

Assessed for Eligibility
(n = 313)

Excluded
(n = 268)

No further interest n = 73
BMI >30 n = 68
BMI <25 n = 42
Difficult to contact n = 18
Medical n = 15
Smoker n = 13
Time constraints n = 12
Disliked study foods n = 9
Male n = 6
Accepted then withdrew n = 5
Applied too late n = 5
Other n = 2

Randomised to study
(n = 45)

Completed
study
(n = 42)

Did not complete study
(n = 3)

2 withdrew due to illness
1 withdrew due to childminding
difficulties