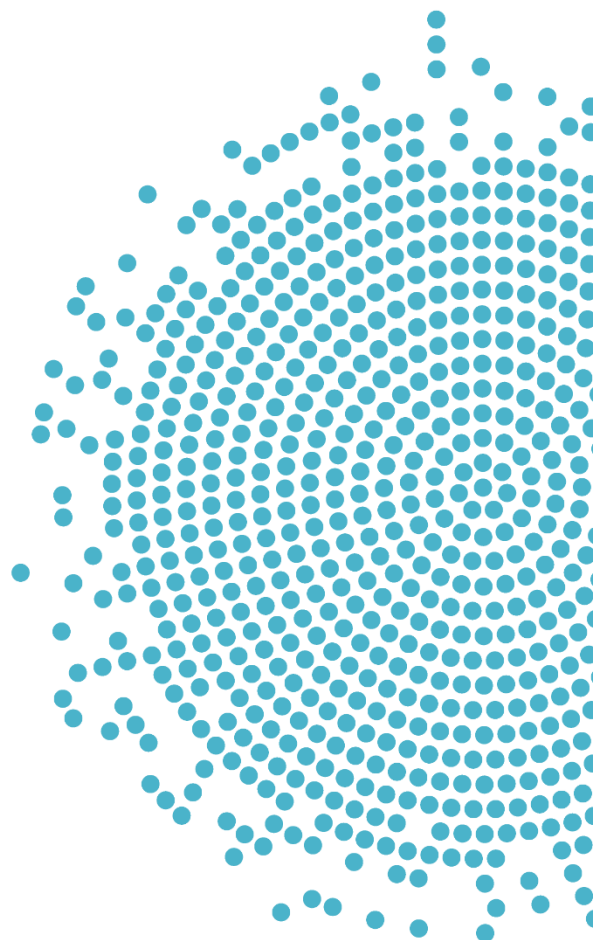


# Frequency of Eating during Pregnancy and Gestational Weight Gain: A Systematic Review

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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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## 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

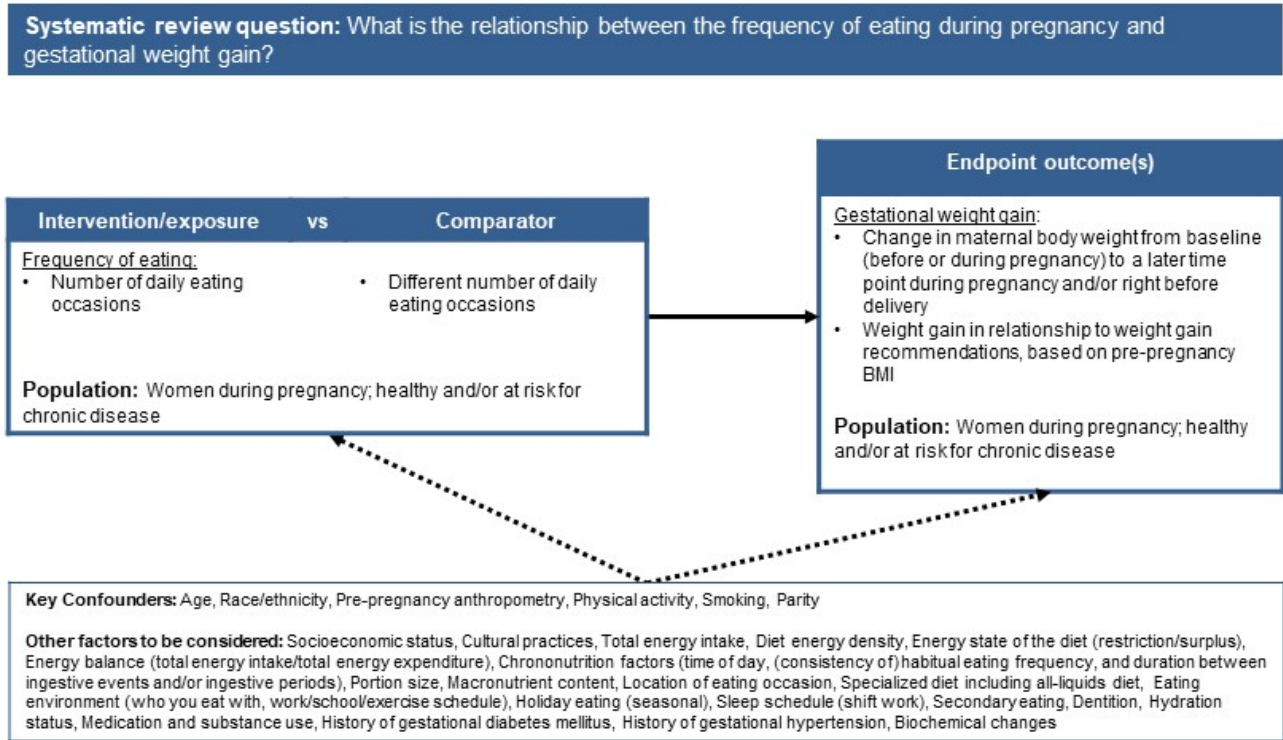
## ANALYTIC FRAMEWORK

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

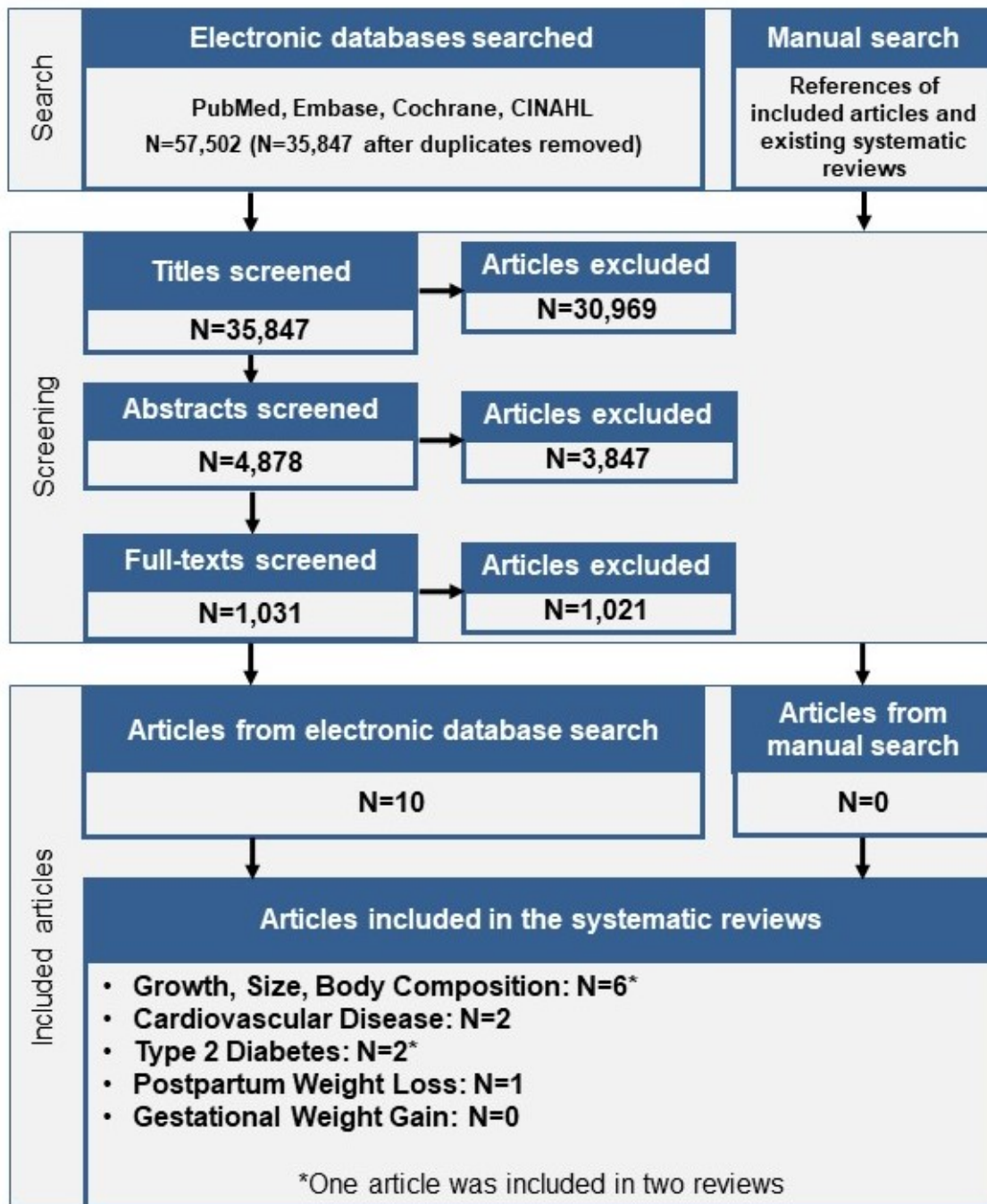
**#S16** - (S3 AND S15) NOT (MH "Literature Review" OR MH "Meta Analysis" OR MH "Systematic Review" OR MH "News" OR MH "Retracted Publication" OR MH "Retraction of Publication") Publication Year: 2000-2019; Peer Reviewed; English Language; Human

## 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
<b>9</b> 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
<b>10</b> 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
<b>11</b> 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
<b>12</b> 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
<b>13</b> 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
<b>14</b> 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
<b>15</b> 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
<b>16</b> 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
<b>17</b> 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
<b>18</b> 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
<b>19</b> 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
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<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
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<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
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<b>32</b> Al-Hourani HM, Atoum MF. Body composition, nutrient intake and physical activity patterns in young women during Ramadan. <i>Singapore Med J</i> . 2007. 48:906-10 <a href="https://www.ncbi.nlm.nih.gov/pubmed/17909674">https://www.ncbi.nlm.nih.gov/pubmed/17909674</a>	Daily Eating Occasions Not Reported
<b>33</b> Alhussain M, Macdonald IA, Taylor MA. Deleterious effects of irregular meal pattern on dietary thermogenesis in obese women. <i>Proceedings of the nutrition society</i> . 2016. 75:E6	Study Design, Publication Status
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<b>35</b> Alhussain MH, Macdonald IA, Taylor MA. Irregular meal-pattern effects on energy expenditure, metabolism, and appetite regulation: a randomized controlled trial in healthy normal-weight women. <i>Am J Clin Nutr</i> . 2016. 104:21-32 <a href="https://www.ncbi.nlm.nih.gov/pubmed/27305952">https://www.ncbi.nlm.nih.gov/pubmed/27305952</a>	Eating Frequency Data Collection
<b>36</b> Ali Z, Abizari AR. Ramadan fasting alters food patterns, dietary diversity and body weight among Ghanaian adolescents. <i>Nutr J</i> . 2018. 17:75 <a href="https://www.ncbi.nlm.nih.gov/pubmed/30098591">https://www.ncbi.nlm.nih.gov/pubmed/30098591</a>	Daily Eating Occasions Not Reported, Country
<b>37</b> Alken J, Petriczko E, Marcus C. Effect of fasting on young adults who have symptoms of hypoglycemia in the absence of frequent meals. <i>Eur J Clin Nutr</i> . 2008. 62:721-6 <a href="https://www.ncbi.nlm.nih.gov/pubmed/17522614">https://www.ncbi.nlm.nih.gov/pubmed/17522614</a>	Intervention/Exposure, Daily Eating Occasions Not Reported, Comparator
<b>38</b> Alleman RJ, Harvey IC, Farney TM, Bloomer RJ. Both a traditional and modified Daniel Fast improve the cardio-metabolic profile in men and women. <i>Lipids Health Dis</i> . 2013. 12:114 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23889755">https://www.ncbi.nlm.nih.gov/pubmed/23889755</a>	Comparator, Size of Study Groups
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Citation	Rationale
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<b>43</b> Almeneessier AS, Bahammam AS, Sharif MM, Bahammam SA, Nashwan SZ, Pandi Perumal SR, Cardinali DP, Alzoghaibi M. The influence of intermittent fasting on the circadian pattern of melatonin while controlling for caloric intake, energy expenditure, light exposure, and sleep schedules: A preliminary report. <i>Ann Thorac Med.</i> 2017. 12:183-190 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28808490">https://www.ncbi.nlm.nih.gov/pubmed/28808490</a>	Daily Eating Occasions Not Reported, Outcome, Size of Study Groups
<b>44</b> Almoosawi S, Prynne CJ, Hardy R, Stephen AM. Diurnal eating rhythms: association with long-term development of diabetes in the 1946 British birth cohort. <i>Nutr Metab Cardiovasc Dis.</i> 2013. 23:1025-30 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23541169">https://www.ncbi.nlm.nih.gov/pubmed/23541169</a>	Intervention/Exposure
<b>45</b> Almoosawi S, Prynne CJ, Hardy R, Stephen AM. Time-of-day and nutrient composition of eating occasions: prospective association with the metabolic syndrome in the 1946 British birth cohort. <i>Int J Obes (Lond).</i> 2013. 37:725-31 <a href="https://www.ncbi.nlm.nih.gov/pubmed/22777542">https://www.ncbi.nlm.nih.gov/pubmed/22777542</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>46</b> Aloui A, Chaouachi A, Chtourou H, Wong del P, Haddad M, Chamari K, Souissi N. Effects of Ramadan on the diurnal variations of repeated-sprint performances. <i>Int J Sports Physiol Perform.</i> 2013. 8:254-62 <a href="https://www.ncbi.nlm.nih.gov/pubmed/22952200">https://www.ncbi.nlm.nih.gov/pubmed/22952200</a>	Daily Eating Occasions Not Reported, Outcome
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<b>48</b> Al-Shafei AI. Ramadan fasting ameliorates arterial pulse pressure and lipid profile, and alleviates oxidative stress in hypertensive patients. <i>Blood Press.</i> 2014. 23:160-7 <a href="https://www.ncbi.nlm.nih.gov/pubmed/24059637">https://www.ncbi.nlm.nih.gov/pubmed/24059637</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
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<b>50</b> Alsubheen SA, Ismail M, Baker A, Blair J, Adebayo A, Kelly L, Chandurkar V, Cheema S, Joanisse DR, Basset FA. The effects of diurnal Ramadan fasting on energy expenditure and substrate oxidation in healthy men. <i>Br J Nutr.</i> 2017. 118:1023-1030 <a href="https://www.ncbi.nlm.nih.gov/pubmed/29198194">https://www.ncbi.nlm.nih.gov/pubmed/29198194</a>	Daily Eating Occasions Not Reported

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<b>52</b> Alwasel SH, Harrath A, Aljarallah JS, Abotalib Z, Osmond C, Al Omar SY, Khaled I, Barker DJ. Intergenerational effects of in utero exposure to Ramadan in Tunisia. <i>Am J Hum Biol.</i> 2013. 25:341-3 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23436278">https://www.ncbi.nlm.nih.gov/pubmed/23436278</a>	Daily Eating Occasions Not Reported, Outcome
<b>53</b> Alwattar AY, Thyfault JP, Leidy HJ. The effect of breakfast type and frequency of consumption on glycemic response in overweight/obese late adolescent girls. <i>Eur J Clin Nutr.</i> 2015. 69:885-90 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25711955">https://www.ncbi.nlm.nih.gov/pubmed/25711955</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>54</b> Amigo-Vazquez I, Busto-Zapico R, Errasti-Perez JM, Pena-Suarez E. Skipping breakfast, sedentarism and overweight in children. <i>Psychol Health Med.</i> 2016. 21:819-26 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26728102">https://www.ncbi.nlm.nih.gov/pubmed/26728102</a>	Study Design, Daily Eating Occasions Not Reported
<b>55</b> Ammerman A, Leung MM, Cavallo D. Addressing disparities in the obesity epidemic. <i>N C Med J.</i> 2006. 67:301-4 <a href="https://www.ncbi.nlm.nih.gov/pubmed/17066662">https://www.ncbi.nlm.nih.gov/pubmed/17066662</a>	Intervention/Exposure
<b>56</b> Amodio D, D'Amico M, Meret L, Gaizo A, Laviano A. Time restricted feeding (TRF) enhances weight loss efficiency in dietary restricted women with metabolic syndrome. <i>Clinical nutrition.</i> 2016. 35:S39-	Study Design, Publication Status
<b>57</b> Amosa T, Rush E, Plank L. Frequency of eating occasions reported by young New Zealand Polynesian and European women. <i>Pac Health Dialog.</i> 2001. 8:59-65 <a href="https://www.ncbi.nlm.nih.gov/pubmed/12017838">https://www.ncbi.nlm.nih.gov/pubmed/12017838</a>	Study Design
<b>58</b> Andersen AE, Klinger D. The overeater self and the healthy self within. <i>Eating Disorders.</i> 2002. 10:87-91	Study Design
<b>59</b> Andersen GS, Stunkard AJ, Sorensen TI, Petersen L, Heitmann BL. Night eating and weight change in middle-aged men and women. <i>Int J Obes Relat Metab Disord.</i> 2004. 28:1338-43 <a href="https://www.ncbi.nlm.nih.gov/pubmed/15278102">https://www.ncbi.nlm.nih.gov/pubmed/15278102</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
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<b>61</b> Andersson I, Lennernas M, Rossner S. Meal pattern and risk factor evaluation in one-year completers of a weight reduction program for obese men - the 'Gustaf' study. <i>J Intern Med.</i> 2000. 247:30-8 <a href="https://www.ncbi.nlm.nih.gov/pubmed/10672128">https://www.ncbi.nlm.nih.gov/pubmed/10672128</a>	Outcome
<b>62</b> Androustos O, Moschonis G, Mavrogianni C, Roma-Giannikou E, Chrousos GP, Kanaka-Gantenbein C, Manios Y. Identification of lifestyle patterns, including sleep deprivation, associated with insulin resistance in children: the Healthy Growth Study. <i>Eur J Clin Nutr.</i> 2014. 68:344-9 <a href="https://www.ncbi.nlm.nih.gov/pubmed/24424081">https://www.ncbi.nlm.nih.gov/pubmed/24424081</a>	Study Design

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<b>64</b> Antoni R, Johnston K, Collins A, Robertson M. The comparative effects of intermittent versus continuous energy restriction on postprandial glucose and lipid metabolism following 5% weight-loss. <i>Obesity facts</i> . 2017. 10:S209	Publication Status
<b>65</b> Antoni R, Johnston KL, Collins A, Robertson MD. Investigation into the acute effects of intermittent energy restriction on postprandial substrate metabolism. <i>Proceedings of the nutrition society</i> . 2016. 75:E29	Study Design, Publication Status
<b>66</b> Antoni R, Johnston KL, Collins AL, Robertson MD. Acute effects of intermittent energy restriction on energy compensation: a pilot study. <i>Obesity facts</i> . 2015. 8:76	Publication Status
<b>67</b> Antoni R, Johnston KL, Collins AL, Robertson MD. Intermittent v. continuous energy restriction: differential effects on postprandial glucose and lipid metabolism following matched weight loss in overweight/obese participants. <i>Br J Nutr</i> . 2018. 119:507-516 <a href="https://www.ncbi.nlm.nih.gov/pubmed/29508693">https://www.ncbi.nlm.nih.gov/pubmed/29508693</a>	Daily Eating Occasions Not Reported, Size of Study Groups
<b>68</b> Antoni R, Johnston KL, Collins AL, Robertson MD. Investigation into the acute effects of total and partial energy restriction on postprandial metabolism among overweight/obese participants. <i>Br J Nutr</i> . 2016. 115:951-9 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26819200">https://www.ncbi.nlm.nih.gov/pubmed/26819200</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>69</b> Antoni R, Johnston KL, Collins AL, Robertson MD. The comparative effects of intermittent versus continuous energy restriction on postprandial glucose-lipid metabolism following 5 % weight-loss: interim analysis of an ongoing study. <i>Proceedings of the nutrition society</i> . 2016. 75:E105	Publication Status
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<b>71</b> Appleton KM, Baker S. Distraction, not hunger, is associated with lower mood and lower perceived work performance on fast compared to non-fast days during intermittent fasting. <i>J Health Psychol</i> . 2015. 20:702-11 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26032787">https://www.ncbi.nlm.nih.gov/pubmed/26032787</a>	Intervention/Exposure, Daily Eating Occasions Not Reported, Outcome
<b>72</b> Arciero PJ, Ormsbee MJ, Gentile CL, Nindl BC, Brestoff JR, Ruby M. Increased protein intake and meal frequency reduces abdominal fat during energy balance and energy deficit. <i>Obesity (Silver Spring)</i> . 2013. 21:1357-66 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23703835">https://www.ncbi.nlm.nih.gov/pubmed/23703835</a>	Size of Study Groups

Citation	Rationale
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<p>74 Aronoff NJ, Geliebter A, Zammit G. Gender and body mass index as related to the night-eating syndrome in obese outpatients. <i>J Am Diet Assoc</i>. 2001. 101:102-4 <a href="https://www.ncbi.nlm.nih.gov/pubmed/11209573">https://www.ncbi.nlm.nih.gov/pubmed/11209573</a></p>	Intervention/Exposure, Daily Eating Occasions Not Reported
<p>75 Asarnow LD, Greer SM, Walker MP, Harvey AG. The Impact of Sleep Improvement on Food Choices in Adolescents With Late Bedtimes. <i>J Adolesc Health</i>. 2017. 60:570-576 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28111011">https://www.ncbi.nlm.nih.gov/pubmed/28111011</a></p>	Intervention/Exposure
<p>76 Asci O, Rathfisch G. Effect of lifestyle interventions of pregnant women on their dietary habits, lifestyle behaviors, and weight gain: a randomized controlled trial. <i>J Health Popul Nutr</i>. 2016. 35:7 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26911204">https://www.ncbi.nlm.nih.gov/pubmed/26911204</a></p>	Daily Eating Occasions Not Reported
<p>77 Ask AS, Hernes S, Aarek I, Johannessen G, Haugen M. Changes in dietary pattern in 15 year old adolescents following a 4 month dietary intervention with school breakfast--a pilot study. <i>Nutr J</i>. 2006;5:33. <a href="https://www.ncbi.nlm.nih.gov/pubmed/17150115">https://www.ncbi.nlm.nih.gov/pubmed/17150115</a>.</p>	Intervention/Exposure, Daily Eating Occasions Not Reported
<p>78 Ask AS, Hernes S, Aarek I, Johannessen G, Haugen M. Changes in dietary pattern in 15 year old adolescents following a 4 month dietary intervention with school breakfast—a pilot study. <i>Nutr J</i>. 2006. 5:33 <a href="https://www.ncbi.nlm.nih.gov/pubmed/17150115">https://www.ncbi.nlm.nih.gov/pubmed/17150115</a></p>	Daily Eating Occasions Not Reported
<p>79 Askari VR, Alavinezhad A, Boskabady MH. The impact of “Ramadan fasting period” on total and differential white blood cells, haematological indices, inflammatory biomarker, respiratory symptoms and pulmonary function tests of healthy and asthmatic patients. <i>Allergologia et Immunopathologia</i>. 2016;44(4):359-67. <a href="https://www.ncbi.nlm.nih.gov/pubmed/27040808">https://www.ncbi.nlm.nih.gov/pubmed/27040808</a>.</p>	Daily Eating Occasions Not Reported
<p>80 Assadi M, Akrami A, Beikzadeh F, Seyedabadi M, Nabipour I, Larijani B, Afarid M, Seidali E. Impact of Ramadan fasting on intraocular pressure, visual acuity and refractive errors. <i>Singapore Med J</i>. 2011. 52:263-6 <a href="https://www.ncbi.nlm.nih.gov/pubmed/21552787">https://www.ncbi.nlm.nih.gov/pubmed/21552787</a></p>	Daily Eating Occasions Not Reported, Outcome
<p>81 Astbury NM, Taylor MA, Macdonald IA. Breakfast consumption affects appetite, energy intake, and the metabolic and endocrine responses to foods consumed later in the day in male habitual breakfast eaters. <i>J Nutr</i>. 2011. 141:1381-9 <a href="https://www.ncbi.nlm.nih.gov/pubmed/21562233">https://www.ncbi.nlm.nih.gov/pubmed/21562233</a></p>	Daily Eating Occasions Not Reported, Outcome
<p>82 Azizi F. Islamic fasting and health. <i>Annals of nutrition &amp; metabolism</i>. 2010;56(4):273-82. <a href="https://www.ncbi.nlm.nih.gov/pubmed/20424438">https://www.ncbi.nlm.nih.gov/pubmed/20424438</a>.</p>	Study Design

Citation	Rationale
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<b>84</b> Bachman JL, Phelan S, Wing RR, Raynor HA. Eating frequency is higher in weight loss maintainers and normal-weight individuals than in overweight individuals. <i>J Am Diet Assoc</i> . 2011. 111:1730-4 <a href="https://www.ncbi.nlm.nih.gov/pubmed/22027056">https://www.ncbi.nlm.nih.gov/pubmed/22027056</a>	Study Design
<b>85</b> BaHammam A, Alrajeh M, Albabtain M, Bahammam S, Sharif M. Circadian pattern of sleep, energy expenditure, and body temperature of young healthy men during the intermittent fasting of Ramadan. <i>Appetite</i> . 2010;54(2):426-9. <a href="https://www.ncbi.nlm.nih.gov/pubmed/20100529">https://www.ncbi.nlm.nih.gov/pubmed/20100529</a> .	Daily Eating Occasions Not Reported
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<b>87</b> Bahammam AS, Nashwan S, Hammad O, Sharif MM, Pandi-Perumal SR. Objective assessment of drowsiness and reaction time during intermittent Ramadan fasting in young men: a case-crossover study. <i>Behav Brain Funct</i> . 2013. 9:32 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23937904">https://www.ncbi.nlm.nih.gov/pubmed/23937904</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
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<b>140</b> Boudia W, Beltaief K, Baccouche H, Sassi M, Dridi Z, Trabelsi I, Laaouiti K, Chakroun T, Hellara I, Boukef R, Sakly N, Hassine M, Added F, Razgallah R, Najjar F, Nouira S. Effects of Ramadan fasting on aspirin resistance in type 2 diabetic patients. <i>PLoS One.</i> 2018. 13:e0192590 <a href="https://www.ncbi.nlm.nih.gov/pubmed/29529091">https://www.ncbi.nlm.nih.gov/pubmed/29529091</a>	Health Status
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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>166</b> Catenacci VA, Pan Z, Ostendorf D, Brannon S, Gozansky WS, Mattson MP, Martin B, MacLean PS, Melanson EL, Troy Donahoo W. A randomized pilot study comparing zero-calorie alternate-day fasting to daily caloric restriction in adults with obesity. <i>Obesity (Silver Spring).</i> 2016. 24:1874-83 <a href="https://www.ncbi.nlm.nih.gov/pubmed/27569118">https://www.ncbi.nlm.nih.gov/pubmed/27569118</a>	Daily Eating Occasions Not Reported, Comparator
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<b>171</b> Cha E, Talman MS, Massey AH, Yan F, Rogers AE. Sleep, Lifestyle Behaviors, and Cardiometabolic Health Markers in Overweight/Obese Young Adults: A Pilot Study Using the SenseWear® Armband. <i>Biol Res Nurs.</i> 2018. 20:541-548 <a href="https://www.ncbi.nlm.nih.gov/pubmed/30071743">https://www.ncbi.nlm.nih.gov/pubmed/30071743</a>	Study Design
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<b>176</b> Chapelot D, Chapelot D. The role of snacking in energy balance: a biobehavioral approach. <i>Journal of nutrition.</i> 2011;141(1):158-62. <a href="https://www.ncbi.nlm.nih.gov/pubmed/21123465">https://www.ncbi.nlm.nih.gov/pubmed/21123465</a> .	Study Design, Publication Status
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<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>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
<b>203</b> Corder K, van Sluijs EM, Ridgway CL, Steele RM, Prynne CJ, Stephen AM, Bamber DJ, Dunn VJ, Goodyer IM, Ekelund U. Breakfast consumption and physical activity in adolescents: daily associations and hourly patterns. <i>Am J Clin Nutr.</i> 2014. 99:361-8 <a href="https://www.ncbi.nlm.nih.gov/pubmed/24284440">https://www.ncbi.nlm.nih.gov/pubmed/24284440</a>	Study Design
<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
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<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>210</b> Cowley G. The ultimate diet plan. Don't eat so much. <i>Newsweek.</i> 2001. 137:53	Study Design, Publication Status
<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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<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
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<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

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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
<b>292</b> Fournier T, Tibere L, Laporte C, Mognard E, Ismail MN, Sharif SP, Poulain JP. Eating patterns and prevalence of obesity. Lessons learned from the Malaysian Food Barometer. <i>Appetite</i> . 2016. 107:362-371 <a href="https://www.ncbi.nlm.nih.gov/pubmed/27521166">https://www.ncbi.nlm.nih.gov/pubmed/27521166</a>	Study Design
<b>293</b> Francis LA, Lee Y, Birch LL. Parental weight status and girls' television viewing, snacking, and body mass indexes. <i>Obes Res</i> . 2003. 11:143-51 <a href="https://www.ncbi.nlm.nih.gov/pubmed/12529497">https://www.ncbi.nlm.nih.gov/pubmed/12529497</a>	Daily Eating Occasions Not Reported
<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
<b>295</b> Freitas Junior IF, Christofaro DG, Codogno JS, Monteiro PA, Silveira LS, Fernandes RA. The association between skipping breakfast and biochemical variables in sedentary obese children and adolescents. <i>J Pediatr</i> . 2012. 161:871-4 <a href="https://www.ncbi.nlm.nih.gov/pubmed/22682613">https://www.ncbi.nlm.nih.gov/pubmed/22682613</a>	Study Design
<b>296</b> Fuglestad PT, Jeffery RW, Sherwood NE. Lifestyle patterns associated with diet, physical activity, body mass index and amount of recent weight loss in a sample of successful weight losers. <i>Int J Behav Nutr Phys Act</i> . 2012. 9:79 <a href="https://www.ncbi.nlm.nih.gov/pubmed/22734914">https://www.ncbi.nlm.nih.gov/pubmed/22734914</a>	Study Design
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<b>298</b> Fullick S, Morris C, Jones H, Atkinson G. Prior exercise lowers blood pressure during simulated night-work with different meal schedules. <i>American journal of hypertension</i> . 2009;22(8):835-41. <a href="https://www.ncbi.nlm.nih.gov/pubmed/19556971">https://www.ncbi.nlm.nih.gov/pubmed/19556971</a> .	Intervention/Exposure
<b>299</b> Gabašová E, Béder I, Babinská K, Béderová A, Turecký L, Uhlíková E. Nutritional behaviour among college students in Slovakia as one of the cardiovascular disease risk factors. <i>Homeostasis in Health and Disease</i> . 2004. 43:106-108	Intervention/Exposure

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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
<b>306</b> Gallant A, Lundgren J, O'Loughlin J, Allison K, Tremblay A, Henderson M, Drapeau V. Night-eating symptoms and 2-year weight change in parents enrolled in the QUALITY cohort. <i>Int J Obes (Lond).</i> 2015. 39:1161-5 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25797608">https://www.ncbi.nlm.nih.gov/pubmed/25797608</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>307</b> Galson SK. Childhood overweight and obesity prevention. <i>Public Health Rep.</i> 2008. 123:258-9 <a href="https://www.ncbi.nlm.nih.gov/pubmed/19006963">https://www.ncbi.nlm.nih.gov/pubmed/19006963</a>	Study Design
<b>308</b> Garaulet M, Gomez-Abellan P, Alburquerque-Bejar JJ, Lee YC, Ordovas JM, Scheer FA. Timing of food intake predicts weight loss effectiveness. <i>Int J Obes (Lond).</i> 2013. 37:604-11 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23357955">https://www.ncbi.nlm.nih.gov/pubmed/23357955</a>	Intervention/Exposure
<b>309</b> Garaulet M, Ortega FB, Ruiz JR, Rey-Lopez JP, Beghin L, Manios Y, Cuenca-Garcia M, Plada M, Diethelm K, Kafatos A, Molnar D, Al-Tahan J, Moreno LA. Short sleep duration is associated with increased obesity markers in European adolescents: effect of physical activity and dietary habits. The HELENA study. <i>Int J Obes (Lond).</i> 2011. 35:1308-17 <a href="https://www.ncbi.nlm.nih.gov/pubmed/21792170">https://www.ncbi.nlm.nih.gov/pubmed/21792170</a>	Study Design
<b>310</b> Garaulet M, Vera B, Bonnet-Rubio G, Gomez-Abellan P, Lee YC, Ordovas JM. Lunch eating predicts weight-loss effectiveness in carriers of the common allele at PERILIPIN1: the ONTIME (Obesity, Nutrigenetics, Timing, Mediterranean) study. <i>Am J Clin Nutr.</i> 2016. 104:1160-1166 <a href="https://www.ncbi.nlm.nih.gov/pubmed/27629052">https://www.ncbi.nlm.nih.gov/pubmed/27629052</a>	Intervention/Exposure, Daily Eating Occasions Not Reported

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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
<b>313</b> Gerage AM, Benedetti TRB, Ritti-Dias RM, Dos Santos ACO, de Souza BCC, Almeida FA. Effectiveness of a Behavior Change Program on Physical Activity and Eating Habits in Patients With Hypertension: A Randomized Controlled Trial. <i>J Phys Act Health</i> . 2017. 14:943-952 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28682707">https://www.ncbi.nlm.nih.gov/pubmed/28682707</a>	Intervention/Exposure
<b>314</b> Gibson P. Childhood obesity: an approach to weight management. <i>J Fam Health Care</i> . 2002. 12:88-9 <a href="https://www.ncbi.nlm.nih.gov/pubmed/12416013">https://www.ncbi.nlm.nih.gov/pubmed/12416013</a>	Study Design
<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
<b>317</b> Gingras V, Rifas-Shiman SL, Taveras EM, Oken E, Hivert MF. Dietary behaviors throughout childhood are associated with adiposity and estimated insulin resistance in early adolescence: a longitudinal study. <i>Int J Behav Nutr Phys Act</i> . 2018. 15:129 <a href="https://www.ncbi.nlm.nih.gov/pubmed/30558613">https://www.ncbi.nlm.nih.gov/pubmed/30558613</a>	Daily Eating Occasions Not Reported
<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
<b>319</b> Giudice R, Izzo R, Manzi MV, Pagnano G, Santoro M, Rao MA, Di Renzo G, De Luca N, Trimarco V. Lifestyle-related risk factors, smoking status and cardiovascular disease. <i>High Blood Press Cardiovasc Prev</i> . 2012. 19:85-92 <a href="https://www.ncbi.nlm.nih.gov/pubmed/22867094">https://www.ncbi.nlm.nih.gov/pubmed/22867094</a>	Study Design
<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>322</b> Gnanou JV, Caszo BA, Khalil KM, Abdullah SL, Knight VF, Bidin MZ. Effects of Ramadan fasting on glucose homeostasis and adiponectin levels in healthy adult males. <i>J Diabetes Metab Disord</i> . 2015. 14:55 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26155596">https://www.ncbi.nlm.nih.gov/pubmed/26155596</a>	Daily Eating Occasions Not Reported
<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
<b>326</b> Goel N, Hopkins C, Ruggieri M, Zhang Z, Taylor DM, Allison KC. The impact of nighttime eating: a randomized controlled trial of daytime vs. delayed eating on weight and metabolism in adults of normal weight. <i>Sleep</i> . 2019. 42:A15	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
<b>332</b> Gordon-Larsen P, Heymsfield SB. Obesity as a Disease, Not a Behavior. <i>Circulation</i> . 2018. 137:1543-1545 <a href="https://www.ncbi.nlm.nih.gov/pubmed/29632150">https://www.ncbi.nlm.nih.gov/pubmed/29632150</a>	Study Design

Citation	Rationale
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334 Goto M, Kiyohara K, Kawamura T. Lifestyle risk factors for overweight in Japanese male college students. <i>Public Health Nutr</i> . 2010. 13:1575-80 <a href="https://www.ncbi.nlm.nih.gov/pubmed/20025829">https://www.ncbi.nlm.nih.gov/pubmed/20025829</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
335 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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338 Grant CL, Coates AM, Dorrian J, Kennaway DJ, Wittert GA, Heilbronn LK, Pajcin M, Della Vedova C, Gupta CC, Banks S. Timing of food intake during simulated night shift impacts glucose metabolism: A controlled study. <i>Chronobiol Int</i> . 2017. 34:1003-1013 <a href="https://www.ncbi.nlm.nih.gov/pubmed/28635334">https://www.ncbi.nlm.nih.gov/pubmed/28635334</a>	Intervention/Exposure, Daily Eating Occasions Not Reported, Comparator
339 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
340 Grilo CM, Masheb RM. Night-time eating in men and women with binge eating disorder. <i>Behav Res Ther</i> . 2004. 42:397-407 <a href="https://www.ncbi.nlm.nih.gov/pubmed/14998734">https://www.ncbi.nlm.nih.gov/pubmed/14998734</a>	Health Status
341 Gueldich H, Zghal F, Borji R, Chtourou H, Sahli S, Rebai H. The effects of Ramadan intermittent fasting on the underlying mechanisms of force production capacity during maximal isometric voluntary contraction. <i>Chronobiol Int</i> . 2019. 36:698-708 <a href="https://www.ncbi.nlm.nih.gov/pubmed/30889992">https://www.ncbi.nlm.nih.gov/pubmed/30889992</a>	Daily Eating Occasions Not Reported
342 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
343 Guintier 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
344 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
<b>347</b> Gwin JA, Leidy HJ. A pilot study assessing whether the consumption of a protein-rich breakfast improves appetite control, eating behavior, and sleep quality compared to skipping breakfast in healthy young professionals. <i>Sleep</i> . 2017. 40:A300	Study Design, Publication Status
<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
<b>349</b> Ha SA, Lee SY, Kim KA, Seo JS, Sohn CM, Park HR, Kim KW. Eating habits, physical activity, nutrition knowledge, and self-efficacy by obesity status in upper-grade elementary school students. <i>Nutr Res Pract</i> . 2016. 10:597-605 <a href="https://www.ncbi.nlm.nih.gov/pubmed/27909557">https://www.ncbi.nlm.nih.gov/pubmed/27909557</a>	Study Design
<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
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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>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
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<b>368</b> Hartline-Grafton HL, Rose D, Johnson CC, Rice JC, Webber LS. The influence of weekday eating patterns on energy intake and BMI among female elementary school personnel. <i>Obesity (Silver Spring)</i> . 2010. 18:736-42 <a href="https://www.ncbi.nlm.nih.gov/pubmed/19696760">https://www.ncbi.nlm.nih.gov/pubmed/19696760</a>	Study Design
<b>369</b> Harvey J, Howell A, Morris J, Harvie M. Intermittent energy restriction for weight loss: Spontaneous reduction of energy intake on unrestricted days. <i>Food Sci Nutr</i> . 2018. 6:674-680 <a href="https://www.ncbi.nlm.nih.gov/pubmed/29876119">https://www.ncbi.nlm.nih.gov/pubmed/29876119</a>	Daily Eating Occasions Not Reported
<b>370</b> Harvie M, Wright C, Pegington M, McMullan D, Mitchell E, Martin B, Cutler RG, Evans G, Whiteside S, Maudsley S, Camandola S, Wang R, Carlson OD, Egan JM, Mattson MP, Howell A. The effect of intermittent energy and carbohydrate restriction v. daily energy restriction on weight loss and metabolic disease risk markers in overweight women. <i>Br J Nutr</i> . 2013. 110:1534-47 <a href="https://www.ncbi.nlm.nih.gov/pubmed/23591120">https://www.ncbi.nlm.nih.gov/pubmed/23591120</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
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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
<b>385</b> Heilbronn LK, Civitarese AE, Bogacka I, Smith SR, Hulver M, Ravussin E. Glucose tolerance and skeletal muscle gene expression in response to alternate day fasting. <i>Obes Res</i> . 2005. 13:574-81 <a href="https://www.ncbi.nlm.nih.gov/pubmed/15833943">https://www.ncbi.nlm.nih.gov/pubmed/15833943</a>	Daily Eating Occasions Not Reported, Size of Study Groups
<b>386</b> Heilbronn LK, Smith SR, Martin CK, Anton SD, Ravussin E. Alternate-day fasting in nonobese subjects: effects on body weight, body composition, and energy metabolism. <i>Am J Clin Nutr</i> . 2005. 81:69-73 <a href="https://www.ncbi.nlm.nih.gov/pubmed/15640462">https://www.ncbi.nlm.nih.gov/pubmed/15640462</a>	Daily Eating Occasions Not Reported, Size of Study Groups
<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
<b>398</b> Higashikawa A, Suwazono Y, Okubo Y, Uetani M, Kobayashi E, Kido T, Nogawa K. Association of working conditions and lifestyle with increased serum gamma-glutamyltransferase: a follow-up study. <i>Arch Med Res.</i> 2005. 36:567-73 <a href="https://www.ncbi.nlm.nih.gov/pubmed/16099340">https://www.ncbi.nlm.nih.gov/pubmed/16099340</a>	Outcome

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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
404	Hjorth MF, Quist JS, Andersen R, Michaelsen KF, Tetens I, Astrup A, Chaput JP, Sjodin A. Change in sleep duration and proposed dietary risk factors for obesity in Danish school children. <i>Pediatr Obes</i> . 2014. 9:e156-9 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25251317">https://www.ncbi.nlm.nih.gov/pubmed/25251317</a>	Intervention/Exposure
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
408	Hoddy KK, Kroeger CM, Trepanowski JF, Barnosky A, Bhutani S, Varady KA. Meal timing during alternate day fasting: Impact on body weight and cardiovascular disease risk in obese adults. <i>Obesity (Silver Spring)</i> . 2014. 22:2524-31 <a href="https://www.ncbi.nlm.nih.gov/pubmed/25251676">https://www.ncbi.nlm.nih.gov/pubmed/25251676</a>	Eating Frequency Data Collection
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
<b>410</b> Hoffmann DA, Carels RA. Does when you eat and exercise matter? Differences in eating and physical activity patterns in overweight and obese adults. <i>Eat Weight Disord.</i> 2016. 21:91-8 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26286898">https://www.ncbi.nlm.nih.gov/pubmed/26286898</a>	Intervention/Exposure
<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
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Citation	Rationale
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<b>520</b> Kovtun K. Meal and sleep timing interact to affect total caloric intake. <i>Sleep</i> . 2016. 39:A55-A56	Publication Status
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<b>523</b> Kroeger C, Trapanowski J, Barnosky A, Klempel M, Varady K. Effect of 1 year of alternate day fasting versus daily calorie restriction on type 2 diabetes risk. <i>FASEB journal</i> . 2015;29	Study Design, Publication Status
<b>524</b> Kroeger C, Trapanowski J, Klempel M, Bhutani S, Hoddy K, Varady K. Alternate day fasting is effective for weight loss and weight maintenance in obese adults. <i>FASEB journal</i> . 2014;28S1	Study Design, Publication Status
<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>529</b> Kudo A, Asahi K, Satoh H, Iseki K, Moriyama T, Yamagata K, Tsuruya K, Fujimoto S, Narita I, Konta T, Kondo M, Shibagaki Y, Kasahara M, Watanabe T, Shimabukuro M. Fast eating is a strong risk factor for new-onset diabetes among the Japanese general population. <i>Sci Rep</i> . 2019. 9:8210 <a href="https://www.ncbi.nlm.nih.gov/pubmed/31160664">https://www.ncbi.nlm.nih.gov/pubmed/31160664</a>	Daily Eating Occasions Not Reported, Eating Frequency Data Collection
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<b>534</b> Lamri-Senhadj MY, El Kebir B, Belleville J, Bouchenak M. Assessment of dietary consumption and time-course of changes in serum lipids and lipoproteins before, during and after Ramadan in young Algerian adults. <i>Singapore Med J</i> . 2009. 50:288-94 <a href="https://www.ncbi.nlm.nih.gov/pubmed/19352573">https://www.ncbi.nlm.nih.gov/pubmed/19352573</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>535</b> Langlet B, Tang Bach M, Odegi D, Fagerberg P, Ioakimidis I. The Effect of Food Unit Sizes and Meal Serving Occasions on Eating Behaviour Characteristics: Within Person Randomised Crossover Studies on Healthy Women. <i>Nutrients</i> . 2018;10(7). <a href="https://www.ncbi.nlm.nih.gov/pubmed/29986529">https://www.ncbi.nlm.nih.gov/pubmed/29986529</a> .	Intervention/Exposure, Daily Eating Occasions Not Reported
<b>536</b> Laraia BA, Adler NE, Coleman-Phox K, Vieten C, Mellin L, Kristeller JL, Thomas M, Stotland NE, Lustig RH, Dallman MF, Hecht FM, Bush NR, de Groat CL, Epel E. Novel Interventions to Reduce Stress and Overeating in Overweight Pregnant Women: A Feasibility Study. <i>Matern Child Health J</i> . 2018. 22:670-678 <a href="https://www.ncbi.nlm.nih.gov/pubmed/29455384">https://www.ncbi.nlm.nih.gov/pubmed/29455384</a>	Intervention/Exposure, Outcome, Size of Study Groups

Citation	Rationale
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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
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<b>635</b> Mojto V, Gvozdjakova A, Kucharska J, Rausova Z, Vancova O, Valuch J. Effects of complete water fasting and regeneration diet on kidney function, oxidative stress and antioxidants. <i>Bratisl Lek Listy.</i> 2018. 119:107-111 <a href="https://www.ncbi.nlm.nih.gov/pubmed/29455546">https://www.ncbi.nlm.nih.gov/pubmed/29455546</a>	Study Design, Intervention/Exposure, Size of Study Groups
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<b>655</b> Mzoughi K, Zairi I, Jabeur M, Kraiem S. The effects of fasting on heart rate variability in hypertensive patients. <i>Clin Exp Hypertens.</i> 2018. 40:793-796 <a href="https://www.ncbi.nlm.nih.gov/pubmed/29420093">https://www.ncbi.nlm.nih.gov/pubmed/29420093</a>	Health Status
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Citation	Rationale
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<b>669</b> Neumark-Sztainer DR, Wall MM, Haines JI, Story MT, Sherwood NE, van den Berg PA. Shared risk and protective factors for overweight and disordered eating in adolescents. <i>Am J Prev Med</i> . 2007. 33:359-369 <a href="https://www.ncbi.nlm.nih.gov/pubmed/17950400">https://www.ncbi.nlm.nih.gov/pubmed/17950400</a>	Intervention/Exposure, 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
<b>713</b> Panizza CE, Lim U, Yonemori KM, Cassel KD, Wilkens LR, Harvie MN, et al. Effects of Intermittent Energy Restriction Combined with a Mediterranean Diet on Reducing Visceral Adiposity: A Randomized Active Comparator Pilot Study. <i>Nutrients.</i> 2019;11(6). <a href="https://www.ncbi.nlm.nih.gov/pubmed/31226790">https://www.ncbi.nlm.nih.gov/pubmed/31226790</a> .	Daily Eating Occasions Not Reported
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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
<b>716</b> Papakonstantinou E, Kontogianni MD, Mitrou P, Magriplis E, Vassiliadi D, Nomikos T, Lambadiari V, Georgousopoulou E, Dimitriadis G. Effects of 6 vs 3 eucaloric meal patterns on glycaemic control and satiety in people with impaired glucose tolerance or overt type 2 diabetes: A randomized trial. <i>Diabetes Metab.</i> 2018. 44:226-234 <a href="https://www.ncbi.nlm.nih.gov/pubmed/29680359">https://www.ncbi.nlm.nih.gov/pubmed/29680359</a>	Eating Frequency Data Collection

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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
<b>722</b> Parr EB, Devlin BL, Brennan L, Hawley JA. Effects of time-restricted feeding on mood, hunger and fatigue. <i>Obesity research &amp; clinical practice</i> . 2019. 13:245	Publication Status
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<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>729</b> Pearcey SM, de Castro JM. Food intake and meal patterns of weight-stable and weight-gaining persons. <i>Am J Clin Nutr.</i> 2002. 76:107-12 <a href="https://www.ncbi.nlm.nih.gov/pubmed/12081823">https://www.ncbi.nlm.nih.gov/pubmed/12081823</a>	Study Design
<b>730</b> Pedersen E, Jennifer BKeoghJ, Kristina Petersen K, Peter M, Clifton P. Effects of intermittent compared to continuous energy restriction on weight loss and diet quality after one year. <i>Obesity reviews.</i> 2014. 15:142	Publication Status
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<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, Neuhaus 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

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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
<b>744</b> Petrella E, Malavolti M, Bertarini V, Pignatti L, Neri I, Battistini NC, Facchinetti F. Gestational weight gain in overweight and obese women enrolled in a healthy lifestyle and eating habits program. <i>J Matern Fetal Neonatal Med</i> . 2014. 27:1348-52 <a href="https://www.ncbi.nlm.nih.gov/pubmed/24175912">https://www.ncbi.nlm.nih.gov/pubmed/24175912</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
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<b>746</b> Phelan S, Wing RR, Brannen A, McHugh A, Hagobian TA, Schaffner A, Jelalian E, Hart CN, Scholl TO, Munoz-Christian K, Yin E, Phipps MG, Keadle S, Abrams B. Randomized controlled clinical trial of behavioral lifestyle intervention with partial meal replacement to reduce excessive gestational weight gain. <i>Am J Clin Nutr</i> . 2018. 107:183-194 <a href="https://www.ncbi.nlm.nih.gov/pubmed/29529157">https://www.ncbi.nlm.nih.gov/pubmed/29529157</a>	Intervention/Exposure, Daily Eating Occasions Not Reported
<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>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>755</b> Poggiogalle E, Lubrano C, Gnessi L, Marocco C, Di Lazzaro L, Polidoro G, Luisi F, Merola G, Mariani S, Migliaccio S, Lenzi A, Donini LM. Reduced sleep duration affects body composition, dietary intake and quality of life in obese subjects. <i>Eat Weight Disord</i> . 2016. 21:501-505 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26911383">https://www.ncbi.nlm.nih.gov/pubmed/26911383</a>	Intervention/Exposure
<b>756</b> Ponzio V, Gentile L, Gambino R, Rosato R, Cioffi I, Pellegrini N, Benso A, Broglio F, Cassader M, Bo S. Incidence of diabetes mellitus, cardiovascular outcomes and mortality after a 12-month lifestyle intervention: a 9-year follow-up. <i>Diabetes &amp; metabolism</i> . 2018. 44:449-451	Study Design, Publication Status
<b>757</b> Poston WS, Haddock CK, Pinkston MM, Pace P, Karakoc ND, Reeves RS, Foreyt JP. Weight loss with meal replacement and meal replacement plus snacks: a randomized trial. <i>Int J Obes (Lond)</i> . 2005. 29:1107-14 <a href="https://www.ncbi.nlm.nih.gov/pubmed/15925955">https://www.ncbi.nlm.nih.gov/pubmed/15925955</a>	Intervention/Exposure
<b>758</b> Pot GK, Hardy R, Stephen AM. Irregular consumption of energy intake in meals is associated with a higher cardiometabolic risk in adults of a British birth cohort. <i>Int J Obes (Lond)</i> . 2014. 38:1518-24 <a href="https://www.ncbi.nlm.nih.gov/pubmed/24675713">https://www.ncbi.nlm.nih.gov/pubmed/24675713</a>	Intervention/Exposure
<b>759</b> Pot GK, Hardy R, Stephen AM. Irregularity of energy intake at meals: prospective associations with the metabolic syndrome in adults of the 1946 British birth cohort. <i>Br J Nutr</i> . 2016. 115:315-23 <a href="https://www.ncbi.nlm.nih.gov/pubmed/26548599">https://www.ncbi.nlm.nih.gov/pubmed/26548599</a>	Intervention/Exposure, Comparator

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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
<b>768</b> Rahbar AR, Safavi E, Rooholamini M, Jaafari F, Darvishi S, Rahbar A. Effects of Intermittent Fasting during Ramadan on Insulin-like Growth Factor-1, Interleukin 2, and Lipid Profile in Healthy Muslims. <i>Int J Prev Med.</i> 2019. 10:7 <a href="https://www.ncbi.nlm.nih.gov/pubmed/30774841">https://www.ncbi.nlm.nih.gov/pubmed/30774841</a>	Daily Eating Occasions Not Reported, Eating Frequency Data Collection
<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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775 Rasmussen F, Kark M, Tholin S, Karnehed N, Tynelius P. The Swedish Young Male Twins Study: a resource for longitudinal research on risk factors for obesity and cardiovascular diseases. <i>Twin Res Hum Genet</i> . 2006. 9:883-9 <a href="https://www.ncbi.nlm.nih.gov/pubmed/17254425">https://www.ncbi.nlm.nih.gov/pubmed/17254425</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
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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
<b>923</b> van den Berg P, Neumark-Sztainer D, Hannan PJ, Haines J. Is dieting advice from magazines helpful or harmful? Five-year associations with weight-control behaviors and psychological outcomes in adolescents. <i>Pediatrics</i> . 2007. 119:e30-7 <a href="https://www.ncbi.nlm.nih.gov/pubmed/17200254">https://www.ncbi.nlm.nih.gov/pubmed/17200254</a>	Intervention/Exposure
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Citation	Rationale
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<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
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<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
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<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
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<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
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<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>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
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<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

Citation	Rationale
<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
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Citation	Rationale
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<b>1015</b> Ziaee V, Kihanidoost Z, Younesian M, Akhavirad M, Bateni F, Kazemianfar Z, Hantoushzadeh S. The effect of Ramadan fasting on outcome of pregnancy. <i>Iranian Journal of Pediatrics.</i> 2010. 20:181-186 <a href="http://search.ebscohost.com/login.aspx?direct=true&amp;db=jlh&amp;AN=105055693&amp;site=ehost-live">http://search.ebscohost.com/login.aspx?direct=true&amp;db=jlh&amp;AN=105055693&amp;site=ehost-live</a>	Daily Eating Occasions Not Reported
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<b>1019</b> Zoladz JA, Konturek SJ, Duda K, Majerczak J, Sliwowski Z, Grandys M, Bielanski W. Effect of moderate incremental exercise, performed in fed and fasted state on cardio-respiratory variables and leptin and ghrelin concentrations in young healthy men. <i>J Physiol Pharmacol.</i> 2005. 56:63-85 <a href="https://www.ncbi.nlm.nih.gov/pubmed/15795476">https://www.ncbi.nlm.nih.gov/pubmed/15795476</a>	Intervention/Exposure
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