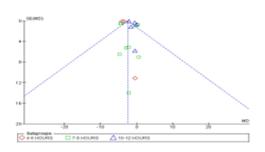
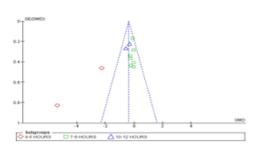
Supplemental materials

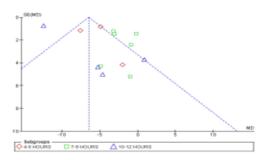
Body weight



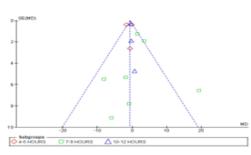




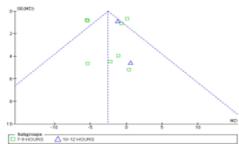
Glucose







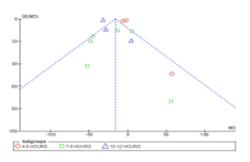
Waist circumference

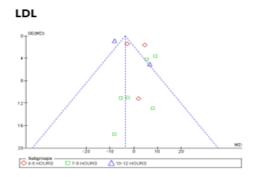












Supplementary Figure 1 Funnel plots. HDL-C: High-density lipoprotein cholesterol; LDL-C: Low-density lipoprotein cholesterol

Supplementary	Table 1	Electronic	search	strategy
---------------	---------	------------	--------	----------

Database	Search terms
EBSCOhost:	#1: Tl "Time-restricted eating" OR "Time-restricted feeding"
MEDLINE Complete,	OR "Time-restricted meal" OR 'Time-restricted diet' OR
Academic Search	"Time-
Complete,	restricted fasting" "Time restricted eating' OR "Time restricted
• Food Science Source,	feeding" OR "Time restricted meal" OR "Time restricted diet"
 OpenDissertations 	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" "Time restricted eating' OR "Time restricted
	feeding" OR "Time restricted meal" OR "Time restricted diet"
	OR "Time restricted fasting"
	#1 OR #2
Web of Science	#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"
0	#1 OR #2
Scopus	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

← → C (web.p.ebscohost.com/ehost/resultsadvanced?vid=22&sid=6e72e8f2-2a48-41	ca-b345-a1b87ab4ff0c%40redis&b		3 🛛	M	41	٠	•	h 1
MY	Searching: MEDLINE Complete, Show all Choose Databases					ι	Jnive	rsiti k	Keba N
EBSCOhost	S1 OR S2	Select a Field (optional) -	Search						N
	AND -	Select a Field (optional) -	Create Alert						
	AND -	Select a Field (optional) -	Clear ?						
			\oplus $-$						

Basic Search Advanced Search Search History -

Search History/Alerts

Print Search History Retrieve Searches Retrieve Alerts Save Searches / Alerts

🗌 Se	lect / dese	lect all	Search with AND	Search with O	R Delete Searches				Refresh Search Res
<u>s</u>	earch ID#	Search	Terms		Search Options		Actions		
	S4	🔊 S1 (DR S2		Expanders - Also search of the articles; Apply equ Search modes - Boolean/ Search modes - Boolean/	iivalent subjects in/Phrase	Q <u>View Results</u> (801)	ℓ <u>View Detai</u>	Is 🗹 Edit
	S3	restricted OR "Time restricted "Time res meal" OF	Time-restricted eating d feeding" OR "Time-re e-restricted diet" OR " f fasting" "Time restricted stricted feeding" OR "T R "Time restricted diet" d fasting") AND (S1 OF	estricted meal" Time- ted eating" OR Time restricted ' OR "Time	Expanders - Also search t of the articles; Apply equiv Search modes - Boolean/	alent subjects	Section 2017 August (1997)	🚺 <u>View Details</u>	<mark>⊠ Edit</mark>
	S2	restricted OR "Time restricted "Time res	Time-restricted eating" If feeding" OR "Time-re e-restricted diet" OR " If fasting" "Time restrict stricted feeding" OR "T R "Time restricted diet" If fasting"	estricted meal" Time- ted eating" OR Time restricted	Expanders - Also search (of the articles; Apply equiv Search modes - Boolean/	alent subjects	View Results (723)	View Details	☑ <u>Edit</u>
	S1	restricted OR "Time restricted "Time res	me-restricted eating" (d feeding" OR "Time-re e-restricted diet" OR " d fasting" "Time restrict stricted feeding" OR "T R "Time restricted diet" f fasting"	estricted meal" Time- ted eating" OR Time restricted	Expanders - Also search (of the articles; Apply equiv Search modes - Boolean/	alent subjects	Solution Network (464)	<u><i>View Details</i></u>	☑ <u>Edit</u>

Database

Name 🗢	Hit Count 👻
All Databases	
MEDLINE Complete	425
Academic Search Complete	224
Food Science Source	126
OpenDissertations	10
Education Research Complete	9
Psychology and Behavioral Sciences Collection	7
Update Cancel	

B) SCOPUS

Gmail 🖸 YouTube 💡 Maps 🧮 International We	ebin SUITM System G CLASSROOM 🛆 My Drive - Google	. 附 Gmail 🗈 YouTul	pe 💡 Maps	
Article title, Abstract, Keywords	"Time-restricted eating" OR "Time-restricted eating"	icted feeding" OR "Tir	me-restricted meal" OR	R "Time-restricted dief
- Add search field 🕒 Add date range Ad	dvanced document search ≻			Reset Search Q
earch History Saved Searches				
TITLE-ABS-KEY ("time-restricted eating and a state of the state of	ng" OR "time-restricted feeding" OR "time-restricted me	al" OR "time-restricte	d 567 results	🗘 Set Alert 🚦 Mor
Your history is available during this visit, b	ut will be deleted after you leave Scopus. Click 'More' to) 'Save' important sea	irches.	
earn more about what Scopu	is can do for you		Show less	৲ Don't show again ∛
Scopus			a =	
North a sure la mine au				
	search. All in one place. Authors	部 Affiliatior	15	
iscover the most reliable, relevant, up-to-date re Q Documents	*		15	
iscover the most reliable, relevant, up-to-date re Q Documents	*	Affiliation		
iscover the most reliable, relevant, up-to-date re Documents earch tips Search within Article title, Abstract, Keywords	Authors Search documents * "Time-restricted eating" OR "Time-restricted feeding"	Affiliation		
iscover the most reliable, relevant, up-to-date re- G Documents earch tips ① Search within Article title, Abstract, Keywords Add search field (2) Add date range Advand	Authors Search documents * "Time-restricted eating" OR "Time-restricted feeding"	Affiliation	eal" OR "Time-res	
iscover the most reliable, relevant, up-to-date re- Documents earch tips ① Search within Article title, Abstract, Keywords Add search field (*) Add date range Advand earch History Saved Searches	Authors Search documents * "Time-restricted eating" OR "Time-restricted feeding"	Affiliation ' OR "Time-restricted m R	eal" OR "Time-res	
iscover the most reliable, relevant, up-to-date re- Documents earch tips ① Search within Article title, Abstract, Keywords Add search field (*) Add date range Advance Search History Saved Searches // TITLE-ABS-KEY ('time-restricted eating' (Authors Search documents * Time-restricted feeding* ced document search >	Affiliation ' OR 'Time-restricted m R 426 results	eal" OR "Time-res	
Viscover the most reliable, relevant, up-to-date residence of Documents Viscover the most reliable, relevant, up-to-date residence of the date relation of	Authors Search documents * Time-restricted eating" OR "Time-restricted feeding" ced document search > OR "time-restricted feeding" OR "time-restricted meal" OR	Affiliation OR *Time-restricted m R 426 results 567 results	eal" OR "Time-res eset Search	
Documents learch tips ① Search within Article title, Abstract, Keywords - Add search field 😭 Add date range Advance Search History Saved Search History TITLE-ABS-KEY ("time-restricted eating") TITLE-ABS-KEY ("time-restricted eating")	Authors Search documents * Time-restricted eating* OR *Time-restricted feeding* ced document search > OR *time-restricted feeding* OR *time-restricted meal* OR OR *time-restricted feeding* OR *time-restricted meal* OR	Affiliation OR *Time-restricted m R 426 results 567 results 567 results	eal" OR "Time-res eset Search Set Alert : More Set Alert : More	

Learn more about what Scopus can do for you Show less \land Don't show again \circledast



C) WOS

Web of Scienc	Search Marked List History	Alerts	🖨 MAZUIN K	English Pro	ducts
< BACK TO BASIC Advanced	Search Query Builder				
Search in: V	DOCUMENTS Veb of Science Core Collection ~ Editions: A	ll ~	RESEARCHERS		
Add terms to	the query preview				
All Fields	 Example: liver di 	sease india singh	And ~	Add to query	
More option	S 🛋		Search Help		
feeding" O + Add dat	-restricted eating" OR "Time-restricted R "Time-restricted meal" OR "Time-	AU=[Author] Al=Author	CF=Conference AD=Address AD=Address OG=IAffiliation] OG=Organization SG=Suborganization SG=Suborganization SA=Street Address CI=City PS=Province/State CI=Country/Region ZP=Zip/Postal Code FO=Funding Agency	 FT=Funding Text SU=Research Area WC=Web of Science Categories IS=ISSN/ISBN UT=Accession Number PMID=Publication Date PUBL=Publication Date PUBL=Piblisher ALI=All Fields FPY=Final publication year 	Examples
0/5	Combine Sets 🐱		1	Clear History	
	#1 OR #2 and Review Articles (Exclude – Document Types)	383	Add to query 👻 🕒	× •	
• 4	#1 OR #2 and Review Articles (Exclude – Document Types)	383	Add to query 👻 😁	× •	
	#1 OR #2	483	Add to query 👻 🕒	1.	
	AB=("Time-restricted eating" OR "Time- restricted feeding" OR "Time-restricted meal" OR "Time-restricted diet" OR "Tim restricted fasting" "Time restricted eatin OR "Time restricted feeding" OR "Time		Ndd to query 🗸 🕑	× •	
	TI=("Time-restricted eating" OR "Time- restricted feeding" OR "Time-restricted meal" OR "Time-restricted diet" OR "Time restricted fasting" "Time restricted eatin OR "Time restricted feeding" OR "Time		Ndd to query 🗸 🕞		?

_

D) COCHRANE LIBRARY

· → C	rch 论 🖈 🗊 🕈 🔍 🥺 🕄 🖈 🖬 (
Gmail 😰 YouTube 💡 Maps 🧮 International We	
kananaana	
🗙 Clear all	
	Cochrane Reviews Cochrane Protocols Trials Editorials Special Collections Clinical Answers More
Filter your results	
_	For COVID-19 related studies, please also see the Cochrane COVID-19 Study Register
Year 🚯	216 Trials matching "time-restricted" (feed* OR eat* OR diet* OR fast* OR meal*) in Title Abstract Keyword -
Year first published	(Word variations have been searched)
2022	Cochrane Central Register of Controlled Trials
2021	Issue 4 of 12, April 2022
2020 53	Select all (216) Export selected citation(s)
2019	Order by Relevancy Results per page 25
2018	1 D Time-Restricted Feeding
Custom Range:	NCT04884659
	https://clinicaltrials.gov/show/NCT04884659, 2021 added to CENTRAL: 31 May 2021 2021 Issue 05