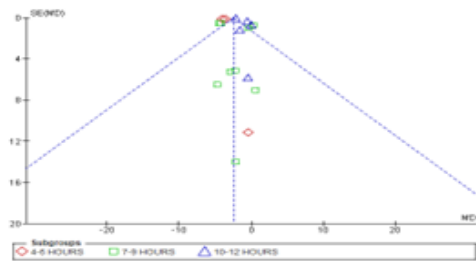
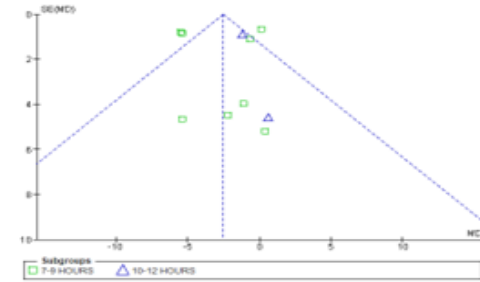


Supplemental materials

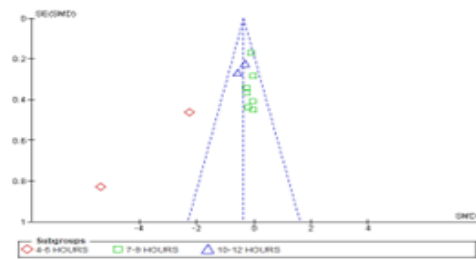
Body weight



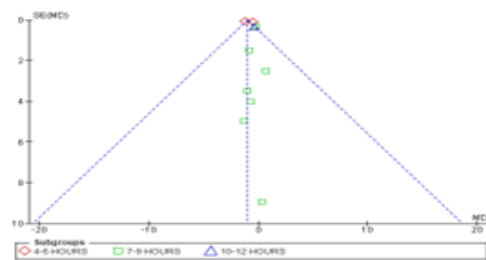
Waist circumference



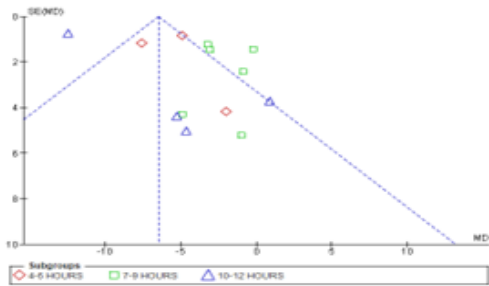
Total fat mass



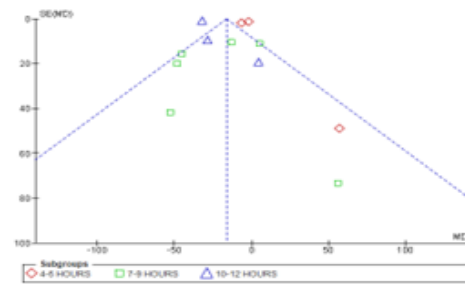
Lean body mass



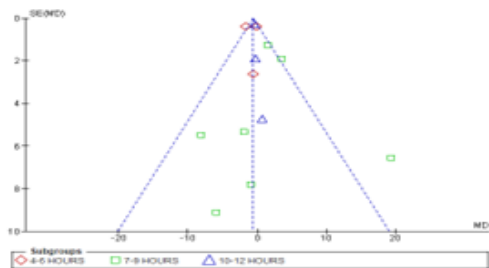
Glucose



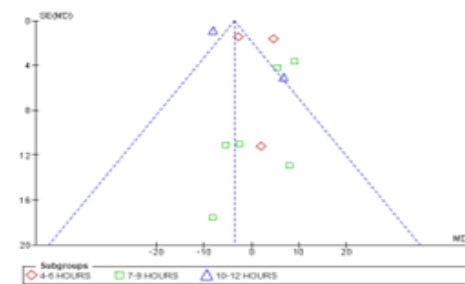
Lean body mass



HDL



LDL




Supplementary Figure 1 Funnel plots. HDL-C: High-density lipoprotein cholesterol; LDL-C: Low-density lipoprotein cholesterol

Supplementary Table 1 Electronic search strategy

Database	Search terms
EBSCOhost:	#1: TI "Time-restricted eating" OR "Time-restricted feeding" OR "Time-restricted meal" OR "Time-restricted diet" OR "Time-restricted fasting" "Time restricted eating" OR "Time restricted feeding" OR "Time restricted meal" OR "Time restricted diet" OR "Time restricted fasting"
<ul style="list-style-type: none"> • MEDLINE Complete, • Academic Search Complete, • Food Science Source, • OpenDissertations 	#2: AB "Time-restricted eating" OR "Time-restricted feeding" OR "Time-restricted meal" OR "Time-restricted diet" OR "Time-restricted fasting" "Time restricted eating" OR "Time restricted feeding" OR "Time restricted meal" OR "Time restricted diet" OR "Time restricted fasting"
Web of Science	#1 OR #2 #1: TI=("Time-restricted eating" OR "Time-restricted feeding" OR "Time-restricted meal" OR "Time-restricted diet" OR "Time-restricted fasting" OR "Time restricted eating" OR "Time restricted feeding" OR "Time restricted meal" OR "Time restricted diet" OR "Time restricted fasting") #2: AB=("Time-restricted eating" OR "Time-restricted feeding" OR "Time-restricted meal" OR "Time-restricted diet" OR "Time-restricted fasting" OR "Time restricted eating" OR "Time restricted feeding" OR "Time restricted meal" OR "Time restricted diet" OR "Time restricted fasting"
Scopus	#1 OR #2 TITLE-ABS-KEY ("time-restricted eating" OR "time-restricted feeding" OR "time-restricted meal" OR "time-restricted diet" OR "time-restricted fasting")
Cochrane Library	"time-restricted" (feed* OR eat* OR diet* OR fast* OR meal*) in Title Abstract Keyword - (Word variations have been searched)

A) EBSCOhost

web.p.ebscohost.com/ehost/resultsadvanced?vid=22&sid=6e72e8f2-2a48-41ca-b345-a1b87ab4ff0c%40redis&b...

MY  Searching: **MEDLINE Complete**, [Show all](#) | [Choose Databases](#) Universiti Kebangsaan Malaysia

S1 OR S2 Select a Field (optional) ▾ Search

AND ▾ Select a Field (optional) ▾ Create Alert

AND ▾ Select a Field (optional) ▾ Clear ?





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Search ID#	Search Terms	Search Options	Actions
<input type="checkbox"/> S4	 S1 OR S2	Expanders - Also search within the full text of the articles; Apply equivalent subjects Search modes - Boolean/Phrase	View Results (801) View Details Edit
<input type="checkbox"/> S3	 (AB "Time-restricted eating" OR "Time-restricted feeding" OR "Time-restricted meal" OR "Time-restricted diet" OR "Time-restricted fasting" "Time restricted eating" OR "Time restricted feeding" OR "Time restricted meal" OR "Time restricted diet" OR "Time restricted fasting") AND (S1 OR S2)	Expanders - Also search within the full text of the articles; Apply equivalent subjects Search modes - Boolean/Phrase	View Results (787) View Details Edit
<input type="checkbox"/> S2	 AB "Time-restricted eating" OR "Time-restricted feeding" OR "Time-restricted meal" OR "Time-restricted diet" OR "Time-restricted fasting" "Time restricted eating" OR "Time restricted feeding" OR "Time restricted meal" OR "Time restricted diet" OR "Time restricted fasting"	Expanders - Also search within the full text of the articles; Apply equivalent subjects Search modes - Boolean/Phrase	View Results (723) View Details Edit
<input type="checkbox"/> S1	 TI "Time-restricted eating" OR "Time-restricted feeding" OR "Time-restricted meal" OR "Time-restricted diet" OR "Time-restricted fasting" "Time restricted eating" OR "Time restricted feeding" OR "Time restricted meal" OR "Time restricted diet" OR "Time restricted fasting"	Expanders - Also search within the full text of the articles; Apply equivalent subjects Search modes - Boolean/Phrase	View Results (464) View Details Edit

Database

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<input type="checkbox"/> Academic Search Complete	224
<input type="checkbox"/> Food Science Source	126
<input type="checkbox"/> OpenDissertations	10
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2 TITLE-ABS-KEY ("time-restricted eating" OR "time-restricted feeding" OR "time-restricted meal" OR 567 results Set Alert More

1 TITLE-ABS-KEY ("time-restricted eating" OR "time-restricted feeding" OR "time-restricted meal" OR 567 results Set Alert More

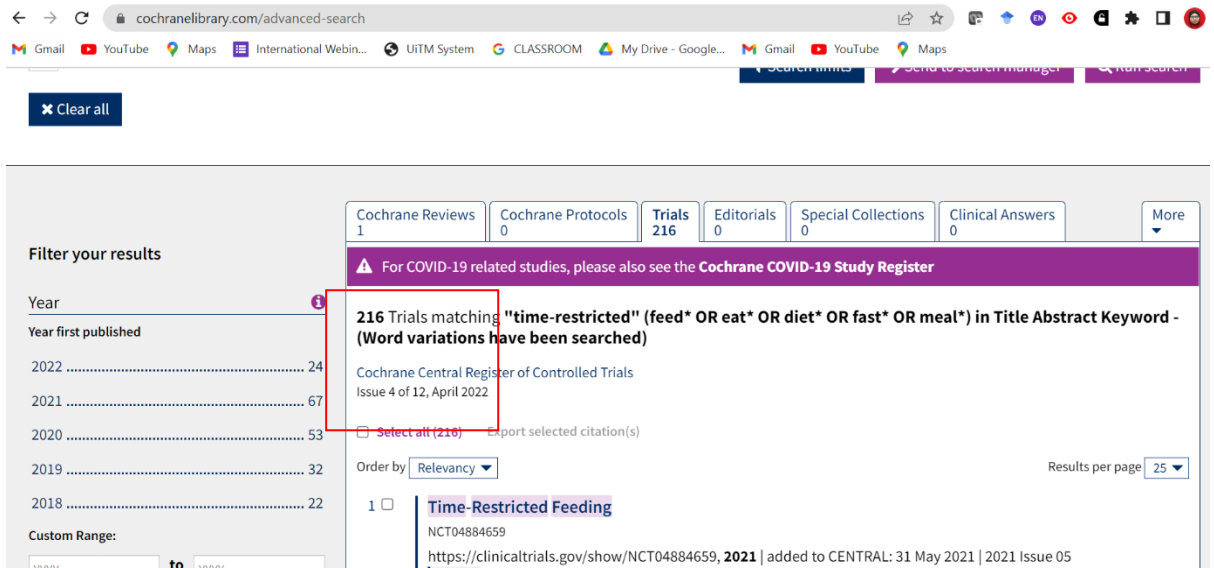
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Cochrane Central Register of Controlled Trials
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1 **Time-Restricted Feeding**
NCT04884659
<https://clinicaltrials.gov/show/NCT04884659>, 2021 | added to CENTRAL: 31 May 2021 | 2021 Issue 05