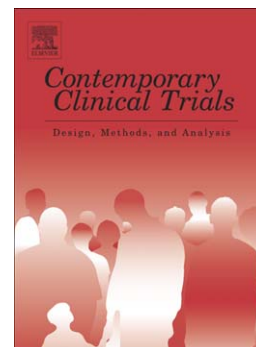


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The effects of intermittent calorie restriction on metabolic health: Rationale and study design of the HELENA Trial

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1 **The effects of intermittent calorie restriction on metabolic health:**
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3 Ruth Schübel^a, Mirja E. Graf^a, Johanna Nattenmüller^b, Diana Nabers^c, Disorn Sookthai^a,
4 Laura F. Gruner^a, Theron Johnson^a, Christopher L. Schlett^b, Oyunbileg von Stackelberg^b,
5 Romy Kirsten^d, Nina Habermann^e, Mario Kratz^f, Hans-Ulrich Kauczor^b, Cornelia M.
6 Ulrich^{g, h}, Rudolf Kaaks^a, Tilman Kühn^{a*}

7 ^aGerman Cancer Research Center (DKFZ), Division of Cancer Epidemiology, Im Neuenheimer Feld 581, 69120
8 Heidelberg, Germany

9 ^bHeidelberg University Hospital, Diagnostic and Interventional Radiology, Im Neuenheimer Feld 110, 69120
10 Heidelberg, Germany

11 ^cGerman Cancer Research Center (DKFZ), Division of Medical and Biological Informatics, Im Neuenheimer Feld
12 280, 69120 Heidelberg, Germany

13 ^dNational Center for Tumor Diseases (NCT), Liquid Biobank, Im Neuenheimer Feld 460, 69120 Heidelberg,
14 Germany

15 ^eDivision of Preventive Oncology, German Cancer Research Center (DKFZ) and National Center for Tumor
16 Diseases (NCT), Im Neuenheimer Feld 460, 69120 Heidelberg, Germany

17 ^fDivision of Public Health Sciences, Fred Hutchinson Cancer Research Center, Seattle, WA, USA

18 ^gDepartment of Population Health Sciences, University of Utah, 2000 Circle of Hope, Salt Lake City, Utah 84112-
19 5550, USA

20 ^hHuntsman Cancer Institute, Salt Lake City, 2000 Circle of Hope, Salt Lake City, Utah 84112-5550, USA

21

22 *Corresponding author at: German Cancer Research Center (DKFZ), Division of Cancer Epidemiology, Im
23 Neuenheimer Feld 581, D-69120 Heidelberg, Germany. *E-mail address:* t.kuehn@dkfz.de (T. Kühn).

24

25

26 **Abbreviations:** ICR, intermittent calorie restriction; CCR, continuous calorie restriction; SATb, subcutaneous
27 adipose tissue biopsies; HD, healthy diet; MRI, magnetic resonance imaging; FFQ, food frequency questionnaire;
28 PBMC, peripheral blood mononuclear cell; SF-12, short form (12) health survey; KFZ, German Cancer Research
29 Center; PAL, physical activity level; NCT, National Center for Tumor Diseases; MITK, Medical Imaging Interaction
30 Toolkit; CAIPIRINHA, controlled aliasing in parallel imaging results in higher acceleration; FL, flash; VIBE,
31 volumetric interpolated breath-hold examination

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