

Supplementary Table S2: Component loadings derived using Principal Component Analysis for the identification of time- related meal patterns.

	<i>Early eaters</i>	<i>Medium eaters</i>	<i>Late eaters</i>
<b>Breakfast</b>	<b>0.726</b>	0.344	-0.341
<b>Snack</b>	<b>0.811</b>	-0.037	0.207
<b>Meal</b>	-0.007	<b>0.817</b>	-0.078
<b>Afternoon snack</b>	<b>0.720</b>	-0.063	0.346
<b>Dinner</b>	0.073	<b>0.672</b>	0.407
<b>Bedtime snack</b>	0.187	0.103	<b>0.869</b>
<b>% Cumulative variance</b>	33.7	53.07	70.0

Higher absolute values of the loadings indicate that the meal is correlated with the respective component. Numbers in bold indicate absolute loadings greater than 0.45.