

**Supplemental Table S1:** The caloric value and macronutrient distribution across each eating occasion of daily menu for each treatment

<b>Diet Plan</b>					
Six daily eating occasion					
<b>Meal/snack</b>	<b>Food groups</b>	<b>Carbohydrates (%)</b>	<b>Proteins (%)</b>	<b>Fats (%)</b>	<b>Total energy (kcal)</b>
Breakfast	- Grain foods (one serving) - Dairy group (one and a half servings) - Fruit (two servings) - Butter (one dessertspoon)	78.63	5.81	15.56	301.09(15%)
Snack	- Fruit (one serving)	91.62	6.70	1.68	42.96(2.14%)
Lunch	- Dark-green vegetables (free) - Red, orange or other vegetables (two servings) - Beans, peas, and lentils vegetables (one serving) - Grain foods (one and a half servings) - Meat, poultry, and eggs (one serving) - Fruit (one and a half servings) - Extra-virgin olive oil (one tablespoon)	58.67	25.02	16.31	707.06(35.23%)
Snack	- Grain foods (one serving) - Dairy group (one servings)	39.58	27.66	75.36	186.01(9,27%)
Dinner	- Dark-green vegetables (freely) - Red, orange or other vegetables (two servings) - Grain foods (one and a half servings) - Meat, poultry, and eggs (one serving) - Fruit (one serving) - Extra-virgin olive oil (one tablespoon)	36.53	41.41	22.06	614.50(30.62%)
Evening snack	- Fruit (two servings)	24.30	2.70	-	108 (5.38%)
<b>Total</b>		54.14	25.62	21.86	2006.47 (100%)

<b>Diet Plan</b>					
Three daily eating occasion					
<b>Meal/snack</b>	<b>Food groups</b>	<b>Carbohydrates (%)</b>	<b>Proteins (%)</b>	<b>Fats (%)</b>	<b>Total energy (kcal)</b>
Breakfast	- Grain foods (one and a half servings) - Dairy group (one and a half servings) - Fruit (three servings) - Butter (one dessertspoon)	69.88	15.71	31.51	463.49(23.10%)
Lunch	- Dark-green vegetables (freely) - Red, orange or other vegetables (three servings) - Beans, peas, and lentils vegetables (one serving) - Grain foods (one and a half servings) - Meat, poultry, and eggs (one serving) - Fruit (two servings) - Extra-virgin olive oil (one tablespoon)	55.09	24.97	19.93	736.17(36.70%)
Dinner	- Dark-green vegetables (freely) - Red, orange or other vegetables (three servings) - Grain foods (one and a half servings) - Meat, poultry, and eggs (one serving) - Fruit (two serving) - Extra-virgin olive oil (one tablespoon)	37.89	34.76	27.35	757.50(37,76%)
<b>Total</b>		50.68	25.92	24.93	2005.63 (100%)