

Table S3. The estimated energy requirement (EER; kcal/day) was determined according to IOM recommendation (12), where a physical activity (PA) coefficient was assigned (1.0=sedentary; 1.12=low active; 1.27=active; 1.45=very active) and $EER = 354 - (6.91 * \text{age [yrs]}) + PA * [(9.36 * \text{wt [kg]}) + (726 * \text{height [m]})]$. Criteria for energy intake adjustment. It was assumed that 3500 kcals = 2.2kg. (PA=physical activity).

Weight Status	Energy Intake Adjustment
Weight stable (within 2kg)	No change
Weight loss>2kg	If loss was due to higher PA, the PA coefficient was adjusted upward. EER was recalculated based on original weight. If loss was not due to PA, the number of pounds lost was determined and number of calories to replace beyond 2kg. The number of calories were calculated to replace and were added back based on a 28d month
Weight gain >2kg	If weight gain was due to less PA, the PA coefficient was adjusted downward. EER was recalculated based on original weight. If weight gain was not due to PA, the number of pounds gained was determined and number of calories administered in excess beyond 2kg. The number of calories excess was calculated and subtracted based on 28d month.