.gov/pubmed/11607803</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>738</b> Perrigue MM, Drewnowski A, Wang CY, Neuhouser ML. Higher Eating Frequency Does Not Decrease Appetite in Healthy Adults. <i>J Nutr.</i> 2016. 146:59-64 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26561409">https://www.ncbi.nlm.nih.gov/pubmed/26561409</a>	Outcome, Size of Study Groups

Citation	Rationale
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<b>740</b> Perrigue MM, Kantor ED, Hastert TA, Patterson R, Potter JD, Neuhouser ML, White E. Eating frequency and risk of colorectal cancer. <i>Cancer Causes Control</i> . 2013. 24:2107-15 <a href="https://www.ncbi.nlm.nih.gov/pubmed/24057417">https://www.ncbi.nlm.nih.gov/pubmed/24057417</a>	Outcome
<b>741</b> Peterson CM. Intermittent Fasting Induces Weight Loss, but the Effects on Cardiometabolic Health are Modulated by Energy Balance. <i>Obesity (Silver Spring)</i> . 2019. 27:11 <a href="https://www.ncbi.nlm.nih.gov/pubmed/30569643">https://www.ncbi.nlm.nih.gov/pubmed/30569643</a>	Study Design, Publication Status
<b>742</b> Petherick ES, Tuffnell D, Wright J. Experiences and outcomes of maternal Ramadan fasting during pregnancy: results from a sub-cohort of the Born in Bradford birth cohort study. <i>BMC Pregnancy Childbirth</i> . 2014. 14:335 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25261183">https://www.ncbi.nlm.nih.gov/pubmed/25261183</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>743</b> Petrella E, Facchinetti F, Bertarini V, Pignatti L, Neri I, Battistini NC. Occurrence of pregnancy complications in women with BMI >25 submitted to a healthy lifestyle and eating habits program. <i>American journal of obstetrics and gynecology</i> . 2013. 208:S33-S34	Study Design, Publication Status
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<b>747</b> Phelan S, Wyatt HR, Hill JO, Wing RR. Are the eating and exercise habits of successful weight losers changing?. <i>Obesity (Silver Spring)</i> . 2006. 14:710-6 <a href="https://www.ncbi.nlm.nih.gov/pubmed/16741274">https://www.ncbi.nlm.nih.gov/pubmed/16741274</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>748</b> Pimenta AM, Bes-Rastrollo M, Gea A, Sayon-Orea C, Zazpe I, Lopez-Iracheta R, Martinez-Gonzalez MA. Snacking between main meals is associated with a higher risk of metabolic syndrome in a Mediterranean cohort: the SUN Project (Seguimiento Universidad de Navarra). <i>Public Health Nutr</i> . 2016. 19:658-66 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25958949">https://www.ncbi.nlm.nih.gov/pubmed/25958949</a>	Daily Eating Occasions Not Reported

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<b>750</b> Pinto A, Bordoli C, Buckner L, Kaplan P, Arenal I, Jefcock E, Kim C, Johnston K, Hall W. A randomised controlled trial assessing the impact of intermittent energy restriction (IER) on weight loss and insulin sensitivity in healthy men and women with central obesity. "the Met-IER study". <i>Obesity facts</i> . 2017. 10:157	Publication Status
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<b>752</b> Pizinger T, Kovtun K, RoyChoudhury A, Laferrere B, Shechter A, St-Onge MP. Pilot study of sleep and meal timing effects, independent of sleep duration and food intake, on insulin sensitivity in healthy individuals. <i>Sleep Health</i> . 2018. 4:33-39 <a href="https://www.ncbi.nlm.nih.gov/pubmed/29332677">https://www.ncbi.nlm.nih.gov/pubmed/29332677</a>	Comparator, Size of Study Groups
<b>753</b> Plata-Salaman CR. Ingestive behavior and obesity. <i>Nutrition</i> . 2000. 16:797-9 <a href="https://www.ncbi.nlm.nih.gov/pubmed/11054583">https://www.ncbi.nlm.nih.gov/pubmed/11054583</a>	Study Design
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<b>761</b> Purslow LR, Sandhu MS, Forouhi N, Young EH, Luben RN, Welch AA, Khaw K, Bingham SA, Wareham NJ. Energy intake at breakfast and weight change: prospective study of 6,764 middle-aged men and women. <i>American journal of epidemiology.</i> 2008;167(2):188-92. <a href="https://www.ncbi.nlm.nih.gov/pubmed/18079134">https://www.ncbi.nlm.nih.gov/pubmed/18079134</a> .	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>762</b> Quante M, Mariani S, Weng J, Marinac CR, Kaplan ER, Rueschman M, Mitchell JA, James P, Hipp JA, Cespedes Feliciano EM, Wang R, Redline S. Zeitgebers and their association with rest-activity patterns. <i>Chronobiol Int.</i> 2019. 36:203-213 <a href="https://www.ncbi.nlm.nih.gov/pubmed/30365354">https://www.ncbi.nlm.nih.gov/pubmed/30365354</a>	Study Design, Daily Eating Occasions Not Reported
<b>763</b> Quick V, Wall M, Larson N, Haines J, Neumark-Sztainer D. Personal, behavioral and socio-environmental predictors of overweight incidence in young adults: 10-yr longitudinal findings. <i>Int J Behav Nutr Phys Act.</i> 2013. 10:37 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23531253">https://www.ncbi.nlm.nih.gov/pubmed/23531253</a>	Daily Eating Occasions Not Reported, Comparator
<b>764</b> Rabiee S, Afghari N, Rastmanesh R. Short-term and mid-term effects of fasting and downset meal pattern on lipid profile in Iranian fasted women. <i>J Relig Health.</i> 2014. 53:654-7 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23111814">https://www.ncbi.nlm.nih.gov/pubmed/23111814</a>	Daily Eating Occasions Not Reported
<b>765</b> Racinais S, Periard JD, Li CK, Grantham J. Activity patterns, body composition and muscle function during Ramadan in a Middle-East Muslim country. <i>Int J Sports Med.</i> 2012. 33:641-6 <a href="https://www.ncbi.nlm.nih.gov/pubmed/22510804">https://www.ncbi.nlm.nih.gov/pubmed/22510804</a>	Daily Eating Occasions Not Reported
<b>766</b> Radhakishun N, Blokhuis C, van Vliet M, von Rosenstiel I, Weijer O, Heymans M, Beijnen J, Brandjes D, Diamant M. Intermittent fasting during Ramadan causes a transient increase in total, LDL, and HDL cholesterol and hs-CRP in ethnic obese adolescents. <i>Eur J Pediatr.</i> 2014. 173:1103-6 <a href="https://www.ncbi.nlm.nih.gov/pubmed/24522324">https://www.ncbi.nlm.nih.gov/pubmed/24522324</a>	Daily Eating Occasions Not Reported
<b>767</b> Raffoul A, Leatherdale ST, Kirkpatrick SI. Dieting predicts engagement in multiple risky behaviours among adolescent Canadian girls: a longitudinal analysis. <i>Can J Public Health.</i> 2018. 109:61-69 <a href="https://www.ncbi.nlm.nih.gov/pubmed/29981072">https://www.ncbi.nlm.nih.gov/pubmed/29981072</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
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<b>769</b> Rakicioglu N, Samur G, Topcu A, Topcu AA. The effect of Ramadan on maternal nutrition and composition of breast milk. <i>Pediatr Int.</i> 2006. 48:278-83 <a href="https://www.ncbi.nlm.nih.gov/pubmed/16732795">https://www.ncbi.nlm.nih.gov/pubmed/16732795</a>	Outcome
<b>770</b> Ramadan J. Does fasting during Ramadan alter body composition, blood constituents and physical performance?. <i>Med Princ Pract.</i> 2002. 11 Suppl 2:41-6 <a href="https://www.ncbi.nlm.nih.gov/pubmed/12444309">https://www.ncbi.nlm.nih.gov/pubmed/12444309</a>	Intervention/Exposure, Daily Eating Occasions Not Reported

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773 Ransom T, Goldenberg R, Mikalachki A, Prebtani APH, Punthakee Z. Reducing the Risk of Developing Diabetes. <i>Canadian journal of diabetes</i> . 2013;37(Suppl.1):S16-S9. <a href="https://www.ncbi.nlm.nih.gov/pubmed/24070941">https://www.ncbi.nlm.nih.gov/pubmed/24070941</a> .	Study Design
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<b>784</b> Rosbach S, Diederichs T, Bolzenius K, Buyken A, Alexy U. Age and time trends of circadian eating pattern in children and adolescents. <i>Annals of nutrition and metabolism. Conference: 12<sup>th</sup> european nutrition conference</i> . 2015. 67:156	Publication Status
<b>785</b> Rosi A, Martini D, Scazzina F, Dall'Aglio E, Leonardi R, Monti L, Fasano F, Di Dio C, Riggio L, Brighenti F. Nature and Cognitive Perception of 4 Different Breakfast Meals Influence Satiety-Related Sensations and Postprandial Metabolic Responses but Have Little Effect on Food Choices and Intake Later in the Day in a Randomized Crossover Trial in Healthy Men. <i>J Nutr</i> . 2018. 148:1536-1546 <a href="https://www.ncbi.nlm.nih.gov/pubmed/30204905">https://www.ncbi.nlm.nih.gov/pubmed/30204905</a>	Intervention/Exposure, Comparator
<b>786</b> Rosi A, Scazzina F, Brighenti F. Impact of different breakfast meals on food choices and eating behaviors. <i>Annals of nutrition and metabolism. Conference: 12<sup>th</sup> european nutrition conference</i> . 2015. 67:133 <a href="https://doi.org/10.1159/000440895">https://doi.org/10.1159/000440895</a>	Publication Status
<b>787</b> Rothacker DQ, Staniszewski BA, Ellis PK. Liquid meal replacement vs traditional food: a potential model for women who cannot maintain eating habit change. <i>J Am Diet Assoc</i> . 2001. 101:345-7 <a href="https://www.ncbi.nlm.nih.gov/pubmed/11269616">https://www.ncbi.nlm.nih.gov/pubmed/11269616</a>	Intervention/Exposure, Daily Eating Occasions Not Reported, Comparator
<b>788</b> Ruge T, Svensson M, Eriksson JW, Olivecrona G. Tissue-specific regulation of lipoprotein lipase in humans: effects of fasting. <i>Eur J Clin Invest</i> . 2005. 35:194-200 <a href="https://www.ncbi.nlm.nih.gov/pubmed/15733074">https://www.ncbi.nlm.nih.gov/pubmed/15733074</a>	Intervention/Exposure
<b>789</b> Ruiz-Lozano T, Vidal J, de Hollanda A, Canteras M, Garaulet M, Izquierdo-Pulido M. Evening chronotype associates with obesity in severely obese subjects: interaction with CLOCK 3111T/C. <i>Int J Obes (Lond)</i> . 2016. 40:1550-1557 <a href="https://www.ncbi.nlm.nih.gov/pubmed/27339606">https://www.ncbi.nlm.nih.gov/pubmed/27339606</a>	Health Status
<b>790</b> Saadatnia M, Zare M, Fatehi F, Ahmadi A. The effect of fasting on cerebral venous and dural sinus thrombosis. <i>Neurol Res</i> . 2009. 31:794-8 <a href="https://www.ncbi.nlm.nih.gov/pubmed/19723447">https://www.ncbi.nlm.nih.gov/pubmed/19723447</a>	Study Design, Daily Eating Occasions Not Reported
<b>791</b> Saarilehto S, Lapinleimu H, Keskinen S, Helenius H, Talvia S, Simell O. Growth, energy intake, and meal pattern in five-year-old children considered as poor eaters. <i>J Pediatr</i> . 2004. 144:363-7 <a href="https://www.ncbi.nlm.nih.gov/pubmed/15001944">https://www.ncbi.nlm.nih.gov/pubmed/15001944</a>	Intervention/Exposure, Daily Eating Occasions Not Reported

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<b>793</b> Safari K, Piro TJ, Ahmad HM. Perspectives and pregnancy outcomes of maternal Ramadan fasting in the second trimester of pregnancy. <i>BMC Pregnancy Childbirth.</i> 2019. 19:128 <a href="https://www.ncbi.nlm.nih.gov/pubmed/30987614">https://www.ncbi.nlm.nih.gov/pubmed/30987614</a>	Study Design
<b>794</b> Sakamaki R, Amamoto R, Mochida Y, Shinfuku N, Toyama K. A comparative study of food habits and body shape perception of university students in Japan and Korea. <i>Nutr J.</i> 2005. 4:31 <a href="https://www.ncbi.nlm.nih.gov/pubmed/16255785">https://www.ncbi.nlm.nih.gov/pubmed/16255785</a>	Study Design
<b>795</b> Sakar MN, Gultekin H, Demir B, Bakir VL, Balsak D, Vuruskan E, Acar H, Yucel O, Yayla M. Ramadan fasting and pregnancy: implications for fetal development in summer season. <i>J Perinat Med.</i> 2015. 43:319-23 <a href="https://www.ncbi.nlm.nih.gov/pubmed/24810552">https://www.ncbi.nlm.nih.gov/pubmed/24810552</a>	Outcome
<b>796</b> Sakurai M, Yoshita K, Nakamura K, Miura K, Takamura T, Nagasawa SY, Morikawa Y, Kido T, Naruse Y, Nogawa K, Suwazono Y, Sasaki S, Ishizaki M, Nakagawa H. Skipping breakfast and 5-year changes in body mass index and waist circumference in Japanese men and women. <i>Obes Sci Pract.</i> 2017. 3:162-170 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28702211">https://www.ncbi.nlm.nih.gov/pubmed/28702211</a>	Daily Eating Occasions Not Reported
<b>797</b> Saleh SA, El-Kemery TA, Farrag KA, Badawy MR, Sarkis NN, Soliman FS, Mangoud H. Ramadan fasting: relation to atherogenic risk among obese Muslims. <i>J Egypt Public Health Assoc.</i> 2004. 79:461-83 <a href="https://www.ncbi.nlm.nih.gov/pubmed/17265611">https://www.ncbi.nlm.nih.gov/pubmed/17265611</a>	Daily Eating Occasions Not Reported
<b>798</b> Salehi M, Neghab M. Effects of fasting and a medium calorie balanced diet during the holy month Ramadan on weight, BMI and some blood parameters of overweight males. <i>Pak J Biol Sci.</i> 2007. 10:968-71 <a href="https://www.ncbi.nlm.nih.gov/pubmed/19069900">https://www.ncbi.nlm.nih.gov/pubmed/19069900</a>	Study Design, Comparator
<b>799</b> Samad F, Qazi F, Pervaiz MB, Kella DK, Mansoor M, Osmani BZ, Mir F, Kadir MM. Effects of ramadan fasting on blood pressure in normotensive males. <i>J Ayub Med Coll Abbottabad.</i> 2015. 27:338-42 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26411111">https://www.ncbi.nlm.nih.gov/pubmed/26411111</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>800</b> Sandercock GR, Voss C, Dye L. Associations between habitual school-day breakfast consumption, body mass index, physical activity and cardiorespiratory fitness in English schoolchildren. <i>Eur J Clin Nutr.</i> 2010. 64:1086-92 <a href="https://www.ncbi.nlm.nih.gov/pubmed/20683459">https://www.ncbi.nlm.nih.gov/pubmed/20683459</a>	Study Design
<b>801</b> Sandhu SK, Tang TS. When's dinner? Does timing of dinner affect the cardiometabolic risk profiles of South-Asian Canadians at risk for diabetes. <i>Diabet Med.</i> 2017. 34:539-542 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26802477">https://www.ncbi.nlm.nih.gov/pubmed/26802477</a>	Study Design

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<b>803</b> Sarri KO, Linardakis MK, Bervanaki FN, Tzanakis NE, Kafatos AG. Greek Orthodox fasting rituals: a hidden characteristic of the Mediterranean diet of Crete. <i>Br J Nutr.</i> 2004. 92:277-84 <a href="https://www.ncbi.nlm.nih.gov/pubmed/15333159">https://www.ncbi.nlm.nih.gov/pubmed/15333159</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
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<b>899</b> Torbahn G, Gellhaus I, Koch B, von Kries R, Obermeier V, Holl RW, Fink K, van Egmond-Frohlich A. Reduction of Portion Size and Eating Rate Is Associated with BMI-SDS Reduction in Overweight and Obese Children and Adolescents: Results on Eating and Nutrition Behaviour from the Observational KgAS Study. <i>Obes Facts.</i> 2017. 10:503-516 <a href="https://www.ncbi.nlm.nih.gov/pubmed/29084405">https://www.ncbi.nlm.nih.gov/pubmed/29084405</a>	Intervention/Exposure
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<b>908</b> Tremblay A, Lepage C, Panahi S, Couture C, Drapeau V. Adaptations to a diet-based weight-reducing programme in obese women resistant to weight loss. <i>Clin Obes</i> . 2015. 5:145-53 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25872975">https://www.ncbi.nlm.nih.gov/pubmed/25872975</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>909</b> Trepanowski J, Kroeger C, Barnosky A, Hoddy K, Varady K. Alternateday fasting and daily calorie restriction similarly affect visceral adiposity and circulating inflammatory cytokine concentrations. <i>FASEB journal</i> . 2015;29(Suppl. 1).	Study Design, Publication Status
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<b>911</b> Trepanowski JF, Kroeger CM, Barnosky A, Klempel M, Bhutani S, Hoddy KK, Rood J, Ravussin E, Varady KA. Effects of alternate-day fasting or daily calorie restriction on body composition, fat distribution, and circulating adipokines: Secondary analysis of a randomized controlled trial. <i>Clin Nutr</i> . 2018. 37:1871-1878 <a href="https://www.ncbi.nlm.nih.gov/pubmed/29258678">https://www.ncbi.nlm.nih.gov/pubmed/29258678</a>	Daily Eating Occasions Not Reported, Size of Study Groups
<b>912</b> Trepanowski JF, Kroeger CM, Barnosky A, Klempel MC, Bhutani S, Hoddy KK, Gabel K, Freels S, Rigdon J, Rood J, Ravussin E, Varady KA. Effect of Alternate-Day Fasting on Weight Loss, Weight Maintenance, and Cardioprotection Among Metabolically Healthy Obese Adults: A Randomized Clinical Trial. <i>JAMA Intern Med</i> . 2017. 177:930-938 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28459931">https://www.ncbi.nlm.nih.gov/pubmed/28459931</a>	Intervention/Exposure, Daily Eating Occasions Not Reported, Comparator
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<b>918</b> Uemura M, Yatsuya H, Hilawe EH, Li Y, Wang C, Chiang C, Otsuka R, Toyoshima H, Tamakoshi K, Aoyama A. Breakfast Skipping is Positively Associated With Incidence of Type 2 Diabetes Mellitus: Evidence From the Aichi Workers' Cohort Study. <i>J Epidemiol</i> . 2015. 25:351-8 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25787236">https://www.ncbi.nlm.nih.gov/pubmed/25787236</a>	Daily Eating Occasions Not Reported
<b>919</b> Unalacak M, Kara IH, Baltaci D, Erdem O, Bucaktepe PG. Effects of Ramadan fasting on biochemical and hematological parameters and cytokines in healthy and obese individuals. <i>Metab Syndr Relat Disord</i> . 2011. 9:157-61 <a href="https://www.ncbi.nlm.nih.gov/pubmed/21235381">https://www.ncbi.nlm.nih.gov/pubmed/21235381</a>	Daily Eating Occasions Not Reported
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<b>921</b> Uusitalo U, Arkkola T, Ovaskainen ML, Kronberg-Kippila C, Kenward MG, Veijola R, Simell O, Knip M, Virtanen SM. Unhealthy dietary patterns are associated with weight gain during pregnancy among Finnish women. <i>Public Health Nutr</i> . 2009. 12:2392-9 <a href="https://www.ncbi.nlm.nih.gov/pubmed/19323867">https://www.ncbi.nlm.nih.gov/pubmed/19323867</a>	Intervention/Exposure
<b>922</b> Vaitkeviciute J, Petrauskiene A. The Associations between Body Mass Index of Seven- and Eight-Year-Old Children, Dietary Behaviour and Nutrition-Related Parenting Practices. <i>Medicina</i> . 2019;55(1). <a href="https://www.ncbi.nlm.nih.gov/pubmed/30669687">https://www.ncbi.nlm.nih.gov/pubmed/30669687</a> .	Study Design
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<b>925</b> van der Wijden CL, Steinbach S, van der Ploeg HP, van Mechelen W, van Poppel MN. A longitudinal study on the relationship between eating style and gestational weight gain. <i>Appetite</i> . 2014. 83:304-8 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25218880">https://www.ncbi.nlm.nih.gov/pubmed/25218880</a>	Intervention/Exposure
<b>926</b> van Ewijk RJ, Painter RC, Roseboom TJ. Associations of prenatal exposure to Ramadan with small stature and thinness in adulthood: results from a large Indonesian population-based study. <i>Am J Epidemiol</i> . 2013;177(8):729-36. <a href="https://www.ncbi.nlm.nih.gov/pubmed/23486307">https://www.ncbi.nlm.nih.gov/pubmed/23486307</a> .	Daily Eating Occasions Not Reported, Outcome

Citation	Rationale
<b>927</b> van Ewijk RJ, Painter RC, Roseboom TJ. Associations of prenatal exposure to Ramadan with small stature and thinness in adulthood: results from a large Indonesian population-based study. <i>Am J Epidemiol.</i> 2013. 177:729-36 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23486307">https://www.ncbi.nlm.nih.gov/pubmed/23486307</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>928</b> van Herpen NA, Sell H, Eckel J, Schrauwen P, Mensink RP. Prolonged fasting and the effects on biomarkers of inflammation and on adipokines in healthy lean men. <i>Horm Metab Res.</i> 2013. 45:378-82 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23235922">https://www.ncbi.nlm.nih.gov/pubmed/23235922</a>	Daily Eating Occasions Not Reported
<b>929</b> Van Tine ML, McNicholas F, Safer DL, Agras WS. Follow-up of selective eaters from childhood to adulthood. <i>Eat Behav.</i> 2017. 26:61-65 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28152419">https://www.ncbi.nlm.nih.gov/pubmed/28152419</a>	Intervention/Exposure
<b>930</b> van Veen MR, van Hasselt PM, de Sain-van der Velden MG, Verhoeven N, Hofstede FC, de Koning TJ, Visser G. Metabolic profiles in children during fasting. <i>Pediatrics.</i> 2011. 127:e1021-7 <a href="https://www.ncbi.nlm.nih.gov/pubmed/21422093">https://www.ncbi.nlm.nih.gov/pubmed/21422093</a>	Daily Eating Occasions Not Reported
<b>931</b> Vander Wal JS, Waller SM, Klurfeld DM, McBurney MI, Cho S, Kapila M, Dhurandhar NV. Effect of a post-dinner snack and partial meal replacement program on weight loss. <i>Int J Food Sci Nutr.</i> 2006. 57:97-106 <a href="https://www.ncbi.nlm.nih.gov/pubmed/16849118">https://www.ncbi.nlm.nih.gov/pubmed/16849118</a>	Daily Eating Occasions Not Reported
<b>932</b> Vandeweghe L, Verbeken S, Vervoort L, Moens E, Braet C. Reward sensitivity and body weight: the intervening role of food responsive behavior and external eating. <i>Appetite.</i> 2017. 112:150-156 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28108344">https://www.ncbi.nlm.nih.gov/pubmed/28108344</a>	Study Design
<b>933</b> Vanelli M, Iovane B, Bernardini A, Chiari G, Errico MK, Gelmetti C, Corchia M, Ruggerini A, Volta E, Rossetti S. Breakfast habits of 1,202 northern Italian children admitted to a summer sport school. Breakfast skipping is associated with overweight and obesity. <i>Acta Biomed.</i> 2005. 76:79-85 <a href="https://www.ncbi.nlm.nih.gov/pubmed/16350552">https://www.ncbi.nlm.nih.gov/pubmed/16350552</a>	Study Design, Daily Eating Occasions Not Reported
<b>934</b> Vanelli M, Monti G, Volta E, Finestrella V, Gkliati D, Cangelosi M, Caragnulo R, Vitale M, Ingrosso L, Scazzina F. "GIOCAMBUS" - An effective school-based intervention for breakfast promotion and overweight risk reduction. <i>Acta Biomed.</i> 2014. 84:181-8 <a href="https://www.ncbi.nlm.nih.gov/pubmed/24458162">https://www.ncbi.nlm.nih.gov/pubmed/24458162</a>	Daily Eating Occasions Not Reported
<b>935</b> Varady K. Alternate-day fasting. <i>Menopause.</i> 2016. 23:1368	Publication Status
<b>936</b> Varady KA, Bhutani S, Church EC, Klempel MC. Short-term modified alternate-day fasting: a novel dietary strategy for weight loss and cardioprotection in obese adults. <i>Am J Clin Nutr.</i> 2009. 90:1138-43 <a href="https://www.ncbi.nlm.nih.gov/pubmed/19793855">https://www.ncbi.nlm.nih.gov/pubmed/19793855</a>	Study Design, Daily Eating Occasions Not Reported
<b>937</b> Varady KA, Bhutani S, Klempel MC, Kroeger CM, Trepanowski JF, Haus JM, Hoddy KK, Calvo Y. Alternate day fasting for weight loss in normal weight and overweight subjects: a randomized controlled trial. <i>Nutr J.</i> 2013. 12:146 <a href="https://www.ncbi.nlm.nih.gov/pubmed/24215592">https://www.ncbi.nlm.nih.gov/pubmed/24215592</a>	Daily Eating Occasions Not Reported, Comparator

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<b>939</b> Varady KA, Dam VT, Klempel MC, Horne M, Cruz R, Kroeger CM, Santosa S. Corrigendum: Effects of weight loss via high fat vs. low fat alternate day fasting diets on free fatty acid profiles. <i>Sci Rep.</i> 2015. 5:8806 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26244425">https://www.ncbi.nlm.nih.gov/pubmed/26244425</a>	Study Design, Publication Status
<b>940</b> Varady KA, Dam VT, Klempel MC, Horne M, Cruz R, Kroeger CM, Santosa S. Effects of weight loss via high fat vs. low fat alternate day fasting diets on free fatty acid profiles. <i>Sci Rep.</i> 2015. 5:7561 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25557754">https://www.ncbi.nlm.nih.gov/pubmed/25557754</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>941</b> Varady KA, Gabel K. Dietary adherence and macronutrient intake during 12 months of alternate day fasting. <i>FASEB journal.</i> 2017;31(1).	Study Design, Publication Status
<b>942</b> Varady KA, Hoddy KK, Kroeger CM, Trepanowski JF, Klempel MC, Barnosky A, Bhutani S. Determinants of weight loss success with alternate day fasting. <i>Obes Res Clin Pract.</i> 2016. 10:476-80 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26385599">https://www.ncbi.nlm.nih.gov/pubmed/26385599</a>	Intervention/Exposure
<b>943</b> Vardarli MC, Hammes HP, Vardarli I. Possible metabolic impact of Ramadan fasting in healthy men. <i>Turk J Med Sci.</i> 2014. 44:1010-20 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25552155">https://www.ncbi.nlm.nih.gov/pubmed/25552155</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>944</b> Vatanparast H, Islam N, Patil RP, Shafiee M, Smith J, Whiting S. Snack Consumption Patterns among Canadians. <i>Nutrients.</i> 2019;11(5). <a href="https://www.ncbi.nlm.nih.gov/pubmed/31126080">https://www.ncbi.nlm.nih.gov/pubmed/31126080</a> .	Study Design
<b>945</b> Veloso SusanaM, Matos MargaridaG, Marina Carvalho, Diniz JoséA. Psychosocial Factors of Different Health Behaviour Patterns in Adolescents: Association with Overweight and Weight Control Behaviours. <i>Journal of Obesity.</i> 2012. 2012:1-10 <a href="http://search.ebscohost.com/login.aspx?direct=true&amp;db=jlh&amp;AN=104278012&amp;site=ehost-live">http://search.ebscohost.com/login.aspx?direct=true&amp;db=jlh&amp;AN=104278012&amp;site=ehost-live</a>	Study Design
<b>946</b> Veltsista A, Laitinen J, Sovio U, Roma E, Jarvelin MR, Bakoula C. Relationship between eating behavior, breakfast consumption, and obesity among Finnish and Greek adolescents. <i>J Nutr Educ Behav.</i> 2010. 42:417-21 <a href="https://www.ncbi.nlm.nih.gov/pubmed/20729150">https://www.ncbi.nlm.nih.gov/pubmed/20729150</a>	Study Design
<b>947</b> Vendelbo MH, Moller AB, Christensen B, Nellemann B, Clasen BF, Nair KS, Jorgensen JO, Jessen N, Moller N. Fasting increases human skeletal muscle net phenylalanine release and this is associated with decreased mTOR signaling. <i>PLoS One.</i> 2014. 9:e102031 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25020061">https://www.ncbi.nlm.nih.gov/pubmed/25020061</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>948</b> Vergetaki A, Linardakis M, Papadaki A, Kafatos A. Presence of metabolic syndrome and cardiovascular risk factors in adolescents and University students in Crete (Greece), according to different levels of snack consumption. <i>Appetite.</i> 2011. 57:278-85 <a href="https://www.ncbi.nlm.nih.gov/pubmed/21640150">https://www.ncbi.nlm.nih.gov/pubmed/21640150</a>	Study Design

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<b>950</b> Versteeg RI, Ackermans MT, Nederveen AJ, Fliers E, Serlie MJ, la Fleur SE. Meal timing effects on insulin sensitivity and intrahepatic triglycerides during weight loss. <i>Int J Obes.</i> 2018. 42:156-162 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28811653">https://www.ncbi.nlm.nih.gov/pubmed/28811653</a>	Comparator
<b>951</b> Versteeg RI, Schrantee A, Adriaanse SM, Unmehopa UA, Booij J, Reneman L, Fliers E, la Fleur SE, Serlie MJ. Timing of caloric intake during weight loss differentially affects striatal dopamine transporter and thalamic serotonin transporter binding. <i>Faseb j.</i> 2017. 31:4545-4554 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28679529">https://www.ncbi.nlm.nih.gov/pubmed/28679529</a>	Intervention/Exposure, Daily Eating Occasions Not Reported, Comparator
<b>952</b> Veugelers PJ, Fitzgerald AL. Prevalence of and risk factors for childhood overweight and obesity. <i>CMAJ: Canadian Medical Association Journal.</i> 2005;173(6):607-13. <a href="https://www.ncbi.nlm.nih.gov/pubmed/16157724">https://www.ncbi.nlm.nih.gov/pubmed/16157724</a> .	Study Design
<b>953</b> Vieira Musse GN, Moreira T, Ayumi Kimura M, Pereira FWL, Okoshi K, Garcia Zanati S, et al. Skipping breakfast concomitant with late-night dinner eating is associated with worse outcomes following ST-segment elevation myocardial infarction. <i>Eur J Prev Cardiol.</i> 2019:2047487319839546. <a href="https://www.ncbi.nlm.nih.gov/pubmed/30995859">https://www.ncbi.nlm.nih.gov/pubmed/30995859</a> .	Study Design, Publication Status, Health Status
<b>954</b> Vieten C, Laraia BA, Kristeller J, Adler N, Coleman-Phox K, Bush NR, Wahbeh H, Duncan LG, Epel E. The mindful moms training: development of a mindfulness-based intervention to reduce stress and overeating during pregnancy. <i>BMC Pregnancy Childbirth.</i> 2018. 18:201 <a href="https://www.ncbi.nlm.nih.gov/pubmed/29859038">https://www.ncbi.nlm.nih.gov/pubmed/29859038</a>	Intervention/Exposure
<b>955</b> Vigna L, Brunani A, Brugnara A, Grossi E, Compare A, Tirelli AS, Conti DM, Agnelli GM, Andersen LL, Buscema M, Riboldi L. Determinants of metabolic syndrome in obese workers: gender differences in perceived job-related stress and in psychological characteristics identified using artificial neural networks. <i>Eat Weight Disord.</i> 2019. 24:73-81 <a href="https://www.ncbi.nlm.nih.gov/pubmed/29987776">https://www.ncbi.nlm.nih.gov/pubmed/29987776</a>	Intervention/Exposure
<b>956</b> Vik FN, Overby NC, Lien N, Bere E. Number of meals eaten in relation to weight status among Norwegian adolescents. <i>Scand J Public Health.</i> 2010. 38:13-8 <a href="https://www.ncbi.nlm.nih.gov/pubmed/21062835">https://www.ncbi.nlm.nih.gov/pubmed/21062835</a>	Study Design
<b>957</b> Vilela S, Oliveira A, Severo M, Lopes C. Chrono-Nutrition: The Relationship between Time-of-Day Energy and Macronutrient Intake and Children's Body Weight Status. <i>J Biol Rhythms.</i> 2019. 34:332-342 <a href="https://www.ncbi.nlm.nih.gov/pubmed/30917726">https://www.ncbi.nlm.nih.gov/pubmed/30917726</a>	Daily Eating Occasions Not Reported
<b>958</b> Vinales KL, Schlogl M, Reinhardt M, Thearle MS, Krakoff J, Piaggi P. Cycling Efficiency During Incremental Cycle Ergometry After 24 Hours of Overfeeding or Fasting. <i>Obesity.</i> 2018. 26:368-377 <a href="https://www.ncbi.nlm.nih.gov/pubmed/29276860">https://www.ncbi.nlm.nih.gov/pubmed/29276860</a>	Intervention/Exposure, Size of Study Groups

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<b>960</b> Viskaal-van Dongen M, Kok FJ, de Graaf C. Effects of snack consumption for 8 weeks on energy intake and body weight. <i>Int J Obes</i> . 2010. 34:319-26 <a href="https://www.ncbi.nlm.nih.gov/pubmed/19935746">https://www.ncbi.nlm.nih.gov/pubmed/19935746</a>	Eating Frequency Data Collection
<b>961</b> von Katzler R, Zyriax BC, Jagemann B, Westenhofer J, Jensen HJ, Harth V, Oldenburg M. Lifestyle behaviour and prevalence of cardiovascular risk factors - a pilot study comparing Kiribati and European seafarers. <i>BMC Public Health</i> . 2019. 19:855 <a href="https://www.ncbi.nlm.nih.gov/pubmed/31262273">https://www.ncbi.nlm.nih.gov/pubmed/31262273</a>	Intervention/Exposure
<b>962</b> Wagner R, Oberste-Berghaus C, Herpertz S, Blum WF, Pelz B, Hebebrand J, Senf W, Mann K, Albers N. Time relationship between circadian variation of serum levels of leptin, insulin and cortisol in healthy subjects. <i>Horm Res</i> . 2000. 54:174-80 <a href="https://www.ncbi.nlm.nih.gov/pubmed/11416234">https://www.ncbi.nlm.nih.gov/pubmed/11416234</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>963</b> Wainstein J, Boaz M, Bar-Dayyan Y, Jakubowicz D. Influence of meal timing on glucose metabolism and hyperandrogenism in lean women with polycystic ovary syndrome. <i>Diabetologia</i> . 2012. 55:S235-S236	Health Status
<b>964</b> Waller CE, Du S, Popkin BM. Patterns of overweight, inactivity, and snacking in Chinese children. <i>Obes Res</i> . 2003. 11:957-61 <a href="https://www.ncbi.nlm.nih.gov/pubmed/12917500">https://www.ncbi.nlm.nih.gov/pubmed/12917500</a>	Study Design
<b>965</b> Waller SM, Vander Wal JS, Klurfeld DM, McBurney MI, Cho S, Bijlani S, Dhurandhar NV. Evening ready-to-eat cereal consumption contributes to weight management. <i>J Am Coll Nutr</i> . 2004. 23:316-21 <a href="https://www.ncbi.nlm.nih.gov/pubmed/15310735">https://www.ncbi.nlm.nih.gov/pubmed/15310735</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>966</b> Wang P, Lu MC, Yu CW, Yan YH. Influence of the time of day and fasting duration on glucose level following a 1-hour, 50-gram glucose challenge test in pregnant women. <i>PLoS One</i> . 2014. 9:e112526 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25393415">https://www.ncbi.nlm.nih.gov/pubmed/25393415</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>967</b> Wang S, Schwartz MB, Shebl FM, Read M, Henderson KE, Ickovics JR. School breakfast and body mass index: a longitudinal observational study of middle school students. <i>Pediatr Obes</i> . 2017. 12:213-220 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26989876">https://www.ncbi.nlm.nih.gov/pubmed/26989876</a>	Daily Eating Occasions Not Reported
<b>968</b> Washburn RL, Cox JE, Muhlestein JB, May HT, Carlquist JF, Le VT, et al. Pilot Study of Novel Intermittent Fasting Effects on Metabolomic and Trimethylamine N-oxide Changes During 24-hour Water-Only Fasting in the FEELGOOD Trial. <i>Nutrients</i> . 2019;11(2). <a href="https://www.ncbi.nlm.nih.gov/pubmed/30678028">https://www.ncbi.nlm.nih.gov/pubmed/30678028</a> .	Daily Eating Occasions Not Reported, Outcome
<b>969</b> Watanabe Y, Saito I, Henmi I, Yoshimura K, Maruyama K, Yamauchi K, Matsuo T, Kato T, Tanigawa T, Kishida T, Asada Y. Skipping Breakfast is Correlated with Obesity. <i>J Rural Med</i> . 2014. 9:51-8 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25648986">https://www.ncbi.nlm.nih.gov/pubmed/25648986</a>	Study Design

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<b>970</b> Webb JB, Hardin AS. A preliminary evaluation of BMI status in moderating changes in body composition and eating behavior in ethnically-diverse first-year college women. <i>Eat Behav.</i> 2012. 13:402-5 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23121798">https://www.ncbi.nlm.nih.gov/pubmed/23121798</a>	Intervention/Exposure
<b>971</b> Wegman MP, Guo MH, Bennion DM, Shankar MN, Chrzanowski SM, Goldberg LA, Xu J, Williams TA, Lu X, Hsu SI, Anton SD, Leeuwenburgh C, Brantly ML. Practicality of intermittent fasting in humans and its effect on oxidative stress and genes related to aging and metabolism. <i>Rejuvenation Res.</i> 2015. 18:162-72 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25546413">https://www.ncbi.nlm.nih.gov/pubmed/25546413</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>972</b> Wehrens SMT, Christou S, Isherwood C, Middleton B, Gibbs MA, Archer SN, Skene DJ, Johnston JD. Meal Timing Regulates the Human Circadian System. <i>Curr Biol.</i> 2017. 27:1768-1775.e3 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28578930">https://www.ncbi.nlm.nih.gov/pubmed/28578930</a>	Intervention/Exposure, Daily Eating Occasions Not Reported, Comparator
<b>973</b> Wei M, Brandhorst S, Shelehchi M, Mirzaei H, Cheng CW, Budniak J, et al. Fasting-mimicking diet and markers/risk factors for aging, diabetes, cancer, and cardiovascular disease. <i>Sci Transl Med.</i> 2017;9(377). <a href="https://www.ncbi.nlm.nih.gov/pubmed/28202779">https://www.ncbi.nlm.nih.gov/pubmed/28202779</a> .	Daily Eating Occasions Not Reported
<b>974</b> Wengreen HJ, Moncur C. Change in diet, physical activity, and body weight among young-adults during the transition from high school to college. <i>Nutr J.</i> 2009. 8:32 <a href="https://www.ncbi.nlm.nih.gov/pubmed/19624820">https://www.ncbi.nlm.nih.gov/pubmed/19624820</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>975</b> Wennberg M, Gustafsson PE, Wennberg P, Hammarstrom A. Irregular eating of meals in adolescence and the metabolic syndrome in adulthood: results from a 27-year prospective cohort. <i>Public Health Nutr.</i> 2016. 19:667-73 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25936413">https://www.ncbi.nlm.nih.gov/pubmed/25936413</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>976</b> Wennberg M, Gustafsson PE, Wennberg P, Hammarstrom A. Poor breakfast habits in adolescence predict the metabolic syndrome in adulthood. <i>Public Health Nutr.</i> 2015. 18:122-9 <a href="https://www.ncbi.nlm.nih.gov/pubmed/24468205">https://www.ncbi.nlm.nih.gov/pubmed/24468205</a>	Daily Eating Occasions Not Reported
<b>977</b> Werneck AO, Agostinete RR, Cayres SU, Urban JB, Wigna A, Chagas LGM, et al. Association between Cluster of Lifestyle Behaviors and HOMA-IR among Adolescents: ABCD Growth Study. <i>Medicina.</i> 2018;54(6). <a href="https://www.ncbi.nlm.nih.gov/pubmed/30513771">https://www.ncbi.nlm.nih.gov/pubmed/30513771</a> .	Study Design
<b>978</b> Westenhoefer J, von Falck B, Stellfeldt A, Fintelmann S. Behavioural correlates of successful weight reduction over 3 y. Results from the Lean Habits Study. <i>Int J Obes Relat Metab Disord.</i> 2004. 28:334-5 <a href="https://www.ncbi.nlm.nih.gov/pubmed/14647175">https://www.ncbi.nlm.nih.gov/pubmed/14647175</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>979</b> Westerterp-Plantenga MS, Goris AH, Meijer EP, Westerterp KR. Habitual meal frequency in relation to resting and activity-induced energy expenditure in human subjects: the role of fat-free mass. <i>Br J Nutr.</i> 2003. 90:643-9 <a href="https://www.ncbi.nlm.nih.gov/pubmed/13129471">https://www.ncbi.nlm.nih.gov/pubmed/13129471</a>	Study Design

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<b>980</b> Westerberp-Plantenga MS, Kovacs EM, Melanson KJ. Habitual meal frequency and energy intake regulation in partially temporally isolated men. <i>Int J Obes Relat Metab Disord</i> . 2002. 26:102-10 <a href="https://www.ncbi.nlm.nih.gov/pubmed/11791154">https://www.ncbi.nlm.nih.gov/pubmed/11791154</a>	Outcome
<b>981</b> White MA, Martin PD, Newton RL, Walden HM, York-Crowe EE, Gordon ST, Ryan DH, Williamson DA. Mediators of weight loss in a family-based intervention presented over the internet. <i>Obes Res</i> . 2004. 12:1050-9 <a href="https://www.ncbi.nlm.nih.gov/pubmed/15292468">https://www.ncbi.nlm.nih.gov/pubmed/15292468</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>982</b> Whitelock V, Kersbergen I, Higgs S, Aveyard P, Halford JCG, Robinson E. A smartphone based attentive eating intervention for energy intake and weight loss: results from a randomised controlled trial. <i>BMC Public Health</i> . 2019. 19:611 <a href="https://www.ncbi.nlm.nih.gov/pubmed/31113400">https://www.ncbi.nlm.nih.gov/pubmed/31113400</a>	Intervention/Exposure
<b>983</b> Widhalm K, Pöppelmeyer C, Helk O. The Effect of Alternate-Day Fasting (ADF) on Weight Loss, Metabolic Parameters and Psychological Characteristics. <i>Aktuelle ernährungsmedizin</i> . 2017;42(3):188-92.	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>984</b> Widome R, Neumark-Sztainer D, Hannan PJ, Haines J, Story M. Eating when there is not enough to eat: eating behaviors and perceptions of food among food-insecure youths. <i>Am J Public Health</i> . 2009. 99:822-8 <a href="https://www.ncbi.nlm.nih.gov/pubmed/19299675">https://www.ncbi.nlm.nih.gov/pubmed/19299675</a>	Study Design
<b>985</b> Wijngaarden MA, van der Zon GC, van Dijk KW, Pijl H, Guigas B. Effects of prolonged fasting on AMPK signaling, gene expression, and mitochondrial respiratory chain content in skeletal muscle from lean and obese individuals. <i>Am J Physiol Endocrinol Metab</i> . 2013. 304:E1012-21 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23512807">https://www.ncbi.nlm.nih.gov/pubmed/23512807</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>986</b> Wijtzes AI, Jansen W, Bouthoorn SH, van Lenthe FJ, Franco OH, Hofman A, Jaddoe VW, Raat H. Meal-Skipping Behaviors and Body Fat in 6-Year-Old Children. <i>J Pediatr</i> . 2016. 168:118-25.e2 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26520914">https://www.ncbi.nlm.nih.gov/pubmed/26520914</a>	Daily Eating Occasions Not Reported
<b>987</b> Witbracht M, Keim NL, Forester S, Widaman A, Laugero K. Female breakfast skippers display a disrupted cortisol rhythm and elevated blood pressure. <i>Physiol Behav</i> . 2015. 140:215-21 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25545767">https://www.ncbi.nlm.nih.gov/pubmed/25545767</a>	Study Design, Daily Eating Occasions Not Reported
<b>988</b> Wong T, Hirahatake K, Nguyen T, Carlos AC, Odegaard AO. The effect of a time restricted eating approach vs. standard heart healthy dietary counseling on cardiometabolic health measures in adults with abdominal obesity: a randomized pilot trial. <i>Circulation</i> . 2019;139.	Study Design, Publication Status
<b>989</b> Woodruff SJ, Hanning RM, Lambraki I, Storey KE, McCargar L. Healthy Eating Index-C is compromised among adolescents with body weight concerns, weight loss dieting, and meal skipping. <i>Body Image</i> . 2008. 5:404-8 <a href="https://www.ncbi.nlm.nih.gov/pubmed/18640883">https://www.ncbi.nlm.nih.gov/pubmed/18640883</a>	Study Design

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