**Table S5.** Average Percentage of Daily Calories by Meal in the Usual Eating Pattern Arm

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1600 kcal daily** | | | **2000 kcal daily** | | | **2500 kcal daily** | | | **3000 kcal daily** | | | **3500 kcal daily** | | |
| **Meal** | **Target** | **Average** | **SD** | **Target** | **Average** | **SD** | **Target** | **Average** | **SD** | **Target** | **Average** | **SD** | **Target** | **Average** | **SD** |
| Breakfast | 20 | 20.1 | 0.6 | 20 | 19.7 | 0.5 | 20 | 20.1 | 0.6 | 20 | 19.5 | 0.7 | 20 | 20.1 | 0.2 |
| Lunch | 25 | 24.9 | 0.3 | 25 | 25.6 | 1.5 | 25 | 25.0 | 0.6 | 25 | 25.3 | 0.4 | 25 | 25.0 | 0.2 |
| Dinner | 50 | 50.1 | 1.0 | 50 | 49.3 | 1.6 | 50 | 49.5 | 0.9 | 50 | 50.2 | 0.6 | 50 | 49.9 | 0.2 |
| Snack | 5 | 4.9 | 0.6 | 5 | 5.4 | 0.3 | 5 | 5.4 | 0.5 | 5 | 5.0 | 0.3 | 5 | 5.0 | 0.2 |

Abbreviations: SD, standard deviation

Note: All results are provided in %.