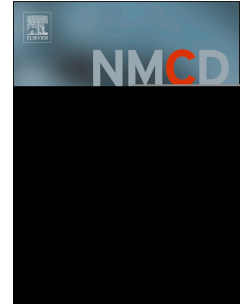


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Effect of intermittent versus continuous energy restriction on weight loss, maintenance and cardiometabolic risk: a randomized 1-year trial

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Acronyms: BMI, body mass index; TG; triglycerides; CRP; C-reactive protein; RMR, resting metabolic rate; PAL, physical activity level; IPAQ-SF, International Physical Activity Questionnaire-Short form; TDEE, total daily energy expenditure

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