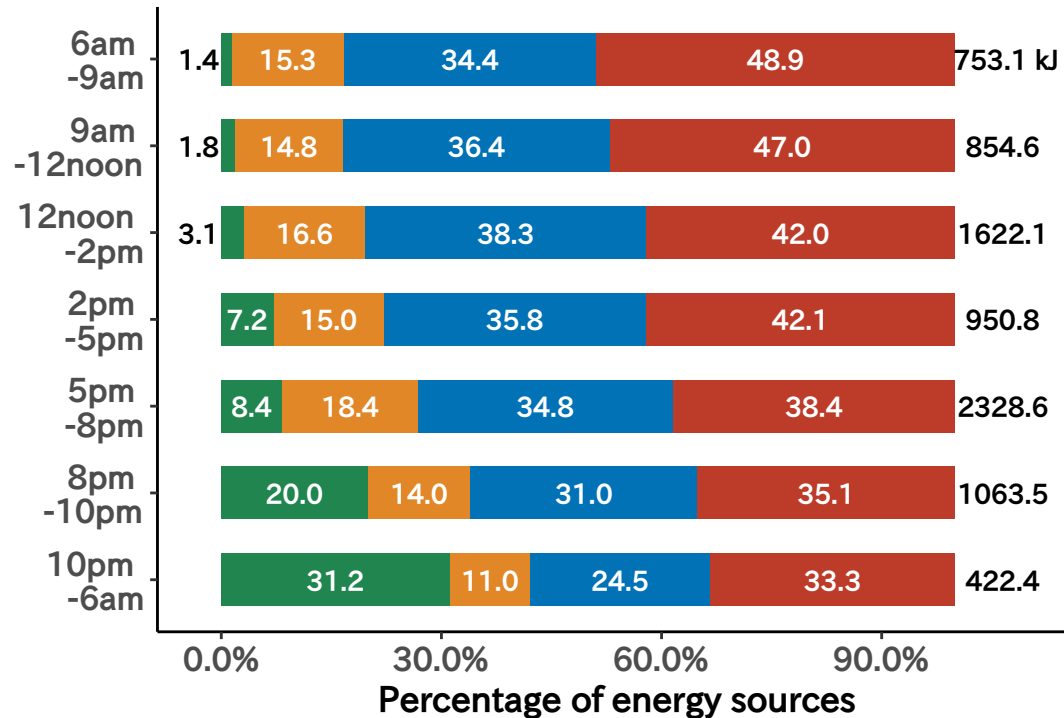


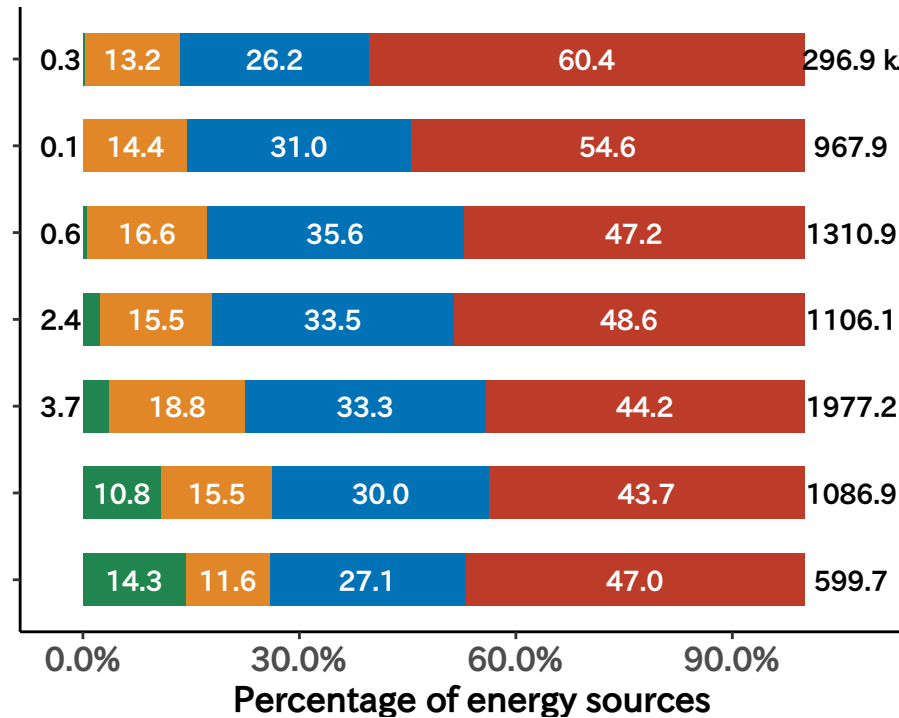
A

### Low carbohydrate eaters (28.1%) [high fat and drinking at night]



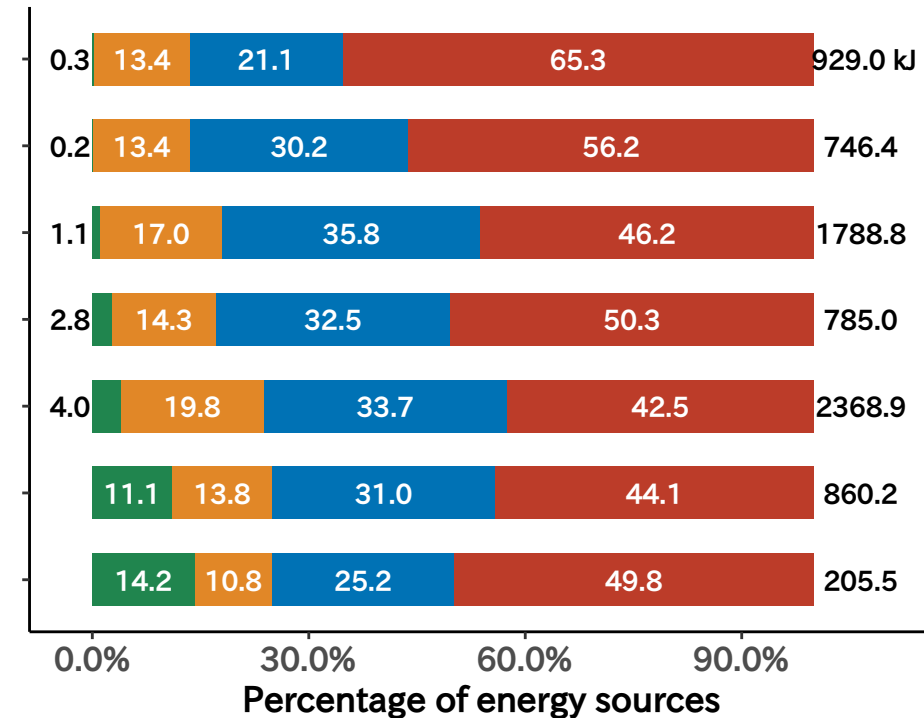
B

### Moderate carbohydrate eaters (28.8%) [eating late]



C

### High carbohydrate eaters (43.1%) [eating early]



Sources: Alcohol Protein Fat Carbohydrate