**Supplementary material**

**Supplementary Figure 1 Legend. Effect of time-restricted feeding (TRF) on food intake for participants who completed all three diet diaries.** (A) Average daily energy intake in both groups at baseline, 5 weeks and 10 weeks into the interventions. (B-D) Distribution of daily energy intake in each group during assessments at (B) baseline, (C) intervention week 5 and (D) intervention week 10. Data are presented as mean ± SEM for participants who included all three diet diaries only. Control group, solid lines (n = 3); TRF group, dashed lines (n = 5). *P* values represent the between-group differences.

**Supplementary Table 1 Macronutrient breakdown for participants who completed diet diaries at baseline and in week 10**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **TRF** | | | | **Control** | | | |  |
|  | **Baseline (n=6)** | | **Wk 10 (n=6)** | | **Baseline (n=5)** | | **Wk 10 (n=5)** | |  |
|  | **Mean** | **SEM** | **Mean** | **SEM** | **Mean** | **SEM** | **Mean** | **SEM** | **TRF vs. control1** |
| **Carbohydrate g/day** | 224 | 24 | 169 | 11A | 187 | 19 | 210 | 32 | *0.097* |
| **Sugars g/day** | 92.8 | 9.9 | 63.8 | 7.8 A | 97.4 | 16.7 | 81.9 | 16.6 A | 0.241 |
| **Fibre g/day** | 20.8 | 1.8 | 18.7 | 4.1 | 19 | 1.6 | 15.6 | 1.1 | 0.678 |
| **Fat g/day** | 81.1 | 6.8 | 57.2 | 5.1 A | 74.4 | 17.2 | 72.2 | 9.5 | *0.071* |
| **Saturated fat g/day** | 33.6 | 3.8 | 21.6 | 5.1 A | 25.1 | 7.3 | 27 | 6.3 | *0.075* |
| **Protein g/day** | 91.8 | 7.1 | 69.8 | 6.2 | 75.4 | 9 | 82.5 | 9.1 | *0.060* |
| **Alcohol g/day** | 15.6 | 6.8 | 6.5 | 3.7 | 7.7 | 5.7 | 7.6 | 4.4 | 0.329 |

TRF, Time-restricted feeding. A Significant within-group difference between baseline and week 10 (paired t test). 1*p* values represent the between-group differences (repeated measures ANOVA).

**Supplementary Table 2. Dietary intakes, including macronutrient breakdown for participants who completed diet diaries at baseline, week 5 and week 10 only**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **TRF (n=5)** | | | | | | **Control (n=3)** | | | | | |  |
|  | **Baseline** | | **Mid way** | | **Wk 10** | | **Baseline** | | **Mid way** | | **Wk 10** | |  |
|  | **Mean** | **SEM** | **Mean** | **SEM** | **Mean** | **SEM** | **Mean** | **SEM** | **Mean** | **SEM** | **Mean** | **SEM** | **TRF vs Control**1 |
| **Eating window (Minutes)** | 746 | 38 | 524 | 37 | 579 | 34 A | 699 | 70 | 742 | 59 | 706 | 60 | **<0.001** |
| **Energy intake kJ/day** | 9019 | 789 | 7800 | 240 | 6169 | 575 (A) | 8767 | 1470 | 10390 | 1196 | 9022 | 712 | **0.037** |
| **Carbohydrate**  **g/day** | 222 | 29 | 187 | 8 | 173 | 13 | 232 | 62 | 292 | 60 | 247 | 40 | *0.075* |
| **Sugars**  **g/day** | 91.2 | 11.9 | 73 | 3.4 | 63.5 | 9.6 | 106.7 | 28.5 | 131.7 | 38 | 95.9 | 26 | 0.069 |
| **Fibre**  **g/day** | 20.6 | 2.2 | 18.3 | 1.5 | 14.8 | 1.7 | 16.9 | 1.4 | 22.1 | 1.6 | 14.1 | 1.1 | 0.096 |
| **Fat**  **g/day** | 83.3 | 7.8 | 78.6 | 3.6 | 56.6 | 6.2 (A) | 82.3 | 17.4 | 98.3 | 10.2 | 79.2 B | 8.8 B | 0.271 |
| **Saturated fat**  **g/day** | 35 | 4.3 | 28.6 | 1.3 | 22 | 3.5 | 23.3 | 5.7 | 32.5 | 8 | 27.5 | 8.9 | 0.072 |
| **Protein**  **g/day** | 94.8 | 7.9 | 85.5 | 5.3 | 70.2 | 7.5 | 79.7 | 5.1 | 88.4 | 14.6 | 90.8 | 9.5 | 0.056 |
| **Alcohol**  **g/day** | 14.7 | 8.3 | 1.0 | 3.3 | 7.8 | 4.2 | 12.9 | 8.7 | 7.7 | 6.8 | 9.4 | 7.6 | 0.873 |

TRF, Time-restricted feeding. A-B Significant within-group difference between A baseline and week 10, or B week 5 to week 10 (paired t test with Sidak correction for multiple pairwise comparisons). (…) denotes statistical trend (p=0.05-0.10). 1*p* values represent the between-group differences (repeated measures ANOVA).