

Table S1 : Comparisons of energy or component amounts at Lunch with (**Control**) or without breakfast (**Skipping**)

	Control (n = 13)	Skipping (n = 13)	<i>P value</i>
Dietary intakes			
Energy (kcal/day)	738 ± 184	691 ± 181	0.340
per body weight (kcal/kg•day)	14.2 ± 2.8	13.3 ± 3.1	0.340
Protein (g/day)	28.6 ± 11.2	24.4 ± 7.4	0.305
% of energy	15.4 ± 3.4	14.1 ± 2.4	0.273
Fat (g/day)	27.1 ± 6.7	27.2 ± 10.5	1.000
% of energy	33.4 ± 5.6	34.7 ± 7.5	0.542
Carbohydrate (g/day)	91 ± 23	86 ± 20	0.414
% of energy	51.3 ± 6.0	51.3 ± 7.7	0.787

Values are means ± SD.

Table S2 : Comparisons of energy or component amounts at dinner with (**Control**) or without lunch (**Skipping**)

	Control (n = 12)	Skipping (n = 12)	<i>P value</i>
Dietary intakes			
Energy (kcal/day)	685 ± 142	778 ± 189	0.151
per body weight (kcal/kg•day)	13.6 ± 3.2	15.4 ± 4.0	0.151
Protein (g/day)	27.8 ± 6.9	32.8 ± 9.8	0.424
% of energy	16.6 ± 4.4	17.1 ± 4.0	0.910
Fat (g/day)	26.2 ± 8.4	27.2 ± 10.5	0.910
% of energy	34.2 ± 8.7	30.7 ± 6.7	0.151
Carbohydrate (g/day)	84 ± 26	101 ± 21	0.052
% of energy	49.2 ± 9.6	52.2 ± 7.0	0.301

Values are means ± SD.

Table S3 : Comparisons of energy or component amounts at breakfast with (**Control**) or without dinner (**Skipping**)

	Control (n = 9)	Skipping (n = 9)	<i>P value</i>
Dietary intakes			
Energy (kcal/day)	465 ± 116	598 ± 97	0.012*
per body weight (kcal/kg·day)	9.1 ± 2.4	11.7 ± 2.4	0.008**
Protein (g/day)	18.6 ± 5.4	22.6 ± 4.6	0.055
% of energy	16.1 ± 3.0	15.1 ± 1.9	0.426
Fat (g/day)	13.7 ± 5.0	21.0 ± 6.3	0.027*
% of energy	26.1 ± 5.1	31.5 ± 6.5	0.055
Carbohydrate (g/day)	69 ± 17	75 ± 20	0.203
% of energy	57.8 ± 7.8	53.4 ± 6.7	0.164

Values are means ± SD.

Asterisks indicate statistical significance (* $P < 0.05$; ** $P < 0.01$).

[illegible]

† No data

[illegible]

† No data

[illegible]

† No data

Table S7 : Carbohydrate intake at breakfast for each individual during the intervention period

	day 2	day 5	day 6	day 7	day 8	day 9	day 10	day 11	day 12	day 13
Subject 1	64.6	97.1	77.6	84.8	60.9	61.8	36.0	14.3	69.9	92.4
Subject 2	91.3	64.5	109.3	†	†	†	†	†	†	†
Subject 3	42.4	58.5	67.6	47.3	55.1	†	†	†	†	†
Subject 4	16.7	94.4	82.6	78.8	79.0	72.8	†	†	†	†
Subject 5	33.7	48.4	33.2	40.8	37.0	98.4	37.7	7.3	56.8	46.4
Subject 6	57.7	36.9	49.4	73.7	69.4	46.0	44.7	11.1	39.0	54.2
Subject 7	73.5	98.7	86.4	161.2	123.3	68.1	87.7	13.4	105.1	83.4
Subject 8	79.5	55.4	101.8	96.0	107.9	97.8	79.2	9.1	53.1	64.8
Subject 9	79.5	69.6	71.8	97.7	89.8	60.8	85.4	16.6	98.5	73.2
Subject 10	74.0	77.1	93.3	92.5	95.2	78.4	74.1	18.4	85.1	81.5
Subject 11	79.7	61.1	75.5	†	80.6	44.7	50.4	40.9	108.7	28.9
Subject 12	64.4	77.0	78.0	99.1	118.0	66.3	86.6	88.4	91.0	79.3
Subject 13	61.1	85.1	68.3	95.1	102.1	†	44.0	34.6	120.8	85.3

† No data

(g)

Table S8 : Carbohydrate intake at lunch for each individual during the intervention period

	day 2	day 3	day 4	day 5	day 6	day 9	day 10	day 11	day 12	day 13
Subject 1	92.7	68.6	74.4	78.9	105.0	81.9	85.6	104.1	105.6	90.0
Subject 2	139.8	94.0	126.9	61.1	†	†	†	†	†	†
Subject 3	72.1	116.1	94.8	85.0	76.1	†	†	†	†	†
Subject 4	63.3	75.1	49.6	105.5	45.6	†	†	†	†	†
Subject 5	97.0	87.4	73.4	96.5	182.2	70.1	55.4	105.9	137.6	80.3
Subject 6	59.4	64.6	97.9	187.6	182.2	48.3	50.3	80.2	108.7	104.8
Subject 7	67.4	72.7	46.4	65.4	76.7	71.0	64.4	64.4	77.6	52.6
Subject 8	63.5	87.1	83.1	85.6	129.6	160.4	68.7	67.8	216.6	81.8
Subject 9	87.4	103.2	92.0	74.5	83.9	144.1	74.5	106.8	106.5	74.5
Subject 10	102.6	146.4	107.4	52.6	79.9	97.7	124.0	138.2	105.0	117.3
Subject 11	55.7	78.9	60.3	59.0	66.7	41.0	87.2	44.5	15.2	64.6
Subject 12	77.3	84.0	86.2	64.3	101.1	72.3	72.9	112.5	82.3	76.7
Subject 13	98.3	88.0	73.6	79.4	148.9	†	100.2	86.0	178.3	79.2

† No data

(g)

Table S9 : Carbohydrate intake at dinner for each individual during the intervention period

	day 2	day 3	day 4	day 5	day 6	day 7	day 8	day 9	day 10	day 13
Subject 1	119.5	129.4	127.3	77.1	164.1	120.8	89.1	69.2	111.7	83.7
Subject 2	87.8	159.2	152.6	148.4	†	†	†	†	†	†
Subject 3	146.3	116.8	90.1	73.0	96.8	104.5	93.9	†	†	†
Subject 4	83.2	68.6	27.8	123.8	79.4	91.5	135.4	†	†	†
Subject 5	83.1	89.8	69.4	107.1	66.1	141.5	112.3	29.5	73.4	100.4
Subject 6	97.8	109.7	92.4	73.1	73.3	129.8	113.9	62.4	56.3	94.3
Subject 7	78.3	89.3	85.9	45.6	58.7	64.8	91.8	63.1	97.6	70.2
Subject 8	94.7	89.3	105.3	127.4	76.4	81.0	86.2	63.9	77.0	141.5
Subject 9	98.4	72.3	57.6	59.3	60.3	91.5	92.6	74.3	67.9	90.4
Subject 10	96.3	99.6	95.4	89.6	112.8	118.8	132.4	97.9	116.7	90.1
Subject 11	15.1	49.6	50.1	13.6	10.2	54.8	56.2	41.3	77.8	14.9
Subject 12	97.0	89.3	80.4	†	29.0	87.0	109.1	81.5	100.6	68.9
Subject 13	98.9	101.6	132.0	†	51.8	111.4	104.7	†	65.4	108.7

† No data

(g)