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Table 1. Baseline group characteristics of women with overweight/obesity who were subsequently randomized to either intermittent energy restriction (IER) or continuous energy restriction (CER)

	IER (n=24)	CER (n=22)	p-value
Age (years)	36 ± 11	34 ± 9	0.599
Body mass (kg)	81.2 ± 13.0	78.6 ± 10.0	0.453
BMI (kg/m ²)	29.4 ± 2.5	28.9 ± 2.3	0.507
Total PA (min/day)	259 ± 88	244 ± 90	0.585
Light PA (min/day)	183 ± 67	173 ± 68	0.597
MVPA (min/day)	76 ± 35	72 ± 31	0.705
Sed behavior (min/day)	737 ± 82	738 ± 114	0.970
Activity energy expenditure (kcal/day)	764 ± 220	680 ± 167	0.157
Daily hunger (mm)	41 ± 13	39 ± 11	0.553
Daily craving control (mm)	52 ± 12	59 ± 10	0.028
Daily cravings for sweet food (mm)	36 ± 16	31 ± 16	0.267
Daily cravings for savoury food (mm)	42 ± 15	32 ± 10	0.011

Values are mean ± SD.