Appendix 1

Supplementary Table 1. Heatmap illustrating mealtime distributions (n = 1840 eating episodes) of MYMeals sub-study (n = 133 participants) categorised according to eating episode (breakfast, lunch, dinner and snacks). Warm (red/yellow) shades in the heatmap indicate lower frequency of eating episodes while cool (green) shades indicate higher frequency. General time-blocks for eating episodes are indicated using thick outline of cells: breakfast (from time of waking – 11:00); lunch (12:00 – 15:00); dinner (18:00 – 21:00) and snacks (anytime prior to or following a main meal).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Eating Episode | Time (24 hours) | Breakfast | Lunch | Dinner | Snack |
|  | 1 | 0 | 0 | 0 | 3 |
| 2 | 0 | 0 | 0 | 1 |
| 3 | 0 | 0 | 0 | 0 |
| 4 | 0 | 0 | 0 | 0 |
| Typical Breakfast  Time | 5 | 3 | 0 | 0 | 0 |
| 6 | 11 | 0 | 0 | 1 |
| 7 | 44 | 0 | 0 | 3 |
| 8 | 71 | 0 | 0 | 8 |
| 9 | 69 | 1 | 0 | 18 |
| 10 | 50 | 3 | 0 | 43 |
| 11 | 38 | 26 | 0 | 62 |
| Typical Lunch Time | 12 | 9 | 107 | 0 | 50 |
| 13 | 3 | 107 | 0 | 54 |
| 14 | 0 | 66 | 1 | 73 |
| 15 | 0 | 36 | 2 | 71 |
|  | 16 | 0 | 18 | 3 | 88 |
| 17 | 0 | 6 | 27 | 98 |
| Typical Dinner  Time | 18 | 0 | 1 | 85 | 50 |
| 19 | 0 | 0 | 99 | 64 |
| 20 | 0 | 0 | 62 | 68 |
| 21 | 0 | 0 | 41 | 34 |
|  | 22 | 0 | 0 | 19 | 33 |
| 23 | 0 | 0 | 4 | 5 |
| 24 | 0 | 0 | 0 | 0 |