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Increased meal frequency attenuates fat-free mass losses and some markers of health status with a portion-controlled weight loss diet

Michelle K. Alencar, Jason R. Beam, James J. McCormick, Ailish C. White, Roy M. Salgado, Len R. Kravitz, Christine M. Mermier, Ann L. Gibson, Carole A. Conn, Deborah Kolkmeyer, Robert T. Ferraro, Chad M. Kerksick

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Running Title: Meal frequency and equi-hypocaloric diet intervention

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