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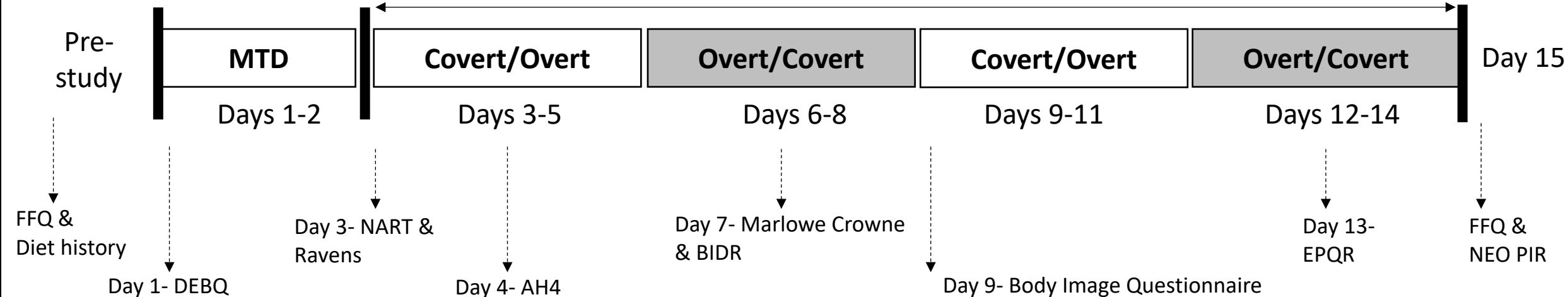


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PANEL A- STUDY ONE

Ad libitum intake of normal diet & daily UWIST measures

Covert estimation of energy intake using 24-hr LWIs across all days, while participants self-record food intake during overt phases (WDR & 24-hr recall). Order of covert and overt phases randomised.



PANEL B- STUDY TWO

Ad libitum intake of normal diet & daily UWIST measures

