**Online Supplementary Material 1:** Calculation of energy requirements and example of 3-days meal plan provided to the participants

The energy requirements of each participant were calculated by using the Schofield equation accounting for individual physical activity levels. Particularly Schofield equation, which has age, gender and weight as parameters, was used for estimating the Basal Metabolic Rate (ΒΜR) as the below table indicates. To calculate the total daily energy requirements for each participants the BMR was multiply with the factor of physical activity level (PAL). The reference values for PAL as published by FAO/WHO/UNU were used [1]. A PAL of 1.4 was used for participants with very low

|  |  |  |
| --- | --- | --- |
| Age (years) | Male (weight in Kg) | Female |
| 15 - 18 | (17.6 x weight) + 656 | (13.3 x weight) + 690 |
| 19 - 30 | (15.0 x weight) + 690 | (14.8 x weight) + 485 |
| 31 - 60 | (11.4 x weight) + 870 | (8.1 x weight) + 842 |
| > 60 | (11.7 x weight) + 585 | (9.0 x weight) + 656 |

|  |  |
| --- | --- |
| PAL value | Description |
| Less than 1.2 | Bed rested. Most likely when in care of others |
| 1.2-1.55 | Low activity level. Sedentary lifestyle. |
| 1.55 to 1.71 | Medium activity level: Occasionally active. Typical office work. |
| 1.71 to 1.95 | High activity level: Some manual work and/or regular exercise. |
| Greater than 1.95 | Very high activity level: A fair amount of manual work or exercise training.  |

FAO/WHO/UNU: Energy and Protein Requirements. Report of a Joint

Expert Consultation. World Health Organization Technical Report Series No

724 Geneva: WHO 1985.

FAO/WHO/UNU: Energy and Protein Requirements. Report of a Joint

Expert Consultation. World Health Organization Technical Report Series No

724 Geneva: WHO 1985.

FAO/WHO/UNU: Energy and Protein Requirements. Report of a Joint

Expert Consultation. World Health Organization Technical Report Series No

724 Geneva: WHO 1985

FAO/WHO/UNU: Energy and Protein Requirements. Report of a Joint

Expert Consultation. World Health Organization Technical Report Series No

1. Geneva: WHO 1985

[1] FAO/WHO/UNU: **Energy and Protein Requirements. Report of a Joint Expert Consulation**. *World Helath Organization Technical Report Series No 724 Geneva. WHO 1985.*

 **Example of 3-day Diet Plan**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Day 1** | **Day 2** | **Day 3**  |
| **Breakfast** | Bagel with 2 slices of edam cheese | 1 croissant+ 2 slices of ham | Bagel with 1 tablespoon spread cheese |
| **Snack** | 3 pieces of cream crackers | Brioche roll | 3 Cream crackers |
| **Lunch**  | 1 pot ready to eat creamy and leak potato soup + 1slice bread | Omelette with two eggs and 2 slices bacon.  | 1 pot Mexican chilli soup + 1slice bread |
| **Snack** | 1 cup orange juice | 1 cup orange juice | Shortbread |
| **Dinner** | 1 Pizza pepperoni + 330ml soft drink  | 3 beef burgers+ 2 burger buns + 2 tablespoon coleslaw+ 1 packet fries (90g) | Lasagne 400g + 3 tablespoon coleslaw +100g strawberry cheesecake |