**Supplementary Table 2. Characteristics of studies included in the meta-analysis**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Study and publication year | Country | RCT design (blinding) | Totalsample(case:control) | Participants | Intervention and intervention details | Control | Duration | Mean age | Sex (F: M)   | Outcomes |
| Chow et al. (2020) [1] | USA | A randomized clinical trial | 11:9 | People with overweight or obesity  | TRF: 11:8 hour window, with unrestricted eating within the window | Unrestricted (non-TRE) control | 12w | 46.5 ±12.4 | 9:2 | weight, FM, SBP, DBP, TG, LDL-C, HDL-C |
| Cienfuegos et al. (2020) (a) [2] | USA | A randomized controlled trial | 16:14 | Adults with obesity | 4-hour TRF: eating only between 3 and 7 pm (without having to count calories)  | The control group continued their usual diet pattern with no meal timing restrictions | 8w | 47 ± 8 | 14:2 | FM, SBP, DBP, TG, LDL-C, HDL-C, FBG, Fins, HbA1c, HOMA-IR |
| Cienfuegos et al. (2020) (b) [2] | USA | A randomized controlled trial | 19:14 | Adults with obesity | 6-hour TRF: eating only between 1 and 7 pm (without having to count calories) | The control group continued their usual diet pattern with no meal timing restrictions | 8w | 47 ± 13.8 | 18:1 | FM, SBP, DBP, TG, LDL-C, HDL-C, FBG, Fins, HbA1c, HOMA-IR |
| de Oliveira Maranhao Pureza et al. (2020) [3] | Brasil | A randomized, parallel, controlled clinical trial | 31:27 | Obesity people | TRF and a hypoenergetic diet: meals only in a 12-hour feeding window and fasting for the other 12 hours. | Hypo energetic diet | 12w | 31.03 ±7.16 | NA | weight, WC, BMI, SBP, DBP |
| Domaszewski et al. (2020) [4] | Poland | A randomized clinical trial | 25:20 | Overweight women over 60 years of age | Experimental group involvedcompletely abstaining from food for 16 hours a day, from 8 pm to 12 am (the next day) | Followed their previous eating plan | 6w | 65 ± 4 | 25f | weight, FM, BMI |
| Finlayson et al. (2020) [5] | USA | A parallel-group controlled-feeding randomized controlled trial | 24:22 | Overweight and obesity Women | IER: alternating ad libitum and 75% energy restriction days | CER | 12w | 34 ± 10 | 24f | WC, FM, BMI, |
| Lowe et al. (2020) [6] | USA | A randomized clinical trial | 59:57 | Adults with obesity | TRF: Eat 8 hours a day and fast the rest of the day | Consistent meal timing | 12w | 46.8 ±10.8 | 24:35 | weight, WC, FM |
| Martens et al. (2020) [7] | USA | A randomized controlled crossover trial | 14:10 | Healthy middle-aged and older men and postmenopausal women | TRF: Eat 8 hours a day and fast the rest of the day | Chronic calorie restriction | 6w | 66 ± 6.92 | 7:5 | TC, TG, LDL-C, HDL-C, FBG |
| Pinto et al. (2020) [8] | UK | A parallel-arm randomized controlled trial | 21:22 | Non-smoking men and　women | Short-term effects of IER: 48 hours, 600 kcal/day, followed by 5-dayhealthy eating advice | CER: 500 kcal/day, healthy eating advice | 4w | 50 ± 12 | 15:6 | weight, WC, BMI, SBP, DBP, TG, FBG, Fins, HOMA-IR |
| Pureza et al. (2020) [9] | Brazil | A randomized, parallel, controlled trial | 31:27 | Women with obesity  | Hypoenergetic diet with TRF. women were instructed to eat onlyduring a 12 hour and fasted during the other 12 hours | A diet with the same energyrestriction but without TRF | 21d | 31.8 ± 7.25 | 31f | Weight, WC, BMI, SBP, DBP, FBG, Fins, HOMA-IR |
| Stratton et al. (2020) [10] | USA | A randomized controlled trial | 13:13 | Active males | TRF: 8 hours eating window, 25% caloric deficit, 1.8 g/kg/day protein, and body resistance training | Normal diet and body resistance training | 4w | 22.9 ± 3.6 | 13m | weight, FM |
| Cai et al. (a) (2019) [11] | China | A randomized clinical trial | 90:79 | Adults with nonalcoholic fatty liver disease (NAFLD)  | ADF: 25% baseline energy needs, mealtime between 12.00 p.m. and 2.00 p.m | Control group | 12w | 35.50±4.417 | 60:35 | weight, WC, FM, BMI, TC, TG, LDL-C, HDL-C, FBG, Fins |
| Cai et al. (b) (2019) [11] | China | A randomized clinical trial | 95:79 | Adults with nonalcoholic fatty liver disease (NAFLD)  | TRF: 16:8 fasting window | Control group | 12w | 33.56 ± 6.23  | 66:29 | weight, WC, FM, BMI, TC, TG, LDL-C, HDL-C, FBG, Fins |
| Cho et al. (a) (2019) [12] | Korea | A randomized, controlled, parallel-arm diet trial | 9:9 | Adults with with overweight or obesity  | ADF and exercise | Continued their regulareating and exercise habits | 8w | 34.5 ± 5.7 | 4:5 | weight, FM, BMI, TC, TG, LDL-C, HDL-C, FBG, Fins, HOMA-IR |
| Cho et al. (b) (2019) [12] | Korea | A randomized, controlled, parallel-arm diet trial | 8:9 | Adults with with overweight or obesity  | ADF | CER | 8w | 33.5 ± 5 | 6:2 | weight, FM, BMI, TC, TG, LDL-C, HDL-C, FBG, Fins, HOMA-IR |
| Gabel et al. (a) (2019) [13] | USA | Secondary analysis of a study | 11:17 | Individuals with overweight and obesity  | ADF: participants consumed 25% of their baseline energy needs at lunch (between 12 and 2 pm) | Controlgroup | 12m | 43±9.95 | 9:2 | weight, FM, BMI, SBP, DBP, TC, TG, LDL-C, HDL-C, FBG |
| Gabel et al. (b) (2019) [13] | USA | Secondary analysis of a study | 11:15 | Individuals with overweight and obesity  | ADF: participants consumed 25% of their baseline energy needs at lunch (between 12 and 2 pm) | CR: consumed 75% baseline energy  | 12m | 43±9.95 | 9:2 | weight, FM, BMI, SBP, DBP, TC, TG, LDL-C, HDL-C, FBG |
| Hirsh et al. (2019) [14] | USA | A randomized clinical trial | 10:12 | Overweight individuals  | Nutritionprogramgroup: two fasting days of balanced shake and dietary supplements, 5 days of habitual diet | Habitual diet | 52d | 43.4±13 | 8:2 | weight, SBP, DBP, TC, TG, LDL-C, HDL-C, Fins |
| Panizza et al. (2019) [15] | USA | A randomized active comparator pilot study | 30:30 | BMI 25–40 kg/m2, VAT ≥ 90 cm for men and women | IER and a Mediterranean diet: 2 consecutive days with 70% energy restriction and 5 days of a Mediterranean diet | Dietary Approaches to Stop Hypertension diet | 12w | 48.4±4.7 | 21:9 | weight, WC, FM, BMI, SBP, DBP, TC, TG, LDL-C, HDL-C, FBG, Fins |
| Parvaresh et al. (2019) [16] | Iran | A single-center, randomized clinical trial | 35:34 | Patients with MetS and overweight | ADF: 25% of the individual's energy needs  | CR | 8w | 44.6±9.08 | 14:20 | weight, WC, BMI, SBP, DBP, TC, TG, LDL-C, HDL-C, FBG, Fins, HOMA-IR |
| Stekovic et al. (2019) [17] | Austria | An embeddedrandomized controlled trial | 30:30 | Healthy study participants | ADF: eat every secondday ad libitum, refrain from calorie intake on the fast days | Ad libitum number of meals | 4w | 48 | 17:12 | weight, FM, BMI, SBP, DBP, HOMA-IR |
| Tinsley et al. (2019) [18] | USA | A randomized controlled trial | 13:14 | Healthy females  | TRF: consume all calories between 12 and 8 pm each day | Control diet | 8w | 22.1 ± 7.27 | 13f | weight, FM, SBP, DBP, TC, TG, LDL-C, HDL-C, FBG, Fins |
| Hutchison et al. (2019) (a) [19] | Australia | A randomized controlled trial | 25:26 | Overweight women  | IF70: an IF diet at 70% of calculated baseline energy requirements per week | Dietary restriction (DF70) | 8w | 49 ± 10 | 25f | weight, WC, SBP, DBP, TC, TG, LDL-C, HDL-C, FBG, Fins, HOMA-IR |
| Hutchison et al. (2019) (b) [19] | Australia | A randomized controlled trial | 25:12 | Overweight women | IF100: an IF diet at 100% of calculated baseline energy requirements per week | Continuous energy intake at 100 % of baseline energy | 8w | 51 ± 10 | 25f | weight, WC, SBP, DBP, TC, TG, LDL-C, HDL-C, FBG, Fins, HOMA-IR |
| Antoni et al. (2018) [20] | UK | A randomized, parallel-arm trial | 15:12 | Individuals with overweight and obesity  | IER:25% of the energy requirements for two consecutive days. On the remaining 5 normal days | CER | 7d | 45±15.49 | 7:8 | weight, WC, FM, SBP, DBP, TC, LDL-C, HDL-C, FBG, Fins, HOMA-IR |
| Bowen et al. (2018) [21] | Australia | A randomized parallel study | 82:81 | Adults with overweight and obesity  | ADF + Daily energy restriction (DER); 3 days of ADF, 3 days of alternate DER, and one ad libitum day | Daily energy restriction | 16w | 40.0 ± 8.3 | 67:15 | weight, FM, BMI, SBP, DBP, TC, TG, LDL-C, HDL-C, FBG, Fins |
| Byrne et al. (2018) [22] | Australia | A single-center, parallel-group, randomized controlled trial | 26:25 | Males with obesity | IER: alternating ad libitum and 75% energy restriction days | CER | 16w | 39.9± 9.2  | 26m | weight, FM, BMI |
| Carter et al. (2018) [23] | Australia | A randomized noninferiority trial | 70:67 | Adults with type 2 diabetes who wereoverweight or obese | IER: 500-600 kcal/day, followed for 2 nonconsecutive days per week (their usual diet for the other 5 days) | CER | 12m | 61±9 | 39:31 | weight, FM, BMI, HbA1c |
| Conley et al. (2018) [24] | Australia | A single-center, parallel-group randomized controlled trial | 11:12 | Veterans: males with a BMI greater than or equal to 30 kg/m2 and stable weight | IER: 2 non-consecutive days per week (restrict calorie intake to 600 calories) and eat ad libitum on the remaining 5 days | Standard energy-restricted diet | 3m | 68 ± 2.7 | 11m | weight, WC, BMI, SBP, DBP, TC, TG, LDL-C, HDL-C, FBG |
| Corley et al. (2018) [25] | Australia | A randomized controlled trial | 19:18 | Participants with type 2 diabetes who were taking medication for diabetes | Non-consecutive days caloric restriction: 5:2 schedule a VLCD for 2 days per week | CR | 12w | 58 (42 to 74) | 8:11 | weight, WC, FM, BMI, SBP, DBP, TC, TG, LDL-C, HDL-C, FBG, HbA1c |
| Coutinho et al. (2018) [26] | Norway | A randomized controlled trial | 14:14 | Adults with obesity  | IER: 3 non-consecutive days (followed a commercial very low-calorie diet (550 and 660 kcal/day for women and men, respectively) | CER: followed a low-calorie diet | 12w | 39.4±11.0 | 10:4 | weight, FM |
| Gasmi et al. (2018) (young) [27] | Italy | A randomized controlled trial | 10:10 | Young men  | TRF: young and older were asked to fast for 2 days separated by 48 hours (Monday and Thursday) for 3 months (February, March, April)  | Normal meals | 12w | 26.90±1.97 | 10m | weight |
| Gasmi et al. (2018) (old) [27] | Italy | A randomized controlled trial | 10:10 | Aged men | TRF: young and older were asked to fast for 2 days separated by 48 hours (Monday and Thursday) for 3 months (February, March, April) | Normal meals | 12w | 51.60±5.87 | 10m | weight |
| Schübel, et al. (2018) [28] | Germany | A randomized controlled trial | 49:49 | Men and women with overweight and obesity | IER: 5:2 diet (2 days with 75% energy deficit and 5 days without energy restriction) | No advice to restrict energy | 12w | 49.4 ± 9.0 | 24:25 | TC, TG, LDL-C, HDL-C, FBG, Fins, HOMA-IR |
| Sundfor et al. (2018) [29] | Norway | A randomized controlled clinical trial | 54:58 | Men and women with overweight and obesity | IER: 5:2 diet | CER | 6m | 49.9±10.1 | 26:28 | weight, WC, BMI, SBP, DBP, TC, TG, LDL-C, HDL-C, FBG, HbA1c |
| Trepanowski et al. (a) (2018) [30] | USA | A randomized controlled trial | 25:29 | Men and women with overweight and obesity  | ADF: repeatedly alternate between consuming 25% of energy needs over 24-hour | CR | 24w | 46 ± 10 | 22:3 | FM, FBG, Fins, HOMA-IR |
| Trepanowski et al. (b) (2018) [30] | USA | A randomized controlled trial | 25:25 | Men and women with overweight and obesity  | ADF: repeatedly alternate between consuming 25% of energy needs over 24-hour | Consumed 100% of energy needs every day | 24w | 46 ± 10 | 22:3 | FM, FBG, Fins, HOMA-IR |
| Li et al. (2017) [31] | Germany | A randomized controlled clinical pilot study | 23:23 | Persons with a manifest and treated type 2 diabetes | A 7-day fasting program (an initial fasting program followed a Mediterranean diet) | A Mediterranean diet | 4m | 64.7 ± 7.0 | NA | weight, WC, BMI, SBP, DBP, TC, TG, LDL-C, HDL-C, FBG, Fins, HbA1c, HOMA-IR |
| Wei et al. (2017) [32] | USA | A randomized crossoverdesign | 52:48 | Healthy participants | Fasting-mimicking diet: a plant-based diet designed to attain fasting-like effects | Unrestricted diet | 3m | 43.3 ± 11.7 | 33:19 | weight, WC, BMI, SBP, DBP, TC, TG, LDL-C, HDL-C, FBG |
| Carter et al. (2016) [33] | Australia | A parallel randomized controlled trial | 31:32 | Obesity adults with type 2 diabetes mellitus; BP of <160/100 mmHg | IER: an ER of 1670-2500kJ/day for 2 days each week, and the remaining 5 days included habitual eating | CER | 12w | 61 ± 7.5  | 17:14 | weight, FM, HbA1c |
| Catenacci et al. (2016) [34] | USA | A randomized pilot study | 13:12 | Individuals with obesity | ADF: zero-calories | Caloric restriction (2400 kcal/day) | 8w | 39.6±9.5 | 9:3 | weight FM, BMI, TC, TG, LDL-C, HDL-C, FBG, Fins, |
| Moro et al. (2016) [35] | Italy | A randomized controlled trial | 17:17 | Resistance-trained males | TRF: participants consumed 100% of energy needs in an 8-hour  | Normal diet group | 8w | 29.94 ± 4.07 | 17m | FM, TC, TG, LDL-C, HDL-C, FBG, Fins |
| Tinsley et al. (2016) [36] | USA | A randomized controlled trial | 10:8 | Generally healthy, recreationally active men | Resistance training and TRF: consuming all calories within a four-hour period, 4 days per week. Resistance training programwas performed 3 days per week | Resistance training and normal diet | 8w | 22.9 ± 4.1 | 10m | weight, FM |
| Keogh et al. (2014) [37] | Australia | A parallel, randomized controlled trial | 19:17 | Women with overweight or obesity  | IER: 1-week normal diet followed by 1 week of energy restriction | CER | 52w | 59.5 ± 8.7 | 19f | weight, WC |
| Harvie et al. (2014) (b) [38] | USA | A single-center, randomizedstudy | 37:40 | Women with overweight or obesity | IECR: restrict energy and carbohydrates on 2 consecutive days each week and Mediterranean-type diet for the remaining 5 days of the week | Daily energy restriction | 3m | 45.6±8.3 | 37f | weight, WC, SBP, TC, LDL-C, HDL-C, FBG, Fins, HbA1c, HOMA-IR |
| Harvie et al. (a) (2014) [38] | USA | A single-center, randomizedstudy | 38:40 | Women with overweight or obesity | IECR and ad libitum protein and fat | Daily energy restriction | 3m | 48.6 ±7.3 | 38f | weight, WC, SBP, TC, LDL-C, HDL-C, FBG, Fins, HbA1c, HOMA-IR |
| Teng et al. (2013) [39] | Malaysia | A randomized controlled trial | 28:28 | Healthy (non-diabetic and no history of　cardiovascular diseases) Malay men  | Fasting calorie restriction | Maintain their present lifestyle | 6w | 59.6±5.4 | 28m | weight, FM, BMI, SBP, DBP, TC, TG, LDL-C, HDL-C, FBG |
| Varady et al. (2013) [40] | USA | A randomized, controlled, parallel-arm feedingtrial | 15:15 | Healthy people | ADF: 25% of their baseline energy needs on the fast day and then ate ad libitum on each alternating feed day | Ad libitum | 12w | 47±7.74 | 10:5 | SBP, DBP, TC, TG, LDL-C, HDL-C |
| Bhutani et al. (2013) [41] | USA | A randomized, controlled, parallel-arm feeding trial | 25:16 | Adults with obesity | A 4-week controlledfeeding period: 25% of their baseline energy needs on the ‘‘fast day’’ and an 8-week self-selected “feeding period” | Ad libitum number of meals | 12w | 42 ± 10 | 24:1 | weight, WC, FM, BMI, SBP, DBP, TC, TG, LDL-C, HDL-C, FBG, Fins, HOMA-IR |
| Arguin et al. (2012) [42] | USA | A randomized pilot study | 12:10 | Postmenopausal women with sedentary obesity | IF: food was self-selected with dietitian supervision on macronutrient composition (55%, 30%, and 15% of energy intake from carbohydrates, fats, and proteins, respectively | Continuous diet | 30w | 60.5 ±6.0 | 12f | weight, WC, FM, TC, TG, LDL-C, HDL-C, FBG |
| Harvie et al. (2011) [43] | USA | A randomized trial | 53:54 | Premenopausal women with overweight | IER: 25% restriction delivered as a VLCD for 2 days per week, with no restrictions on the other 5 days of the week. | CER | 6m | 40 ±14.1  | 53f | weight, WC, SBP, DBP, TC, TG, LDL-C, HDL-C, FBG, Fins, HOMA-IR |
| Teng et al. (2011) [44] | USA | A randomized controlled trial | 13:12 | Healthy Malay men  | Fasting calorie restriction: reduce daily energy intake by 300-500 kcal/day and fast two days a week for three months | Maintenance of present lifestyle | 12w | 59.3 ± 3.4 | 13m | weight, BMI |
| Stote et al. (2007) [45]  | USA | A randomized crossover design | Total (15) | Healthy, normal-weight, middle-aged adults | 1 meal/d | 3meals/d | 8w | 45 ±2.71 | 10:5 | weight, FM, SBP, DBP, TC, TG, LDL-C, HDL-C, FBG |
| Williams et al. (1998) (a) [46]  | USA | A parallelArms | 18:18 | T2DM patients | IER (1 day/week): 400–600 kcal/day on fast day and 1500–1800 kcal/day on feed day | CER:1500–1800 kcal/day every day | 20w | 51 ± 8 | 9:9 | weight, TC, TG, LDL-C, HDL-C, Fins |
| Williams et al. (1998) (b) [46]  | USA | A parallelArms | 18:18 | T2DM patients | IER (5 days/week): 400–600 kcal/day on fast day every 5 weeks and 1500–1800 kcal/day on feed days | CER:1500–1800 kcal/day every day | 20w | 50 ± 9 | 11:7 | weight, TC, TG, LDL-C, HDL-C, Fins |
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