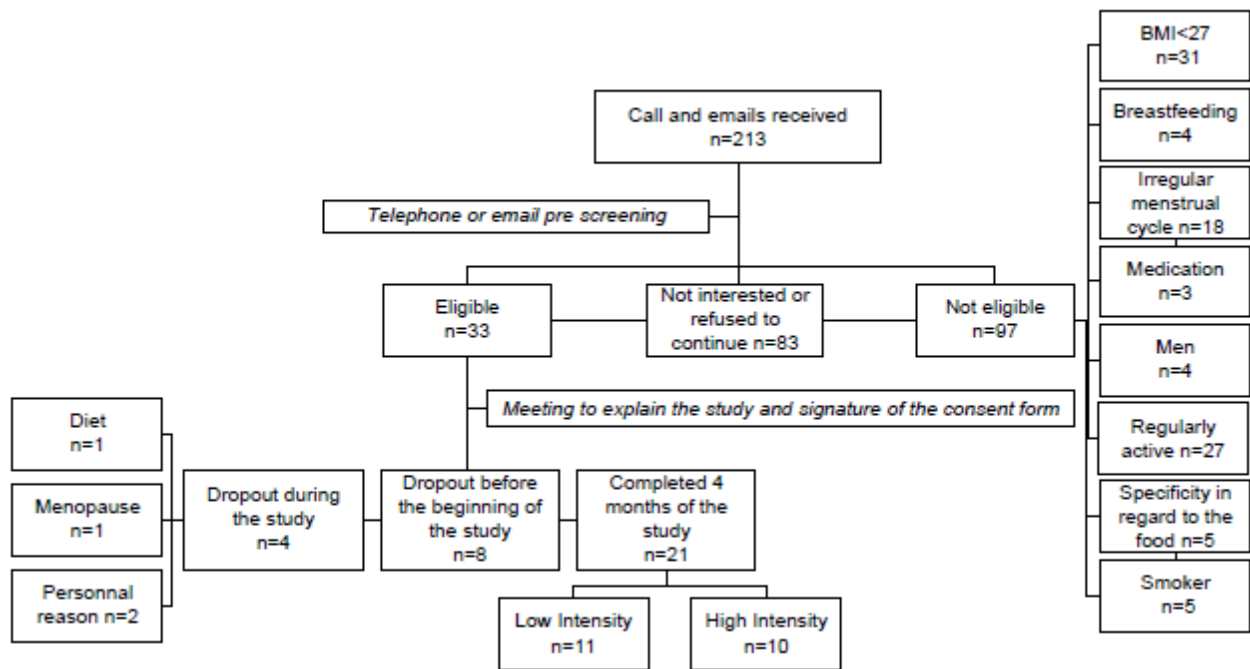


## Participant Flow



## Baseline Characteristics

	LI	HI	P values
<b>n</b>	11	10	
Age (y)	27±9	31±11	0.28 <sup>1</sup>
<i>Body composition</i>			
Body weight (kg)	88.1±12.0	94.9±21.1	0.37
BMI (kg·m <sup>-2</sup> )	32.3±3.8	35.1±6.2	0.22
Fat mass (kg)	41.9±8.2	45.0±14.2	0.55
Percent fat mass (%)	47.9±3.4	47.1±5.3	0.71
Fat free mass (kg)	45.0±4.3	48.5±6.7	0.17
<i>Energy Intake (kcal)</i>			
Breakfast	648±166	747±246	0.29
Lunch	772±322	676±330	0.54
Day 1	2620±780	2842±959	0.59
Day 2	2418±659	2443±1050	0.95
Day 3-7	2048±378	2290±718	0.40
Day 1-7	2182±410	2391±714	0.48
<i>Energy Expenditure (kcal/day)</i>			
REE	1469±185	1559±233	0.36
NSPA	942±295	1196±409	0.07
TEE	2411±289	2755±480	0.04 <sup>1</sup>
<b>Eating behaviours traits</b>			
Dietary restraint	8.6±3.2	8.8±2.7	0.90
Flexible dietary restraint	2.0±0.8	1.7±0.9	0.48 <sup>1</sup>
Rigid dietary restraint	1.6±1.4	2.2±0.9	0.35 <sup>1</sup>
Disinhibition	8.5±2.9	8.5±1.8	0.97
Hunger	7.0±2.6	7.1±2.8	0.93

Values are mean ± SD.

## Outcome Measures

	Intensity	Wk -4	Wk 1	Wk 2	Wk 12-14
<b>Body Composition</b>					
Body weight (kg)	Low (n=11)	88±12	88±13		87±12
	High (n=10)	95±21	95±22		95±19
Fat-free mass (kg)	Low (n=11)	45±4	46±5		45±4
	High (n=10)	49±7	49±9		49±7
Fat mass (kg)	Low (n=11)	42±8	42±9		41±9
	High (n=10)	45±14	45±13		44±13
<b>Energy Intake</b>					
Mean energy intake (kcal)	Low (n=11)	2182±410	2215±572	2275±576	2315±444
	High (n=10)	2412±631	2376±603	2500±597	2331±730 (n=9)
<b>Energy Expenditure</b>					
Total energy expenditure	Low (n=11)	2411±289	2492±384 (n=9)	2585±361	2416±366
	High (n=8)	2755±480	2682±439	2796±426 (n=7)	2675±443

## **Adverse Events**

There were no adverse events associated with this trial