

## Supplementary Material

24. Describe how you eat during a **typical 24-hour** period. Record the time for each eating episode and mark with an **X** the type of meal which corresponds best.

### Example

**Note:** You can have several main meals during a day.  
Do not forget snack, other 'light meals', and drinks.

Time	Type of Meal			
	Main Meal (e.g., cooked dish, hearty soup with bread, Chef salad with bread, pizza)	Light Meal/Breakfast (e.g., cooked or cold cereals, simple soup, side salad)	Snack Meal (e.g., cookie, slice of cake/pie, energy bar, chips, fruit, candy, ice cream – w/ or w/o a drink)	Drink, only (e.g., coffee, tea, soft drink, juice, milk beer, wine)
6:30am				X
10:00 am			X	
12:00 pm	X			
3:00 pm		X		
6:00 pm	X			
9:00 pm			X	

(Please fill out table below.)

Time	Type of Meal			
	Main Meal (e.g., cooked dish, hearty soup with bread, Chef salad with bread, pizza)	Light Meal/Breakfast (e.g., cooked or cold cereals, simple soup, side salad)	Snack Meal (e.g., cookie, slice of cake/pie, energy bar, chips, fruit, candy, ice cream – w/ or w/o a drink)	Drink, only (e.g., coffee, tea, soft drink, juice, milk beer, wine)

**Figure S1.** Adaptation of eating pattern assessment<sup>1</sup> used in the Promoting Activity and Changes in Eating (PACE) study, 2005–2009.

- Berteus Forslund H, Lindroos AK, Sjostrom L, Lissner L. Meal patterns and obesity in Swedish women-a simple instrument describing usual meal types, frequency and temporal distribution. *European journal of clinical nutrition*. 2002;56(8):740-747.