**Supplementary Table1. Baseline characteristic of the participants enrolled in IF study**

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| --- | --- | --- |
|  | Intermittent Fasting  n=28 | Controls  n=22 |
| Ethnicity |  |  |
| Non-Hispanic | 25 (89%) | 20 (91%) |
| Hispanic | 3 (11%) | 1 (4.5%) |
| Other | 0 (0%) | 1 (4.5%) |
| Race |  |  |
| White | 22 (78%) | 16 (72%) |
| African-American | 3 (11%) | 3 (14%) |
| Other | 3 (11%) | 3 (14%) |
| Gender |  |  |
| Female | 17 (61%) | 13 (59%) |
| Male | 11 (39%) | 9 (41%) |
| Age, years | 50.6 (7.8) | 48.5 (8.5) |
| Height, cm | 170.8 (9.4) | 174.2 (12.1) |
| Baseline Weight, Kg | 84.9 (12.4) | 91.9 (12.7) |
| Baseline BMI, Kg/m2 | 29.0 (2.8) | 30.3 (2.4) |
| Baseline BodyFAT% | 40% (7.3) | 40.5% (6.6) |
| Baseline Lean mass, Kg | 50.1 (10.1) | 52.8 (10.3) |
| Energy and macronutrient |  |  |
| Kcal/day | 2170.8 (499.4) | 2101.2 (407.4) |
| Fat% of energy | 38.1% (5.3) | 39.2% (5.3) |
| Carbohydrate% of energy | 43.3% (8.1) | 43.1% (5.4) |
| Protein% of energy | 16.6% (2.7) | 16.0% (3.0) |
| Animal% protein | 68% (9) | 66% (9) |
| Vegetable% protein | 32% (9) | 33% (9) |
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