

Table 1 Original research articles selected for the time-restricted feeding study which were not Ramadan fasting

Author, year (reference)	Title	Human/ animal	Feeding time	Duration	Feeding type
Tinsley et al., 2016 (11)	Time-restricted feeding in young men performing resistance training: A randomized controlled trial	Human	4 hours (any 4 hours between 16:00–24:00)	8 weeks	Calorie intake unrestricted
Stote et al., 2007 (12)	A controlled trial of reduced meal frequency without caloric restriction in healthy, normal-weight, middle-aged adults	Human	4 hours (17:00–21:00)	8 weeks	Calories for weight maintenance
Halberg et al., 2005 (13)	Effect of intermittent fasting and refeeding on insulin action in healthy men	Human	4 hours (17:00–21:00)	15 days (7 days fasting) (alternate days)	Usual macronutrient meal
Soeters et al., 2009 (14)	Intermittent fasting does not affect whole-body glucose, lipid, or protein metabolism	Human	4 hours (18:00–22:00)	15 days (7 days fasting) (alternate days)	Standard diet
Moro et al., 2016 (15)	Effects of eight weeks of time-restricted feeding (16/8) on basal metabolism, maximal strength, body composition, inflammation, and cardiovascular risk factors in resistance-trained males	Human	8 hours (13:00–21:00)	8 weeks	100% energy need
LeCheminant et al., 2013 (16)	Restricting night-time eating reduces daily energy intake in healthy young men: a short-term cross-over study	Human	13 hours (6:00–19:00)	2 weeks	Normal diet, night eating restriction
Duncan et al., 2016 (17)	Restricting feeding to the active phase in middle-aged mice attenuates adverse metabolic effects of a high-fat diet	Animal	8 hours	21 and 25 weeks	High-fat diet
Chung et al., 2016 (18)	Time-restricted feeding improves insulin resistance and hepatic steatosis in a mouse model of postmenopausal obesity	Animal	8 hours	7 weeks	High-fat diet, nocturnal feeding
Manzanero et al., 2014 (19)	Intermittent fasting attenuates increases in neurogenesis after ischemia and reperfusion and improves recovery	Animal	8 hours	3 months/12 weeks	High-fat diet
Hatori et al., 2012 (20)	Time-restricted feeding without reducing caloric intake prevents metabolic diseases in mice fed a high-fat diet	Animal	8 hours	18 weeks	Calorie intake not reduced
Sundram et al., 2016 (21)	Time-restricted feeding reduces adiposity in mice fed a high-fat diet	Animal	8 and 12 hours	5 days/week for 5 weeks	High-fat diet, dark cycle
Olsen et al., 2017 (22)	Time-restricted feeding on weekdays restricts weight gain: A study using rat models of high-fat diet-induced obesity	Animal	9 hours	5 days/week for 9 weeks	High-fat diet, dark phase
Melkani et al., 2017 (23)	Time-restricted feeding for prevention and treatment of cardiometabolic disorders	Animal	≤ 12 hours	Monitoring, 7 week	Calorie intake not reduced
Gill et al., 2015 (24)	Time-restricted feeding attenuates age-related cardiac decline in <i>Drosophila</i>	Animal	12 hours	5–7 weeks	Standard corn-meal diet
Chaix et al., 2014 (6)	Time-restricted feeding is a preventative and therapeutic intervention against diverse nutritional challenges	Animal	Varying hours	12 weeks	Standard diet