

Table E1. the weekly schedule of dietary following

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
ADF	Fasting (400-600)	Ad libitum	Fasting (400-600)	Ad libitum	Fasting (400-600)	Ad libitum	Ad libitum
CR	75% energy provided	75% energy provided	75% energy provided	75% energy provided	75% energy provided	75% energy provided	75% energy provided

All feed and fast days began at midnight each day. Abbreviations: ADF: Alternate Day Fasting;
CR: Calorie restriction

<https://doi.org/10.1024/0300-9831/a000623>