**Study 18**
Stote KS, Baer DJ, Spears K, et al. A controlled trial of reduced meal frequency without caloric restriction in healthy, normal-weight, middle-aged adults. *Am J Clin Nutr*. 2007;85(4):981-988. doi:10.1093/ajcn/85.4.981

Funding: Public Funding - National Institute of Aging, USDA.
Amendments:
1. Cortisol levels may have been elevated in the 3 Meals a Day condition, because of the time of day blood was taken for testing (morning – which is known to have elevated cortisol in the morning).
Credit: Eduardo Amengual.

2. If blood pressure readings were taken at different times (morning for 3 Meals a Day condition and evening for OMAD), that may explain the blood pressure differences.
Credit: Bill Strahan.

**Study 144**
Carlson O, Martin B, Stote KS, et al. Impact of reduced meal frequency without caloric restriction on glucose regulation in healthy, normal-weight middle-aged men and women. *Metabolism*. 2007;56(12):1729-1734. doi:10.1016/j.metabol.2007.07.018

Funding: Public Funding - National Institute of Aging.
Amendments: None.

**Study 145**
Meessen ECE, Andresen H, van Barneveld T, et al. Differential Effects of One Meal per Day in the Evening on Metabolic Health and Physical Performance in Lean Individuals. *Front Physiol*. 2022;12:771944. Published 2022 Jan 11. doi:10.3389/fphys.2021.771944

Funding: ZonMW (Consulting Company that finances health studies) and Dutch Diabetes Foundation (non-profit).
Amendments: None.

**Study 146**
Cienfuegos S, Gabel K, Kalam F, et al. Effects of 4- and 6-h Time-Restricted Feeding on Weight and Cardiometabolic Health: A Randomized Controlled Trial in Adults with Obesity. *Cell Metab*. 2020;32(3):366-378.e3. doi:10.1016/j.cmet.2020.06.018

Funding: Public funding – National Institute of Health.
Amendments: None.