Assessed for Eligibility (n = 313)

Excluded (n = 268)
- No further interest n = 73
- BMI >30 n = 68
- BMI <25 n = 42
- Difficult to contact n = 18
- Medical n = 15
- Smoker n = 13
- Time constraints n = 12
- Disliked study foods n = 9
  - Male n = 6
  - Accepted then withdrew n = 5
  - Applied too late n = 5
  - Other n = 2

Randomised to study (n = 45)

Completed study (n = 42)

Did not complete study (n = 3)
- 2 withdrew due to illness
- 1 withdrew due to childminding difficulties