**Supplementary tables**

**Table S1. Body composition and nutritional status of the respondents**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Variables** | **Groups (mean±SD)** | | | |  | | |
| **TRF (n=56)** | | **Non-TRF (n=24)** | | **P- Value** | | |
| Weight (kg) | | | 73.02±12.14 | | 79.08±16.35 | | NS |
| Height (cm) | | | 174.16±6.25 | | 173.87±5.47 | | NS |
| WC (cm) | | | 87.32±9.63 | | 89.65±13.92 | | NS |
| HC (cm) | | | 94.94±7.26 | | 100.26±11.18 | | 0.01 |
| WHR (cm) | | | 0.89±0.07 | | 0.91±0.06 | | NS |
| Body Fat (%age) | | | 23.83±5.7 | | 29.71±7.2 | | 0.028 |
| BMI (kg/m2) | | | 24.14±3.5 | | 26.13±5.2 | | 0.046 |
| BMR (kcal) | | | 1671.9±211.1 | | 1818.04±304.2 | | 0.012 |

WC= Waist circumference, HC= Hip circumference, WHR= Waist to hip ration, BMI= Body mass index, BMR= Basal metabolic rate

**Table S2. Dietary macro and micronutrients intake of the respondents**

|  |  |  |  |
| --- | --- | --- | --- |
| **Macro and micronutrients** | **Groups (mean±SD)** | | **P- value** |
| **TRF (n=56)** | **Non-TRF (n=24)** |
| Energy (kcal) | 1512.58±548.6 | 2018.78±564.6 | 0.000 |
| Water (g) | 2120.01±731.2 | 2348.4±827.8 | NS |
| Protein (g) | 72.14±34.5 | 92.72±27.2 | 0.011 |
| Fat (g) | 35.88±26.9 | 60.8±24.9 | 0.000 |
| Carbohydrate (g) | 216.08±75.1 | 268.2±91.4 | 0.008 |
| Dietary Fiber (g) | 24.4±10.8 | 22.6±10.6 | NS |