

Supplementary table 1. Regression analysis. Dependent variables: BMI, waist circumference, systolic and diastolic blood pressure. Non-standardized b-coefficients, standard error (se) and Variation Inflation Factor [VIF] within brackets.

Modell	BMI (kg/m ²)	Waist (cm)	Systolic blood pressure (mm Hg)	Diastolic blood pressure (mm Hg)
^a Number of eating occasions/day	0.23 ^{NS} (1.0)[1.6]	0.00 ^{NS} (2.3)[1.6]	-2.29 ^{NS} (4.0)[1.6]	-1.71 ^{NS} (2.1)[1.6]
^b Number of snacks/day	-0.30 ^{NS} (0.7)[1.7]	-0.45 ^{NS} (1.6)[1.7]	1.88 ^{NS} (2.8)[1.7]	0.17 ^{NS} (1.5)[1.7]
^c Number of meals with prepared food/day	0.19 ^{NS} (0.5)[1.3]	-0.82 ^{NS} (1.3)[1.3]	-4.03 ^{NS} (2.2)[1.2]	1.73 ^{NS} (1.2)[1.2]
^d Self-reported eating habits	0.28 ^{NS} (0.5)[1.1]	-0.60 ^{NS} (1.1)[1.1]	0.12 ^{NS} (2.0)[1.1]	1.56 ^{NS} (1.1)[1.1]
Sex (male/female)	4.25 ^{NS} (0.6)[1.3]	-12.80 ^{***} (1.4)[1.1]	-3.41 ^{NS} (3.0)[1.7]	-0.38 ^{NS} (1.6)[1.7]
Age (years)	-0.15 ^{***} (0.0)[1.3]	0.31 ^{***} (0.1)[1.4]	0.57 ^{***} (0.1)[1.4]	-0.20 ^{**} (0.1)[1.5]
BMI (kg/m ²)		1.80 ^{NS} (0.1)[1.1]	0.73 [*] (0.3)[3.0]	0.00 ^{NS} (0.2)[2.7]
Waist (cm)	0.32 ^{***} (0.0)[1.3]		-0.17 ^{NS} (0.1)[3.0]	0.02 ^{NS} (0.1)[3.0]
Systolic blood pressure (mm Hg)	0.04 [*] (0.0)[1.8]	-0.06 ^{NS} (0.1)[1.9]		0.33 ^{***} (0.0)[1.2]
Diastolic blood pressure (mm Hg)	0.00 ^{NS} (0.0)[1.7]	0.02 ^{NS} (0.1)[1.7]	1.14 ^{***} (0.1)[1.1]	
Intercept	-0.93 ^{NS} (0.0)	56.35 ^{***} (8.4)	13.87 ^{NS} (16.6)	47.32 ^{***} (8.05)
F Anova	29.1 ^{***}	35.1 ^{***}	15.6 ^{***}	12.9 ^{***}
N	165	165	165	165

R ² (adjusted)	0.61	0.65	0.44	0.39
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***=p<0.001 **=p<0.01 *p<0.05

^aNumber of eating occasions/day: ≤ 3 meals/day or > 3 meals/day.

^bNumber of snacks/day: 0-1 snack/day or >1 snack/day.

^cNumber of meals with prepared food/day: 1 prepared meal or 2 prepared meals.

^dSelf-reported eating habits: Good or bad.