FIGURE. 1: Day level latent classes solution for carbohydrate diurnal eating patterns.

Class 1 days - High percentage carbohydrate day (39.5%)

Class 2 days - Low percentage carbohydrate day (20.4%)

Class 3 days - Regular meals day (40.1%)

Hours of the day

Responses to carbohydrate intake: ◯ No energy intake ◇ Carbohydrate < 50% △ Carbohydrate >= 50%
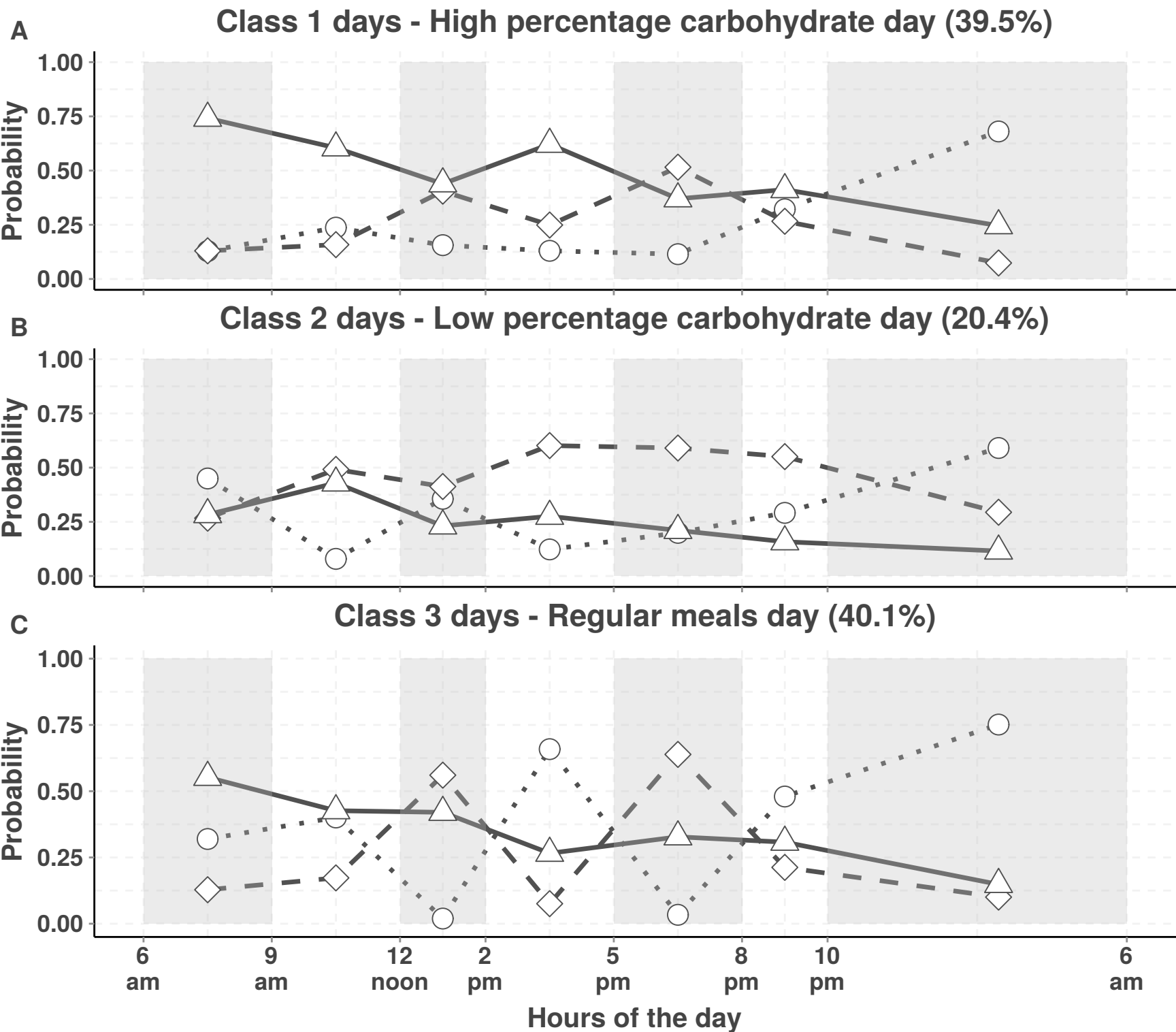
Note:
Grey, and white shades indicate the 7 time slots;
Carbohydrate (CH) < 50% indicates CH contributed less than 50% total energy intake;
Carbohydrate >= 50% indicates CH contributed higher or equal to 50% total
    energy intake.