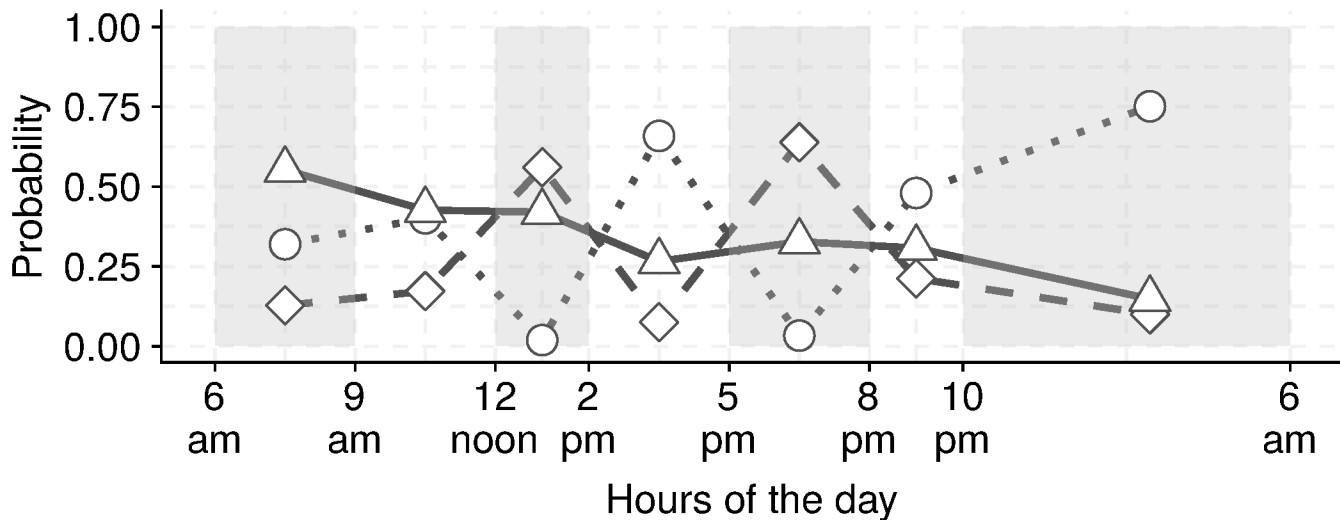


### Class 3 days - Regular meals day (40.1%)



Responses to carbohydrate intake ○ Not eating any food ◇ Carbohydrate < 50% △ Carbohydrate >= 50%

Note:

Grey, and white shades indicate the 7 time slots;

Carbohydrate < 50% indicates CH contributed less than 50% total energy intake;

Carbohydrate >= 50% indicates CH contributed higher or equal to 50% total energy intake.