**Supplementary material 1. Search strategy**

The forward slash (/) = all subheadings of the subject were selected, mp = free text search for a term, tw = free text search for a term in title/abstract, $ = truncation, adj = search for terms that are adjacent to one another

Eating patterns

1. eating adj (pattern$ or profile$ or habit$ or occasion$).mp.
2. meal adj (pattern$ or type$ or slot$).mp.
3. meals/
4. (breakfast$ or lunch$ or dinner$ or snack$ or meal$).mp.
5. 1 OR 2 OR 3 OR 4

Energy

1. energy intake/eh, ph [Ethnology, Physiology]weight gain/
2. energy intake.tw.
3. energy distribution.mp.
4. 6 OR 7 OR 8

Selecting studies on animals for exclusion

1. animals/
2. humans/
3. 10 not 11

Selecting types of publications for exclusion

1. randomized controlled trial/
2. clinical trial/
3. letter/
4. case report.tw.
5. 13 OR 14 OR 15 OR 16
6. 5 AND 9 AND 12 NOT 17

**Supplementary material 2. Search strategy**

Eating patterns

1. eating adj (pattern$ or profile$ or habit$ or occasion$).mp.
2. meal adj (pattern$ or type$ or slot$).mp.
3. meals/
4. (breakfast$ or lunch$ or dinner$ or snack$ or meal$).mp.
5. 1 OR 2 OR 3 OR 4

Obesity

1. body weight/
2. weight gain/
3. body mass index/
4. obesity/
5. adipos$.tw.
6. obes$.tw.
7. body mass index.tw.
8. weight chang$.tw.
9. 6 OR 7 OR 8 OR 9 OR 10 OR 11 OR 12 OR 13

Energy

1. energy intake/eh, ph [Ethnology, Physiology]weight gain/
2. energy intake.tw.
3. energy distribution.mp.
4. 15 OR 16 OR 17

Selecting studies on animals for exclusion

1. animals/
2. humans/
3. 19 not 20

Selecting types of publications for exclusion

1. randomized controlled trial/
2. clinical trial/
3. letter/
4. case report.tw.
5. 22 OR 23 OR 24 OR 25
6. 5 AND 14 AND 18) NOT 21 NOT 26