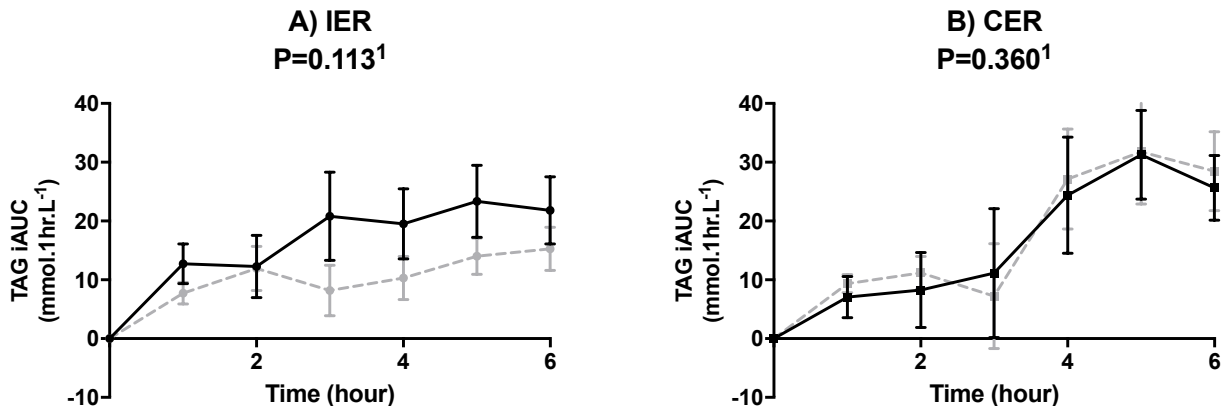


## Supplementary Figure 1



**(A-B) Postprandial triacylglycerol responses before and after 5% weight-loss via IER (A) and CER (B)**

Presented as averaged hourly iAUC. IER (filled circles), CER (filled squares). Baseline (black) and post-treatment (grey). Liquid test meal provided: 2510kJ, 74g carbohydrate, 24g protein and 23g fat.

*Abbreviations:* CER, Continuous energy restriction; IER, Intermittent energy restriction; iAUC, Incremental area under curve.

*Statistics and data presentation:* <sup>1</sup>Paired t-tests. Presented as mean  $\pm$  SEM. n=26 (IER=14, CER=12).