

1. Astrup, A., Larsen, T.M., & Harper, A. (2004). Atkins and other low-carbohydrate diets: hoax or an effective tool for weight loss? *The Lancet*, 364(9437), 897-899-. doi:10.1016/s01409-16986(04)6736-
2. Johnston, B.C., Kanters, S., Bandayrel, K., Wu, P., Naji, F., Siemieniuk, R.A., ... Mills, E.J.(2014). Comparison of weight loss among named diet programs in overweight and obese adults. *JAMA*, 312(9), 923. doi:10.1001/jama.2014.10397
3. Naude, C.E., Schoonees, A., Senekal, M., Young, T., Garner, P., & Volmink, J. (2014). Low carbohydrate versus isoenergetic balanced diets for reducing weight and cardiovascular risk: a systematic review and meta-analysis. *PLoS ONE*, 9(7). doi: 10.1371/journal.pone.0100652.
4. Soenen, S., & Westerterp-Plantenga, M.S. (2008). Proteins and satiety: implications for weight management. *Current Opinion in Clinical Nutrition and Metabolic Care*, 11(6), 747-751-. doi:10.1097/mco.0b013e328311a8c4
5. Gibson, A.A., Seimon, R.V., Lee, C.M., Ayre, J., Franklin, J., Markovic, T.P., ... Sainsbury, A. (2014). Do ketogenic diets really suppress appetite? A systematic review and meta-analysis. *Obesity Reviews*, 16(1), 6476-. doi:10.1111/obr.12230
6. Dhillon, J., Craig, B.A., Leidy, H.J., Amankwaah, A.F., Anguah, K.O., Jacobs, A., ... Tucker, R.M. (2016). The effects of increased protein intake on fullness: a meta-analysis and its limitations. *Journal of the Academy of Nutrition and Dietetics*, 116(6), 968-983-. doi:10.1016/j.jand.2016.01.003
7. Anton, S., Hida, A., Heekin, K., Sowalsky, K., Karabedian, C., Mutchie, H., ... Barnett, T. (2017). Effects of popular diets without specific calorie targets on weight loss outcomes: systematic review of findings from clinical trials. *Nutrients*, 9(8), 822. doi:10.3390/nu9080822
8. Jenkins, D.J., Wong, J.M., Kendall, C.W., Esfahani, A., Ng, V.W., Leong, T.C., ... Singer, W. (2014). Effect of a 6-month vegan low-carbohydrate ("Eco-Atkins") diet on cardiovascular risk factors and body weight in hyperlipidaemic adults: a randomised controlled trial. *BMJ Open*, 4(2). doi:10.1136/bmjopen-2013003505-
9. Neacsu, M., Fyfe, C., Horgan, G., & Johnstone, A.M. (2014). Appetite control and biomarkers of satiety with vegetarian (soy) and meat-based high-protein diets for weight loss in obese men: a randomized crossover trial. *American Journal of Clinical Nutrition*, 100(2), 548-558-. doi:10.3945/ajcn.113.077503
10. Hall, K., Bemis, T., Brychta, R., Chen, K., Courville, A., Crayner, E., ... Yannai, L. (2015). Calorie for calorie, dietary fat restriction results in more body fat loss than carbohydrate restriction in people with obesity. *Cell Metabolism*, 22(3), 531. doi:10.1016/j.cmet.2015.08.009
11. Sutton, E.F., Bray, G.A., Burton, J.H., Smith, S.R., & Redman, L.M. (2016). No evidence for metabolic adaptation in thermic effect of food by dietary protein. *Obesity*, 24(8), 1639-1642-. doi:10.1002/oby.21541
12. Antonio, J., Peacock, C.A., Ellerbroek, A., Fromhoff, B., & Silver, T. (2014). The effects of consuming a high protein diet (4.4 g/kg/d) on body composition in resistance-trained individuals. *Journal of the International Society of Sports Nutrition*, 11(1), 19. doi:10.118619-11-2783-1550/
13. Li, J., Armstrong, C., & Campbell, W. (2016). Effects of dietary protein source and quantity during weight loss on appetite, energy expenditure, and cardio-metabolic responses. *Nutrients*, 8(2), 63. doi:10.3390/nu8020063
14. Leidy, H.J., Clifton, P.M., Astrup, A., Wycherley, T.P., Westerterp-Plantenga, M.S., Luscombe-Marsh, N.D.... & Mattes, S. (2015). The role of protein in weight loss and maintenance. *The American Journal of Clinical Nutrition*, 101(6), 1320S-1329S. doi:10.3945/ajcn.114.084038
15. Atallah, R., Filion, K.B., Wakil, S.M., Genest, J., Joseph, L., Poirier, P., ... Eisenberg, M.J. (2014). Long-term effects of 4 popular diets on weight loss and cardiovascular risk factors: A systematic review of randomized controlled trials. *Circulation: Cardiovascular Quality and Outcomes*, 7(6), 815-827-. doi:10.1161/circoutcomes.113.000723
16. Kosinski, C., & Jornayvaz, F. (2017). Effects of ketogenic diets on cardiovascular risk factors: evidence from animal and human studies. *Nutrients*, 9(6), 517. doi:10.3390/nu9050517
17. Eyres, L., Eyres, M.F., Chisholm, A., & Brown, R.C. (2016). Coconut oil consumption and cardiovascular risk factors in humans. *Nutrition Reviews*, 74(4), 267-280-. doi:10.1093/nutrit/nuw002
18. Hruby, A., & Hu, F.B. (2016). Saturated fat and heart disease: The latest evidence. *Lipid Technology*, 28(1), 712-. doi:10.1002/lite.201600001

19. Nettleton, J.A., Brouwer, I.A., Geleijnse, J.M., & Hornstra, G. (2017). Saturated fat consumption and risk of coronary heart disease and ischemic stroke: A science update. *Annals of Nutrition and Metabolism*, 70(1), 2633-. doi:10.1159000455681/
20. Wang, X., Lin, X., Ouyang, Y.Y., Liu, J., Zhao, G., Pan, A., & Hu, F.B. (2015). Red and processed meat consumption and mortality: dose-response meta-analysis of prospective cohort studies. *Public Health Nutrition*, 19(05), 893905-. doi:10.1017/s1368980015002062
21. Domingo, J.L., & Nadal, M. (2017). Carcinogenicity of consumption of red meat and processed meat: A review of scientific news since the IARC decision. *Food and Chemical Toxicology*, 105, 256261-. doi:10.1016/j.fct.2017.04.028
22. Clegg, M.E. (2017). They say coconut oil can aid weight loss, but can it really? *European Journal of Clinical Nutrition*, 71(10), 11391143-. doi:10.1038/ejcn.2017.86
23. Mumme, K., & Stonehouse, W. (2015). Effects of medium-chain triglycerides on weight loss and body composition: A meta-analysis of randomized controlled trials. *Journal of the Academy of Nutrition and Dietetics*, 115(2), 249263-. doi:10.1016/j.jand.2014.10.022
24. Bueno, N.B., Melo, I.V., Florêncio, T.T., & Sawaya, A.L. (2015). Dietary medium-chain triacylglycerols versus long-chain triacylglycerols for body composition in adults: Systematic review and meta-analysis of randomized controlled trials. *Journal of the American College of Nutrition*, 34(2), 175183-. doi:10.108007315724.2013.879844/
25. Dinicolantonio, J.J. (2014). The cardiometabolic consequences of replacing saturated fats with carbohydrates or $\omega 6$ polyunsaturated fats: Do the dietary guidelines have it wrong? *Open Heart*, 1(1). doi:10.1136/openht-2013000032-
26. Souza, R.J., Mente, A., Maroleanu, A., Cozma, A.I., Ha, V., Kishibe, T., ... Anand, S.S. (2015). Intake of saturated and trans unsaturated fatty acids and risk of all cause mortality, cardiovascular disease, and type 2 diabetes: Systematic review and meta-analysis of observational studies. *Bmj*, 351. doi:10.1136/bmj.h3978
27. Wang, D.D., Li, Y., Chiuve, S.E., Stampfer, M.J., Manson, J.E., Rimm, E.B., ... Hu, F.B. (2016). Association of specific dietary fats with total and cause-specific mortality. *JAMA Internal Medicine*, 176(8), 1134. doi:10.1001/jamainternmed.2016.2417
28. Jakobsen, M.U., Dethlefsen, C., Joensen, A.M., Stegger, J., Tjønneland, A., Schmidt, E.B., & Overvad, K. (2010). Intake of carbohydrates compared with intake of saturated fatty acids and risk of myocardial infarction; importance of the glycemic index. *American Journal of Clinical Nutrition*, 91(6), 17641768-. doi:10.3945/ajcn.2009.29099
29. Briggs, M., Petersen, K., & Kris-Etherton, P. (2017). Saturated fatty acids and cardiovascular disease: replacements for saturated fat to reduce cardiovascular risk. *Healthcare*, 5(2), 29. doi:10.3390/healthcare5020029
30. Kris-Etherton, P.M., & Fleming, J.A. (2015). Emerging Nutrition Science on Fatty Acids and Cardiovascular Disease: Nutritionists Perspectives. *Advances in Nutrition: An International Review Journal*, 6(3). doi:10.3945/an.114.006981
31. Berge, A.F. (2007). How the ideology of low fat conquered America. *Journal of the History of Medicine and Allied Sciences*, 63(2), 139177-. doi:10.1093/jhmas/jrn001
32. Condor, B. (1997, May 8). "Heart-Healthy" label is for sale. Chicago Tribune. Retrieved from http://articles.orlandosentinel.com/199708-05-/lifestyle/9705060420_1_heart-frosted-flakes-fat
33. National Institute of Diabetes and Digestive and Kidney Diseases. Overweight and Obesity Statistics. Retrieved from www.niddk.nih.gov/health-information/health-statistics/overweightobesity
34. Ford, E.S., Ajani, M.B., Croft, J.B., Critchley, J.A., Labarthe, D.R., Kottke, T.E., ... & Capewell, S. (2007). Explaining the decrease in US deaths from coronary disease, 19802000-. *Survey of Anesthesiology*, 51(6), 326. doi:10.1097/sa.0b013e31815c1098
35. Hall, K.D., & Guo, J. (2017). Obesity energetics: body weight regulation and the effects of diet composition. *Gastroenterology*, 152(7). doi:10.1053/j.gastro.2017.01.052
36. Nordmann, A.J., Nordmann, A., Briel, M., Keller, U., Yancy, W.S. & Bucher, H.C. (2006). Effects of low-carbohydrate vs. low-fat diets on weight loss and cardiovascular risk factors: A meta-analysis of randomized controlled trials. *Archives of Internal Medicine* (166).
37. Tobias, D.K., Chen, M., Manson, J.E., Ludwig, D.S., Willett, W., & Hu, F.B. (2015). Effect of low-fat diet interventions versus other diet interventions on long-term weight change in adults: a systematic review and meta-analysis. *The Lancet Diabetes & Endocrinology*, 3(12), 968979-. doi:10.1016/s22138-00367(15)8587-
38. Siri-Tarino, P.W., Chiu, S., Bergeron, N., & Krauss, R.M. (2015). Saturated fats versus polyunsaturated fats versus carbohydrates for cardiovascular disease prevention and treatment. *Annual Review of Nutrition*, 35(1), 517543-. doi:10.1146/annurev-nutr-071714034449-
39. Dinicolantonio, J.J., Lucan, S.C., & O'Keefe, J.H. (2016). The evidence for saturated fat and for sugar related to coronary

- heart disease. *Progress in Cardiovascular Diseases*, 58(5), 464472-. doi:10.1016/j.pcad.2015.11.006
- 40. Oregon State University, Linus Pauling Institute Micronutrient Information Center. Essential Fatty Acids. Retrieved from <http://lpi.oregonstate.edu/mic/other-nutrients/essential-fatty-acids>
 - 41. Mogensen, K.M. (2017). Essential Fatty Acid Deficiency. Retrieved from <https://med.virginia.edu/ginutrition/wp-content/uploads/sites/19906/2014//Parrish-June-17.pdf>
 - 42. Seal, C.J., & Brownlee, I.A. (2015). Whole-grain foods and chronic disease: Evidence from epidemiological and intervention studies. *Proceedings of the Nutrition Society*, 74(03), 313319-. doi:10.1017/s0029665115002104
 - 43. Kiens, B., & Astrup, A. (2015). Ketogenic diets for fat loss and exercise performance. *Exercise and Sport Sciences Reviews*, 43(3), 109. doi:10.1249/jes.0000000000000053
 - 44. Paoli, A., Bianco, A., & Grimaldi, K.A. (2015). The ketogenic diet and sport: A possible marriage? *Exercise and Sport Sciences Reviews*, 43(3), 153162-. doi:10.1249/jes.0000000000000050
 - 45. Mcevedy, S.M., Sullivan-Mort, G., Mclean, S.A., Pascoe, M.C., & Paxton, S.J. (2017). Ineffectiveness of commercial weight-loss programs for achieving modest but meaningful weight loss: Systematic review and meta-analysis. *Journal of Health Psychology*, 22(12), 16141627-. doi:10.11771359105317705983/
 - 46. Finkelstein, E.A., & Kruger, E. (2014). Meta- and cost-effectiveness analysis of commercial weight loss strategies. *Obesity*, 22(9), 19421951-. doi:10.1002/oby.20824
 - 47. Gudzune, K.A., Doshi, R.S., Mehta, A.K., Chaudhry, Z.W., Jacobs, D.K., Vakil, R.M., ... Clark, J.M. (2015). Efficacy of Commercial Weight-Loss Programs. *Annals of Internal Medicine*, 162(7), 501. doi:10.7326/m142238-
 - 48. Fenton, K.L. (2017). Unpacking the sustainability of meal kit delivery: A comparative analysis of energy use, carbon emissions, and related costs for meal kit services and grocery stores. University of Texas at Austin Texas ScholarWorks. Retrieved from <https://repositories.lib.utexas.edu/handle/215261651/>
 - 49. Bennett, W.L., & Appel, L.J. (2015). Vegetarian diets for weight loss: How strong is the evidence? *Journal of General Internal Medicine*, 31(1), 910-. doi:10.1007/s116067-3471-015-
 - 50. Turner-McGrievy, G., Mandes, T., & Crimarco, A. (2017). A plant-based diet for overweight and obesity prevention and treatment. *Journal of Geriatric Cardiology*, 14(5), 369374-. doi:10.11909/j.issn.16715411.2017.05.002-
 - 51. Gibson, A.A., Seimon, R.V., Lee, C.M., Ayre, J., Franklin, J., Markovic, T.P., & Sainsbury, A. (2014). Do ketogenic diets really suppress appetite? A systematic review and meta-analysis. *Obesity Reviews*, 16(1), 6476-. doi:10.1111/obr.12230
 - 52. Emadian, A., Andrews, R.C., England, C.Y., Wallace, V., & Thompson, J.L. (2015). The effect of macronutrients on glycaemic control: A systematic review of dietary randomised controlled trials in overweight and obese adults with type 2 diabetes in which there was no difference in weight loss between treatment groups. *British Journal of Nutrition*, 114(10), 16561666-. doi:10.1017/s0007114515003475
 - 53. Brownlee, I.A., Chater, P.I., Pearson, J.P., & Wilcox, M.D. (2017). Dietary fibre and weight loss: Where are we now? *Food Hydrocolloids*, 68, 186191-. doi:10.1016/j.foodhyd.2016.08.029
 - 54. Huang, R.Y., Huang, C.C., Hu, F.B., & Chavarro, J.E. (2016). Vegetarian diets and weight reduction: A meta-analysis of randomized controlled trials. *Journal of General Internal Medicine*, 31(1), 109166-.
 - 55. Cook, A. (2000). The problem of accuracy in dietary surveys. Analysis of the over 65 UK National Diet and Nutrition Survey. *Journal of Epidemiology & Community Health*, 54(8), 611- 616. doi:10.1136/jech.54.8.611
 - 56. Archer, E., Hand, G.A., & Blair, S.N. (2013). Validity of U.S. nutritional surveillance: National health and nutrition examination survey caloric energy intake data, 19712010-. *PLOS ONE*, 8(10). doi:10.1371/journal.pone.0076632
 - 57. Dinu, M., Abbate, R., Gensini, G.F., Casini, A., & Sofi, F. (2016). Vegetarian, vegan diets and multiple health outcomes: A systematic review with meta-analysis of observational studies. *Critical Reviews in Food Science and Nutrition*, 57(17), 36403649-. doi:10.1080/10408398.2016.1138447/
 - 58. Kim, H., Caulfield, L.E., & Rebholz, C.M. (2018). Healthy plant-based diets are associated with lower risk of all-cause mortality in US adults. *The Journal of Nutrition*, 148(4), 624631-. doi:10.1093/jn/nxy019
 - 59. Song, M., Fung, T.T., Hu, F.B., Willett, W.C., Longo, V.D., Chan, A.T., & Giovannucci, E.L. (2016). Association of animal and plant protein intake with all-cause and cause-specific mortality. *JAMA Internal Medicine*, 176(10), 1453. doi:10.1001/jamainternmed.2016.4182
 - 60. Craddock, J.C., Probst, Y.C., & Peoples, G.E. (2016). Vegetarian and omnivorous nutrition— Comparing physical performance. *Human Kinetics Journals*, 26(3), 212220-. doi:10.1123/ijsnem.20150231-
 - 61. Lopez, P.D., Cativo, E.H., Atlas, S.A., & Rosendorff, C. (2019). The effect of vegan diets on blood pressure in adults: A meta-analysis of randomized controlled trials. *The American Journal of Medicine*, 132(7), 875883-.e7.

62. Melina, V., Craig, W., & Levin, S. (2016). Position of the Academy of Nutrition and Dietetics: Vegetarian diets. *Journal of the Academy of Nutrition and Dietetics*, 116(12), 1970-1980.
63. Richter, M., Boeing, H., Grünwald-Funk, D., Heseker, H., Kroke, A., Leschik-Bonnet, E., ... Watzl, B. (2016). Vegan diets. *Ernährungs Umschau* 63(4): 92102-. Erratum in: 63(5): M262.
64. Agnoli, C., Baroni, L., Bertini, I., Ciappellano, S., Fabbri, A., Papa, M., ... Sieri, S. (2017). Position paper on vegetarian diets of the Italian Society of Human Nutrition. *Nutrition, Metabolism, and Cardiovascular Diseases*, 27(12), 1037-1052. doi:10.1016/j.numecd.2017.10.020
65. Tan, C., Zhao, Y., & Wang, S. (2018). Is a vegetarian diet safe to follow during pregnancy? A systematic review and meta-analysis of observational studies. *Critical Reviews in Food Science and Nutrition*. doi:10.1080/10408398.2018/.1461062
66. Piccoli, G.B., Clari, R., Vigotti, F.N., Leone, F., Attini, R., Cabiddu, G., ... Avagnina, P. (2015). Vegan-vegetarian diets in pregnancy: danger or panacea? A systematic narrative review. *BJOG*, 122(5), 623-633-. doi:10.1111/13280-1471/
67. Nieman, D.C. (1999). Physical fitness and vegetarian diets: Is there a relation? *American Journal of Clinical Nutrition*, 70(3 Suppl), 570S-575S. doi:10.1093/ajcn/70.3.570s.
68. Hanne, N., Dlin, R., & Rotstein, A. (1986). Physical fitness, anthropometric and metabolic parameters in vegetarian athletes. *Journal of Sports Medicine and Physical Fitness*, 26(2), 180-185.
69. Campbell, W.W., Barton, M.L., Cyr-Campbell, D., Davey, S.L., Beard, J.L., Parise, G., & Evans, W.J. (1999). Effects of an omnivorous diet compared with a lactoovo-vegetarian diet on resistance-training-induced changes in body composition and skeletal muscle in older men. *American Journal of Clinical Nutrition*, 70(6), 1032-1039.
70. Haub, M.D., Wells, A.M., Tarnopolsky, M.A., & Campbell, W.W. (2002). Effect of protein source on resistive-training-induced changes in body composition and muscle size in older men. *American Journal of Clinical Nutrition*, 76(3), 511-517.
71. Koebnick, C., Strassner, C., Hoffmann, I., & Leitzmann, C. (1999). Consequences of a long-term raw food diet on body weight and menstruation: Results of a questionnaire study. *Annals of Nutrition & Metabolism*, 43, 6979-.
72. Groopman, E.E., Carmody, R.N., & Wrangham, R.W. (2015). Cooking increases net energy gain from a lipid-rich food. *American Journal of Physical Anthropology*, 156(1), 1118-.
73. Carmody, R.N., Weintraub, G.S., & Wrangham, R.W. (2011). Energetic consequences of thermal and nonthermal food processing. *Proceedings of the National Academy of Sciences of the United States of America*, 108(48), 19199-19203-. doi:10.1073/pnas.1112128108
74. Garcia, A.L., Koebnick, C., Dagnelie, P.C., Strassner, C., Elmada, I., Katz, N., ... Hoffman, I. (2008). Long-term strict raw food diet is associated with favourable plasma and low plasma lycopene in Germans. *British Journal of Nutrition*, 99(6), 1293-1300.
75. Cunningham, E. (2004). What is a raw foods diet and are there any risks or benefits associated with it? *Journal of the Academy of Nutrition and Dietetics*, 104(10), 1623.
76. Miglio, C., Chiavaro, E., Visconti, A., Fogliano, V., & Pellegrini, N. (2008). Effects of different cooking methods on nutritional and physicochemical characteristics of selected vegetables. *Journal of Agriculture and Food Chemistry*, 56(1), 1391-147.
77. Fabbri, A.D.T., Crosby, G.A. (2016). A review of the impact of preparation and cooking on the nutritional quality of vegetables and legumes. *International Journal of Gastronomy and Food Science*, 3, 211-.
78. Fontana, L., Shew, J.L., & Holloszy, J.O. (2005). Low bone mass in subjects on a long-term raw vegetarian diet. *JAMA Internal Medicine*, 165(6), 684-689-. doi:10.1001/archinte.165.6.684
79. Minihane, A.M., Vinoy, S., Russell, W.R., Baka, A., Roche, H.M., Tuohy, K.M., ... Calder, P. (2015). Low-grade inflammation, diet composition, and health: Current research evidence and its translation. *British Journal of Nutrition*, 114, 999-1012-. doi:10.1017/S0007114515002093
80. Misiak, B., Leszek, J., & Kiejna, A. (2012). Metabolic syndrome, mild cognitive impairment and Alzheimer's disease—The emerging role of systemic low-grade inflammation and adiposity. *Brain Research Bulletin*, 89(3):149-144.(4-)
81. Ruiz-Nuñez, B., Pruijboom, L., Janneke Dijck-Brouwer, D.A., & Muskiet, F.A.J. (2013). Lifestyle and nutritional imbalances associated with Western diseases: Causes and consequences of chronic systemic low-grade inflammation in an evolutionary context. *The Journal of Nutritional Biochemistry*, 24(7), 1183-1201-.
82. Harris, L., Hamilton, S., Azevedo, L.B., Olajide, J., De Brún, C., Waller, G., ... Ells, L. (2018). Intermittent fasting interventions for treatment of overweight and obesity in adults: A systematic review and meta-analysis. *JBI Database of Systematic Reviews and Implementation Reports*, 16(2), 507547-. doi:10.11124/JBISRIR-2016003248-

83. Varady, K.A. (2011). Intermittent vs. daily caloric restriction: Which diet regimen is more effective for weight loss? *Obesity Reviews*, 12(7), E593-E601. doi:10.1111/j.1467-789X.2011.00873.x
84. Anton, S.D., Moehl, K., Donahoo, W.T., Marosi, K., Lee, S.A., Mainous, A.G., Leeuwenburgh, C., & Mattson, M.P. (2017). Flipping the metabolic switch: Understanding and applying the health benefits of fasting. *Obesity*, 26(2), 254-268. doi:10.1002/oby.22065
85. Golbidi, S., Daiber, A., Korac, B., Li, H., Essop, M.F., & Laher, I. (2017). Health benefits of fasting and caloric restriction. *Current Diabetes Reports*, 17(123), doi:10.1007/s118927-0951-017-
86. Levy, E., & Chu, T. (2019). Intermittent fasting and its effects on athletic performance: A review. *Current Sports Medicine Reports*, 18(7), 266269-. doi:10.1249/JSR.00000000000000614
87. Statista. Gluten-free and free-from food retail sales in the United States from 2006 to 2020 (in billion U.S. dollars). Retrieved November 21, 2019, from www.statista.com/statistics/261099/usgluten-free-and-free-from-retail-sales
88. Topper, A. Non-celiacs Drive Gluten-Free Market Growth. Mintel Group Ltd. Web. Retrieved November 21, 2019, from www.mintel.com/blog/food-market-news/gluten-free-consumptiontrends
89. Kim, H-S., Demyen, M.S., Mathew, J., Kothari, N., Feurdean, M., & Ahlawat, S.K. (2017). Obesity, metabolic syndrome and cardiovascular risk in gluten-free followers without celiac disease in the United States: results from the National Health and Nutrition Examination Survey 2009–2014. *Digestive Diseases and Sciences*, 62(9), 24402448-.
90. Niland, B., & Cash, B.D. (2018). Health benefits and adverse effects of a gluten-free diet in nonceliac disease patients. *Gastroenterology & Hepatology*, 14(2), 8291-.
91. Lebwohl, B., Cao, Y., Zong, G., Hu, F., Green, P.H.R., Neugut, A.I., ... Chan, A.T. Long term gluten consumption in adults without celiac disease and risk of coronary heart disease: prospective cohort study. (2017). *BMJ*, 357(j1892). doi:10.1136/bmj.j1892
92. Liu, P.H., Lebwohl, B., Burke, K.E., Ivey, K.L., Ananthakrishnan, A.N., Lochhead, P., ... Khalili, H. (2019) Dietary gluten intake and risk of microscopic colitis among US women without celiac disease: A prospective cohort study. *Gastroenterology*, 114(1), 127134-. doi:10.1038/s413955-0267 018--
93. Zong, G., Lebwohl, B., Hu, F.B., Sampson, L., Doughtery, L.W., Willett, W.C., ... Sun, Q. (2018). Gluten intake and risk of type 2 diabetes in three large prospective cohort studies of US men and women. *Diabetologia*, 61(10), 21642173-.
94. Um, C.Y., Campbell, P.T., Carter, B., Wang, Y., Gapstur, S.M., & McCullough, M.L. (2019). Association between grains, gluten, and the risk of colorectal cancer in the cancer prevention study- II nutrition cohort. *European Journal of Nutrition*, epub ahead of print. doi:10.1007/s00394- 019.
95. Vici, G., Belli, L., Biondi, M., & Polzonetti, V. (2016). Gluten free diet and nutrient deficiencies: A review. *Clinical Nutrition*, 35, 1361241-.
96. Cusack, L., De Buck, E., Compernolle, V., & Vandekerckhove, P. (2013). Blood type diets lack supporting evidence: A systematic review. *The American Journal of Clinical Nutrition*, 98(1), 99- 104. doi:10.3945/ajcn.113.058693
97. Wang, J., García-Bailo, B., Nielsen, D.E., & El-Sohemy, A. (2014). ABO genotype, "Blood-Type" diet and cardiometabolic risk factors. *PLOS One*. doi:10.1371/journal.pone.0084749
98. Wang, J., Jamnik, J., García-Bailo, B., Nielsen, D.E., Kenkins, D.J.A., & El-Sohemy, A. (2018). ABO genotype does not modify the association between the "Blood-Type" diet and biomarkers of cardiometabolic disease in overweight adults. *The Journal of Nutrition*, 148(4), 518525-. doi:10.1093/jn/nxx074
99. Mackie, G.M., Samocha-Bonet, D., & Tam, C.S. (2017). Does weight cycling promote obesity and metabolic risk factors? *Obesity Research & Clinical Practice*, 11(2), 131139-. doi:10.1016/j.orcp.2016.10.284
100. Rothblum, E.D. (2018). Slim chance for permanent weight loss. *Archives of Scientific Psychology*, 6(1), 6369-. doi:10.1037/arc0000043
101. Klein, A.V., & Kiat, H. (2014). Detox diets for toxin elimination and weight management: A critical review of the evidence. *Journal of Human Nutrition and Dietetics*. doi:10.1111/jhn.12286
102. Mancini, J.G., Filion, K.B., Atallah, R., & Eisenberg, M.J. (2016). Systematic review of the Mediterranean diet for long-term weight loss. *The American Journal of Medicine*, 129(4), 407415-.e4. doi:10.1016/j.amjmed.2015.11.028
103. Esposito, K., Kastorini, C.M., Panagiotakos, D.B., & Giugliano, D. (2011). Mediterranean diet and weight loss: Meta-analysis of randomized controlled trials. *Metabolic Syndrome and Related Disorders*, 9(1), 112-.
104. Huo, R., Du, T., Xu, W., Chen, X., Sun, K., & Yu, X. (2015). Effects of Mediterranean-style diet on glycemic control, weight loss, and cardiovascular risk factors among type 2 diabetes individuals: A meta-analysis. *European Journal of Clinical Nutrition*, 69(11), 12001208-. doi:0.1038/ejcn.2014.243
105. Castró-Barquero, S., Lamuela-Raventós, R.M., Doménech, M., & Estruch, R. (2018). Relationship between

- Mediterranean dietary polyphenol intake and obesity. *Nutrients*, 10(10), 1523. doi:10.3390/nu10101523
106. Passos de Jesus, R., Mota, J.F., González-Muniesa, P., Linetzky Waitzberg, D., Marques Telles, M., & Amador Bueno, A. (2018). Plant polyphenols in obesity and obesity-related metabolic disorders: A narrative review of resveratrol and flavonoids upon the molecular basis of inflammation. *Journal of Obesity and Nutritional Disorders*. doi:10.29011-2577/2244.100029
107. Aragon, A.A., & Schoenfeld, B.J. (2013). Nutrient timing revisited: Is there a post-exercise anabolic window? *Journal of the International Society of Sports Nutrition*, 10(5). doi:10.11865-10-2783-1550/
108. Schoenfeld, B.J., Aragon, A.A., & Krieger, J.W. (2015). Effects of meal frequency on weight loss and body composition: A meta-analysis. *Nutrition Reviews*, 73(2), 6982-. doi:10.1093/nutrit/nuu017
109. Perrigue, M.M., Drewnowski, A., Wang, C.Y., & Neuhouser, M.L. (2015). Higher eating frequency does not increase appetite in healthy adults. *The Journal of Nutrition*, 146(1), 5964-. doi:10.3945/jn.115.216978
110. Minerals in Himalayan pink salt: Spectral analysis. Retrieved December 26, 2019, from <https://themeadow.com/pages/minerals-in-himalayan-pink-salt-spectral-analysis>
111. Drake, S.L., & Drake, M.A. (2010). Comparison of salty taste and time intensity of sea and land salts from around the world. *Journal of Sensory Studies*, 26(1). doi:10.1111/j.1745-459X.2010.00317.x
112. National Institutes of Health Office of Dietary Supplements: Calcium Fact Sheet for Health Professionals. Retrieved December 26, 2019, from <https://ods.od.nih.gov/factsheets/Calcium-HealthProfessional>
113. National Institutes of Health Office of Dietary Supplements: Iodine Fact Sheet for Health Professionals. Retrieved December 26, 2019, from <https://ods.od.nih.gov/factsheets/Iodine-HealthProfessional>
114. Vigar, V., Myers, S., Oliver, C., Arellano, J., Robinson, S., & Leifert, C. (2019). A systematic review of organic versus conventional food consumption: Is there a measurable benefit on human health? *Nutrients*, 12(1), 7. doi:10.3390/nu12010007
115. Electronic Code of Federal Regulations. Retrieved December 27, 2019, from www.ecfr.gov/cgi-bin/text-idx?c=ecfr&SID=9874504b6f1025eb0e6b67cadf9d3b40&rgn=div6&view=text&node=7:3.1.1.9.32.7&idno=7
116. Formal Recommendation From: National Organic Standards Board (NOSB) To: The National Organic Program (NOP). Retrieved December 27, 2019, from www.ams.usda.gov/sites/default/files/media/Rotenone%20recommendation%202012.pdf
117. World Health Organization. WHO answers questions on genetically modified foods. Retrieved December 27, 2019, from www.who.int/mediacentre/news/notes/np5/en
118. National Academies of Sciences, Engineering, and Medicine. (2016). Report: Genetically engineered crops: Experiences and Prospects. Retrieved December 27, 2019, from <http://nassites.org/ge-crops/category/report>
119. Hilbeck, A., Binimelis, R., Defarge, N., Steinbrecher, R., Székács, A., Wickson, F., ... Wynne, B. (2015). No scientific consensus on GMO safety. *Environmental Sciences Europe*, 27(4).
120. Wallace, T., Murray, R., & Zelman, K.M. (2016). The nutritional value and health benefits of chickpeas and hummus. *Nutrients*, 8(12), 766.
121. Rebello, C.J., Greenway, F.L., & Finley, J.W. (2014). A review of the nutritional value of legumes and their effects on obesity and its related co-morbidities. *Obesity Reviews*, 15(5), 392407-. doi:10.1111/obr.12144
122. Sharma, S.P., Chung, H.J., Kim, H.J., & Hong, S.T. (2016). Paradoxical effects of fruit on obesity. *Nutrients*, 8(10), 633. doi:10.3390/nu8100633
123. Smith, J., & Wang, F. (2017). Joint pain: An update. *Science Insights*, 2017, e00021. doi:10.15354/si.17.re016
124. Landrier, J-F., Tourniaire, F., Fenni, S., Desmarchelier, C., & Borel, P. (2017). Tomatoes and lycopene: Inflammatory modulator effects. Boca Raton, FL: CRC Press.
125. Borch, D., Juul-Hindsgaul, N., Veller, M., Astrup, A., Jaskolowski, J., & Raben, A. Potatoes and risk of obesity, type 2 diabetes, and cardiovascular disease in apparently healthy adults: A systematic review of intervention and observational studies. (2016). *The American Journal of Clinical Nutrition*, 104(2), 489498-. doi:10.3945/ajcn.116.132332
126. USDA FoodData Central. Potatoes, flesh and skin, raw. Retrieved January 2, 2020, from <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170026/nutrients>
127. Khoo, H.E., Azlan, A., Tang, S.T., & Lim, S.M. (2017). Anthocyanidins and anthocyanins: colored pigments as food, pharmaceutical ingredients, and the potential health benefits. *Food & Nutrition Research*, 61(1), doi:10.1080165466/28.2017.1361779
128. Georgescu, S-R., Sârbu, M-I., Matei, C., Ilie, M.A., Caruntu, C., Constantin, C., Neagu, M., & Tampa, M. (2017). Capsaicin: Friend or foe in skin cancer and other related malignancies? *Nutrients*, 9(12). doi:10.3390/nu912365

129. Kumar, S., Verma, A.K., Das, M., Jain, S.K., & Dwivedi, P.D. (2013). Clinical complications of kidney bean consumption. *Nutrition*, 29, 821827-.
130. Gemedé, H.F., & Ratta, N. (2014). Antinutritional factors in plant foods: Potential health benefits and adverse effects. *International Journal of Nutrition and Food Sciences*, 3(4), 284289-. doi:10.11648/j.ijnfs.20140304.18
131. Lal, N., Barcchiya, J., Raypuriya, N., & Shiurkar, G. (2017). Anti-nutrition in legumes: effect in human health and its elimination. *Innovative Farming*, 2(1), 3236-.
132. Suárez-Martínez, S.E., Ferriz-Martínez, R.A., Campos-Vega, R., Elton-Puente, J.E., de la Torre Carbot, K., & García-Gasca, T. (2016). Bean seeds: leading nutraceutical source for human health. *CyTA- Journal of Food*, 14(1), 131137-. doi:10.1008019476337.2015.1063548/
133. Habs, M., Binder, K., Krauss, S., Müller, K., Ernst, B., Valentini, L., & Koller, M. (2017). A balanced risk-benefit analysis to determine human risks associated with pyrrolizidine alkaloids (PA)—The case of tea and herbal infusions. *Nutrients*, 9(7). doi:10.3390/nu9070717
134. Richard, T., Temsamani, H., Cantos-Villar, E., & Monti, J-P. (2013). Chapter two- Application of LC-MS and LC-NMR techniques for secondary metabolite identification. *Advances in Botanical Research*, 67, 6798-. doi:10.1016/B978-0-2-3.00002-3.97922-12
135. Ruxton, C.H.S. (2008). The impact of caffeine on mood, cognitive function, performance, and hydration: A review of benefits and risks. *Nutrition Bulletin*, 33(1), 1525-. doi:10.1111/j.14673010.2007.00665-x
136. Irshad, M., Asgher, M., Bhatti, K.H., Zafar, M., & Anwar, Z. (2017). Anticancer and neutraceutical potentialities of phytase/phytate. *International Journal of Pharmacology*, 13(7), 808817-.
137. van Buul, V.J., & Brouns, F.J.P.H. (2014). Health effects of wheat lectins: A review. *Journal of Cereal Science*, 59(2), 112117-.
138. Smeriglio, A., Barreca, D., Bellocchio, E., & Trombetta, D. (2016). Proanthocyanidins and hydrolysable tannins: occurrence, dietary intake, and pharmacological effects. *British Journal of Pharmacology*, 174(11), 12441262-. doi:10.1111/bph.13630
139. Fernandes, A.C., Nishida, W., & Da Costa Proença, R.P. (2010). Influence of soaking on the nutritional quality of common beans (*Phaseolus vulgaris* L.) cooked with or without the soaking water: A review. *Food Science & Technology*, 45(11), 22092218-. doi:10.1111/j.13652621.2010.02395-x
140. Singh, A.K., Rehal, J., Kaur, A., & Jyot, G. (2015). Enhancement of attributes of cereals by germination and fermentation: A review. *Critical Reviews in Food Science and Nutrition*. 11, 15751589-. doi:10.108010408398.2012.706661/
141. Haileslassie, H.A., Henry, C.J., & Tyler, R.T. (2016). Impact of household food processing strategies on antinutrient (phytate, tannin, and polyphenol) contents of chickpeas (*Cicer arietinum* L.) and beans (*Phaseolus vulgaris* L.): A review. *Food Science & Technology*, 51(9), 19471957-. doi:10.1111/ijfs.13166
142. Chai, W., & Liebman, M. (2005). Effect of different cooking methods on vegetable oxalate content. *Journal of Agricultural and Food Chemistry*, 53(8), 30273030-. doi:10.1021/jf048128d
143. Hamm, L.L., Nakhoul, N., & Hering-Smith, K.S. (2015). Acid-base homeostasis. *Clinical Journal of the American Society of Nephrology*, 10(12), 22322242-. doi:10.2215/CJN.07400715
144. Schwalfenberg, G.K. (2012). The alkaline diet: Is there evidence that an alkaline pH diet benefits health? *Journal of Environmental and Public Health*, 2012, 727630. doi:10.1155/27630/2012/
145. Fenton, T.R., Tough, S.C., Lyon, A.W., Eliasziw, M., & Hanley, D.A. (2011). Causal assessment of dietary acid load and bone disease: A systematic review & meta-analysis applying Hill'sepidemiologic criteria for causality. *Nutrition Journal*, 10(41). doi:10.118641-10-2891-1475/
146. Fenton, T.R., & Huang, T. (2016). Systematic review of the association between dietary acid load, alkaline water, and cancer. *BMJ Open*, 6, e010438. doi:10.1136/bmjopen-2015010438-
147. Passey, C. (2017). Reducing the dietary acid load: How a more alkaline diet benefits patients with chronic kidney disease. *Journal of Renal Nutrition*, 27(3), 151160-. doi:10.1053/j.jrn.2016.11.006
148. Angélico, L.R.N., Arces de Souza, G.C., Romão, E.A., & Chiarello, P.A. (2018). Alkaline diet and metabolic acidosis: Practical approaches to the nutritional management of chronic kidney disease. *Journal of Renal Nutrition*, 28(3), 215-220. doi:10.1053/j.jrn.2017.10.006
149. Zahara, Y., & Parvin, M. (2018). Alkaline diet: A novel nutritional strategy in chronic kidney disease? *Iranian Journal of Kidney Diseases*, 12(4), 204208-.
150. Kalantar-Zadeh, K., & Moore, L.W. (2019). Does kidney longevity mean healthy vegan food and less meat or is any low-protein diet good enough? *Journal of Renal Nutrition*, 29(2), 7991-. doi:10.1053/j.jrn.2019.01.008

151. Moellering, R.E., Black, K.C., Krishnamurty, C., Baggett, B.K., Stafford, P., Rain, M., ... Gillies, R.J. (2008). Acid treatment of melanoma cells selects for invasive phenotypes. *Clinical & Experimental Metastasis*, 25(4), 411425-. doi:10.1007/s105857-9145-008-
152. Martínez-Zaguilán, R., Seftor, E.A., Seftor, R.E., Chu, Y.W., Gillies, R.J., & Hendrix, M.J. (1996). Acidic pH enhances the invasive behavior of human melanoma cells. *Clinical & Experimental Metastasis*, 14(2), 176186-.
153. Magro, M., Corain, L., Ferro, S., Baratella, D., Bonaluto, E., Terzo, M., ... Vianello, F. (2016). Alkaline water and longevity: A murine study. *Evidence-based Complementary and Alternative Medicine*, 16-. doi:10.11553084126/2016/
154. Weidman, J., Holsworth Jr., R.E., Grossman, B., Cho, D., St. Cyr, J., & Fridman, G. (2016). Effect of electrolyzed high-pH alkaline water on blood viscosity in healthy adults. *Journal of the International Society of Sports Nutrition*, 13(45).
155. Yan, H., Kashiwaki, T., Hamasaki, T., Kinjo, T., Teruya, K., Kabayama, S., & Shirahata, S. (2011). The neuroprotective effects of electrolyzed reduced water and its model water containing molecular hydrogen and Pt nanoparticles. *BMC Proceedings*, 5(8), 69. doi:10.11865-6561-1753/S8-P69
156. Riaz, B., Ikram, R., & Sikandar, B. (2018). Anticataleptic activity of zamzam water in chlorpromazine induced animal model of Parkinson disease. *Pakistan Journal of Pharmaceutical Sciences*, 31(2), 393397-.
157. Wang, Y. (2001). Preliminary observation on changes of blood pressure, blood sugar, and blood lipids after using alkaline ionized drinking water. *Shanghai Journal of Preventative Medicine*, 2001(12).
158. Jin, D., Ryu, S.H., Kim, H.W., Yang, E.J., Lim, S.J., Ryang, Y.S., Chung, C.H., Psark, S.K., & Lee, K.J. (2006). Anti-diabetic effect of alkaline-reduced water on OLETF rats. *Bioscience, Biotechnology, and Biochemistry*, 70(1), 3137-.
159. Koufman, J.A., & Johnston, N. (2012). Potential benefits of pH 8.8 alkaline drinking water as an adjunct in the treatment of reflux disease. *Annals of Otology, Rhinology, & Laryngology*, 121(7), 431434-. doi:10.1177000348941212100702/
160. Verheggen, R.J.H.M., Maessen, M.F.H., Green, D.J., Hermus, A.R.M.M., Hopman, M.T.E., & Thijssen, D.H.T. (2016). A systematic review and meta-analysis on the effects of exercise training versus hypocaloric diet: distinct effects on body weight and visceral adipose tissue. *Obesity Reviews*, 17(8), 664690-.
161. Wewege, M., van den Berg, R., Ward, R.E., & Keech, A. (2017). The effects of high-intensity interval training vs. moderate-intensity continuous training on body composition in overweight and obese adults: a systematic review and meta-analysis. *Obesity Reviews*, 18(6), 635646-. doi:10.1111/obr.12532
162. Viana, R., Naves, J.P., Coswig, V., & de Lira, C.A.B. (2019). Is interval training the magic bullet for fat loss? A systematic review and meta-analysis comparing moderate-intensity continuous training with high-intensity interval training (HIIT). *British Journal of Sports Medicine*, 53(10). doi:10.1136/bjsports-2018099928-
163. Said, M.A., Abdelmoneem, M., Almaqhwai, A., Kotob, A.A.H., Alibrahim, M.C., & Bougmiza, I. (2018). Multidisciplinary approach to obesity: Aerobic or resistance physical exercise? *Journal of Exercise Science & Fitness*, 16(3), 118123-.
164. Willis, L.H., Slentz, C.A., Bateman, L.A., Shields, T.S., Piner, L.W., Bales, C.W., ... Kraus, W.E. (2012). Effects of aerobic and/or resistance training on body mass and fat mass in overweight or obese adults. *Journal of Applied Physiology*, 113(12), 18311837-. doi:10.1152/japplphysiol.01370.2011
165. Ismael, I., Keating, S.E., Baker, M.K., & Johnson, M.A. (2012). A systematic review and metaanalysis of the effect of aerobic vs. resistance exercise training on visceral fat. *Obesity Reviews*, 13(1), 6891-. doi:10.1111/j.1467-789X.2011.00931.x
166. Shuster, A., Patlas, M., Pinthus, J.H., & Mourtzakis, M. (2012). The clinical importance of visceral adiposity: A critical review of methods for visceral adipose tissue analysis. *British Journal of Radiology*, 85(1009), 110-. doi:10.1259/bjr/38447238
167. Villareal, D.T., Aguirre, L., Gurney, A.B., Waters, D.L., Sinacore, D.R., Colombo, E., ... Qualls, C. (2017). Aerobic or resistance exercise, or both, in dieting obese older adults. *New England Journal of Medicine*, 376, 19431955-. doi:10.1056/NEJMoa1616338
168. Institute of Medicine (US) Subcommittee on Military Weight Management. (2004). *Weight management: State of the Science and Opportunities for Military Programs*. Washington, DC: National Academics Press.
169. Balaskas, P., & Jackson, M.E. (2018). Genetics and epigenetics in the aetiology of obesity. In John Wiley & Sons, Ltd. (Eds.), *Advanced Nutrition and Dietetics in Obesity*, 8795-.
170. Rao, K.R., Lal, N., & Giridharan, N.V. (2014). Genetic & epigenetic approach to human obesity. *The Indian Journal of Medical Research*, 140(5), 589603-.
171. Willer, C.J., Speliotes, E.K., Loos, R., ... & Hirschhorn, J.N. (2009). Six new loci associated with body mass index highlight a neuronal influence on body weight regulation. *Nature Genetics*, 41(1), 2534-. doi:10.1038/ng.287

172. Haupt, A., Thamer, C., Staiger, H., Tschritter, O., Kirchhoff, K., Machicao, F., Häring, H.U., Stefan, N., & Fritzsche, A. (2009). Variation in the FTO gene influences food intake but not energy expenditure. *Experimental and Clinical Endocrinology & Diabetes*, 117(4), 194197-. doi:10.1055/s-00281087176-
173. Leeners, B., Geary, N., Tobler, P.N., & Asarian, L. (2017). Ovarian hormones and obesity. *Human Reproduction Update*, 23(3), 300321-. doi:10.1093/humupd/dmw045
174. Karvonen-Gutierrez, C., & Kim, C. (2016). Association of mid-life changes in body size, body composition, and obesity status with the menopausal transition. *Healthcare*, 4(3), 42. doi:10.3390/healthcare4030042
175. Kapoor, E., Collazo-Clavell, M.L., & Faubion, S.S. (2017). Weight gain in women at midlife: A concise review of the pathophysiology and strategies for management. *Mayo Clinic Proceedings*, 92(10), 15521558-. doi:10.1016/j.mayocp.2017.08.004
176. Lee, J., Han, Y., Cho, H.H., & Kim, M. (2019). Sleep disorders and menopause. *Journal of Menopausal Medicine*, 25(2), 8387-. doi:10.6118/jmmm.19192
177. Prinz, P. (2004). Sleep, appetite, and obesity—What's the link? *PLoS Medicine*, 1(3), e61.
178. de Villiers, T.J., Hall, J.E., Pinkerton, J.V., Cerdas Pérez, S., Rees, M., Yang, C., & Pierroz, D.D. (2016). Revised global consensus statement on menopausal hormone therapy. *Climacteric*. 19(4), 313155-153 ,315-. doi:10.10801369713/7.2016.1196047
179. Li, S., Zhao, J.H., Luan, J., Ekelund, U., Luben, R.N., Khaw, K.T., Wareham, N.J., & Loos, R.J.F. (2010). Physical activity attenuates the genetic predisposition to obesity in 20,000 men and women from EPIC-Norfolk prospective population study. *PLoS Medicine*, 7(8), e1000332.
180. West, N., Dorling, J., Thackray, A.E., Hanson, N.C., Decombel, S.E., Stensel, D.J., & Grice, S.J. (2018). Effect of obesity-linked FTO rs9939609 variant on physical activity and dietary patterns in physically active men and women. *Journal of Obesity*, 2018 doi:10.11557560707/2018/
181. McQueen, M.A. (2009). Exercise aspects of obesity treatment. *The Ochsner Journal*, 9(3), 140- 143.
182. Bray, G.A., Frühbeck, G., Ryan, D.H., & Wilding, J.P.H. (2016). Management of obesity. *The Lancet*, 387(10031), 19471956-. doi:10.1016/S01403-00271(16)6736-
183. Westwater, M.L., Fletcher, P.C., & Ziauddeen, H. (2016). Sugar addiction: The state of the science. *European Journal of Nutrition*, 55(Suppl. 2), 5569-.
184. Dimicantonio, J., O'Keefe, J., & Wilson, W. (2017). Sugar addition: Is it real? A narrative review. *British Journal of Sports Medicine*, 52(14). doi:10.1136/bjsports-2017097971-
185. Murphy, M.H., Lahart, I., Carlin, I., & Murtagh, E. (2019). The effects of continuous compared to accumulated exercise on health: A meta-analytic review. *Sports Medicine*, 49(10), 15851607-. doi:10.1007/s402792-01145-019-
186. Müller, M.J., Geisler, C., Heymsfield, S.B., & Bosy-Westphal, A. (2018). Recent advances in understanding body weight homeostasis in humans. *F1000Research*, 7(F100). doi:10.12688/f1000research.14151.1
187. Speakman, J.R., Levitsky, D.A., Allison, D.B., Bray, M.S., de Castro, J.M., Clegg, D.J., ...Westerterp-Plantenga, M.S. (2011). Set points, settling points, and some alternative models: Theoretical options to understand how genes and environments combine to regulate body adiposity. *Disease Models & Mechanisms*, 4(6), 733745-. doi:10.1242/dmm.008698
188. Mansoubi, M., Pearson, N., Clemes, S.A., Biddle, S.J., Bodicoat, D.H., Tolfrey, K., ... Yates, T. (2015). Energy expenditure during common sitting and standing tasks: examining the 1.5 MET definition of sedentary behavior. *BMC Public Health*, 15, 516. doi:10.1186/s128891851-015-x
189. Sarker, M., & Rahman, M. (2017). Dietary fiber and obesity management- A review. *MedCrave*, 7(3).
190. Stahl, B.A., Peco, E., Davla, S., Murakami, K., Caicedo Moreno, N.A., van Meyel, D.J., & Keene, A.C. (2018). Sleep and metabolism: Eat-ing your way to ZZZs. *Current Biology*, 22(19), R1310- R1312. doi:10.1016/j.cub.2018.08.030
191. Tomiyama, A.J. (2018). Stress and obesity. *Annual Review of Psychology*, 70(5), 703718-. doi:10.1146/annurev-psych-010418102936-
192. American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington, DC.
193. McCorry, L.K. (2007). Physiology of the autonomic nervous system. *American Journal of Pharmaceutical Education*, 71(4), 78. doi:10.5688/aj710478
194. Volkow, N.D., Wang, G.J., & Baler, R.D. (2011). Reward, dopamine, and the control of food intake: Implications for obesity. *Trends in Cognitive Sciences*, 15(1), 3746-.
195. Rosenbaum, M., Sy, M., Paclovich, K., Leibel, R.L., & Hirsch, J. (2008). Leptin reverses weightloss-induced changes

- in regional neural activity responses to visual stimuli. *The Journal of Clinical Investigation*, 118(7), 25832591-. doi:10.1172/JCI35055
196. Myers, M.G., Cowley, M.A., & Münzberg, H. (2008). Mechanisms of leptin action and leptin resistance. *Annual Review of Physiology*, 70, 537556-. doi:10.1146/annurev.physiol.70.113006.100707
197. Adam, T.C., & Epel, E.S. (2007). Stress, eating and the reward system. *Psychology & Behavior*, 91, 449458-.
198. Hildebrandt, B.A., Racine, S.E., Burt, A., Neale, M., Boker, S., Sisk, C.L. & Klump, K.L. (2015). The effects of ovarian hormones and emotional eating on changes in weight preoccupation across the menstrual cycle. *The International Journal of Eating Disorders*, 48(5), 477487-. doi:10.1002/eat.22326
199. Ashcroft, J., Semmler, C., Carnell, S., & van Jaarsveld, C.H.M. (2007). Continuity and stability of eating behavior traits in children. *European Journal of Clinical Nutrition*, 62, 985990-.
200. Bellisle, F. (2009). Assessing various aspects of the motivation to eat that can affect food intake and body weight control. *L'Encéphale*, 35(2), 182185-. doi:10.1016/j.encep.2008.03.009
201. Carnell, S., Haworth, C.M.A., & Wardle, J. (2008). Genetic influence on appetite in children. *International Journal of Obesity*, 32, 14681473-. doi:10.1038/ijo.2008.127
202. Grimm, E.R., & Steinle, N.I. (2011). Genetics of eating behavior: Established and emerging concepts. *Nutrition Reviews*, 69(1), 5260-. doi:10.1111/j.17534887.2010.00361-x
203. Van Steijn, T. (2018). Causes of emotional eating and matched treatment of obesity. *Obesity*, 1. doi:10.1007/s11892-1000-018x
204. Höppener, M.M., Larsen, J.K., van Strien, T., Ouwens, M.A., Winkens, L.H.H., & Disinga, R. (2019). Depressive symptoms and emotional eating: Mediated by mindfulness? *Mindfulness*, 10(4), 670678-. doi:10.1007/s12671-018-41002
205. Goldbacher, E., La Grotte, C., Komaroff, E., Vander Veur, S., & Foster, G.D. (2015). An initial evaluation of a weight loss intervention for individuals who engage in emotional eating. *Journal of Behavioral Medicine*, 39, 139150-. doi:10.1007/s108656-9678-015-
206. Scott, K.A., Melhorn, S.J., & Sakai, R.R. (2012). Effects of chronic social stress on obesity. *Current Obesity Reports*, 1(1), 1625-. doi:10.1007/s136793-0006-011-
207. Paolucci, E.M., Loukov, D., Bowdish, D.M.E., & Heisz, J.J. (2018). Exercise reduces depression and inflammation but intensity matters. *Biological Psychology*, 133, 7984-. doi:10.1016/j.biopsych.2018.01.015
208. Leach, C.W. (2017). Understanding shame and guilt. In L. Woodyatt, E. Worthington Jr., M. Wenzel, & B. Griffin (Eds.), *Handbook of the psychology of self-forgiveness*. Springer, Cham. doi:10.1007/9-60573-319-3-978/
209. Schoenfeld, B. (2011). Does cardio after an overnight fast maximize fat loss? *Strength and Conditioning Journal*, 33(1), 2325-. doi:10.1519/SSC.0b013e31820396ec

