

**Supplementary Table 1. Mean (SD) number of meals and snacks by number of eating occasions**

Number of eating occasions	n	Large meals		Small meals		Snacks	
		Mean	SD	Mean	SD	Mean	SD
<b>Men (n=1,273)</b>							
1-2	79	0.97	(0.62)	0.66	(0.62)	0.27	(0.44)
3	309	1.18	(0.64)	1.28	(0.76)	0.54	(0.66)
4	347	1.18	(0.64)	1.57	(0.86)	1.25	(0.67)
5	281	1.27	(0.69)	1.70	(0.92)	2.03	(0.74)
6	169	1.37	(0.82)	1.78	(1.02)	2.85	(0.94)
7+	88	1.13	(0.74)	2.23	(1.11)	4.31	(1.58)
<i>Linear trend</i>			<i>P=0.043</i>		<i>P&lt;0.001</i>		<i>P&lt;0.001</i>
<b>Women (n= 1,502)</b>							
1-2	52	0.63	(0.66)	0.88	(0.70)	0.33	(0.51)
3	230	0.90	(0.63)	1.46	(0.76)	0.65	(0.69)
4	358	0.92	(0.57)	1.66	(0.74)	1.42	(0.63)
5	435	0.97	(0.58)	1.86	(0.72)	2.17	(0.56)
6	303	0.99	(0.60)	1.94	(0.81)	3.07	(0.53)
7+	124	0.93	(0.68)	2.15	(0.83)	4.36	(1.01)
<i>Linear trend</i>			<i>P=0.011</i>		<i>P&lt;0.001</i>		<i>P&lt;0.001</i>