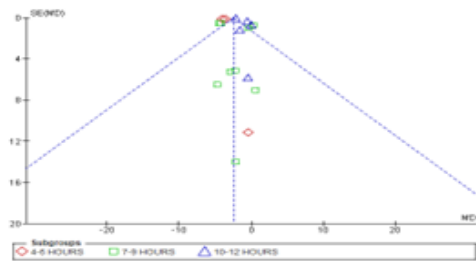## Supplemental materials
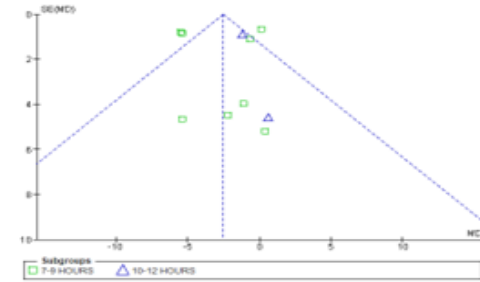
Body weight
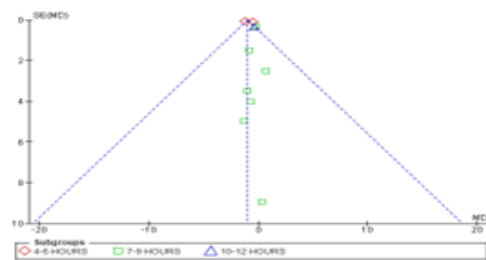

Waist circumference

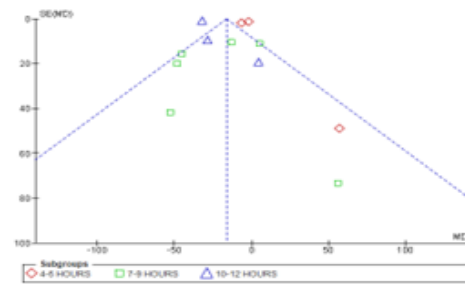**Total fat mass**
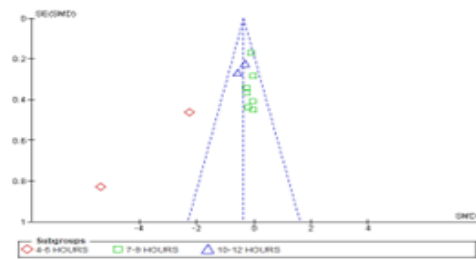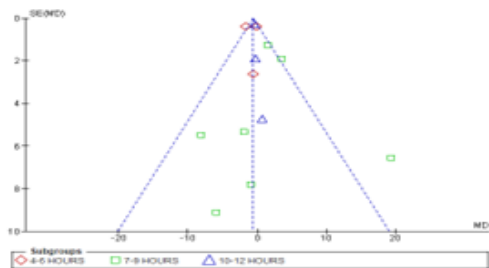

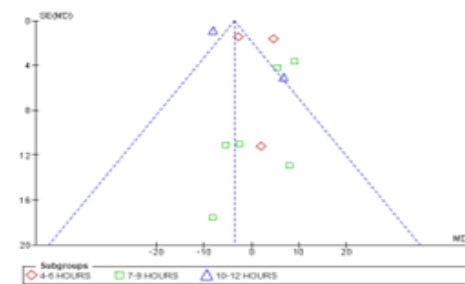**Lean body mass**

Glucose
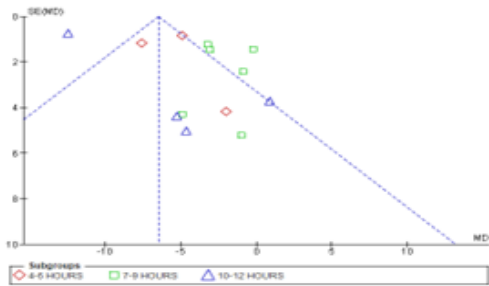
Lean body mass

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: • MEDLINE Complete, • Academic Search Complete, • Food Science Source, • OpenDissertations	#1: Tl "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" #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" #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

Searching: **MEDLINE Complete**, Show all | Choose Databases

Universiti Keba

| S1 OR S2 | Select a Field (optional) ▾ | **Search** |

| AND ▾ | | Select a Field (optional) ▾ | Create Alert |

| AND ▾ | | Select a Field (optional) ▾ | Clear ⊘ |

⊕ ⊖

Basic Search | Advanced Search | Search History ▾

Search History/Alerts

Print Search History | Retrieve Searches | Retrieve Alerts | Save Searches / Alerts

☐ Select / deselect all | **Search with AND** | **Search with OR** | **Delete Searches** | **Refresh Search Res**

	Search ID# ▾	Search Terms	Search Options	Actions
☐	S4	📶 S1 OR S2	**Expanders** - Also search within the full text of the articles; Apply equivalent subjects **Search modes** - Boolean/Phrase **Search modes** - Boolean/Phrase	🔍 **View Results** (801) ⓘ **View Details** ✏ **Edit**
☐	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**
☐	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**
☐	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

☐	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

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B) SCOPUS

C) WOS

D) COCHRANE LIBRARY