Supplementary material.

Search strategy used in MEDLINE database:

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| **#** | **Search Statement** |
| 1 | (body adj2 weight adj2 (regulat\* or manag\* or balanc\* or reduc\* or chang\*)).tw. |
| 2 | obesity/ |
| 3 | body weight/ |
| 4 | body mass index/ |
| 5 | weight gain/ |
| 6 | weight reduction/ |
| 7 | weight loss.tw. |
| 8 | energy metabolism/ |
| 9 | overweight/ |
| 10 | body composition/ |
| 11 | (fat mass adj2 free).tw. |
| 12 | adiposity/ |
| 13 | waist circumference/ |
| 14 | weight reduction programs/ |
| 15 | 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12 or 13 or 14 |
| 16 | ((intake or consum\* or ingest\*) adj2 (food\* or energy or calori\* or meal\*)).tw. |
| 17 | (eat\* adj2 pattern\*).tw. |
| 18 | portion size/ |
| 19 | satiety response/ |
| 20 | food intake/ |
| 21 | (appetite adj2 regulation).tw. |
| 22 | diet/ |
| 23 | food preferences/ |
| 24 | hunger/ |
| 25 | eating/ |
| 26 | energy intake/ |
| 27 | (calori\* adj2 (distribut\* or proportion\*)).tw. |
| 28 | (energy adj2 (distribut\* or proportion\*)).tw. |
| 29 | (kilojoule adj2 (distribut\* or proportion\*)).tw. |
| 30 | (meal adj2 (distribut\* or proportion)).tw. |
| 31 | (food adj2 (distribut\* or proportion)).tw. |
| 32 | (intake adj2 (distribut\* or proportion)).tw. |
| 33 | caloric restriction/ |
| 34 | (diurnal adj2 distribut\*).tw. |
| 35 | meals/ |
| 36 | food habits/ |
| 37 | (portion\* adj2 select\*).tw. |
| 38 | (food\* adj2 select\*).tw. |
| 39 | (pattern\* adj2 intake\*).tw. |
| 40 | feeding behavior/ |
| 41 | ((eat\* or feed\*) adj2 behavio?r).tw. |
| 42 | (meal\* adj2 pattern\*).tw. |
| 43 | 16 or 17 or 18 or 19 or 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 or 28 or 29 or 30 or 31 or 32 or 33 or 34 or 35 or 36 or 37 or 38 or 39 or 40 or 41 or 42 |
| 44 | dinner.tw. |
| 45 | (meal adj2 (main\* or dinner\* or late\* or evening\* or supper\* or last\*)).tw. |
| 46 | supper.tw. |
| 47 | (tim\* adj2 (meal\* or energy or food\* or eat\* or calori\* or intake\*)).tw. |
| 48 | (circadian adj2 (distribut\* or phas\* or tim\*)).tw. |
| 49 | circadian rhythm/ |
| 50 | (late\* adj2 (tim\* or day\*)).tw. |
| 51 | rhythmicity.tw. |
| 52 | (late\* adj2 eat\*).tw. |
| 53 | (earl\* adj2 eat\*).tw. |
| 54 | late\* afternoon.tw. |
| 55 | (intake adj2 (night\* or evening\*)).tw. |
| 56 | (temporal adj2 (distribut\* or component\*)).tw. |
| 57 | diurnal.tw. |
| 58 | time factors/ |
| 59 | 44 or 45 or 46 or 47 or 48 or 49 or 50 or 51 or 52 or 53 or 54 or 55 or 56 or 57 or 58 |
| 60 | 15 and 43 and 59 |
| 61 | limit 60 to ("all adult (19 plus years)" and humans) |
| 62 | limit 61 to "all child (0 to 18 years)" |
| 63 | 61 not 62 |