Introduction

20% (09:00 17:00) 1, 2 . / 3 , 2), 4 7 . , 8, 9 . 20:00 10 . , 11 . , ( ), 12 . , 13 , 14 . (*N*=4 7/) 4 15 . , 16 . , 17 . 24 18 , 19 (840) 20 .

Methods

Study details

. 1).

4 1

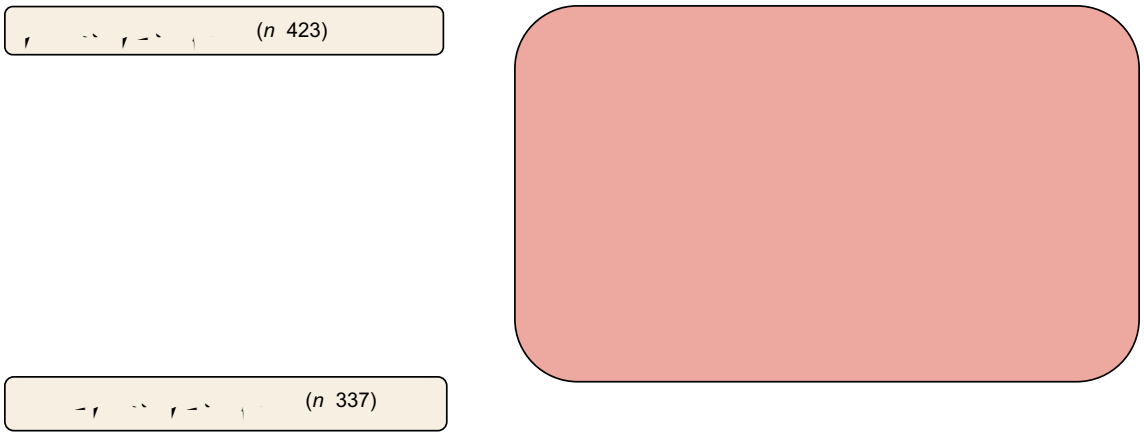
: (1) ; (2)

(28 2016

4 2019

(. 00000336214).

( )



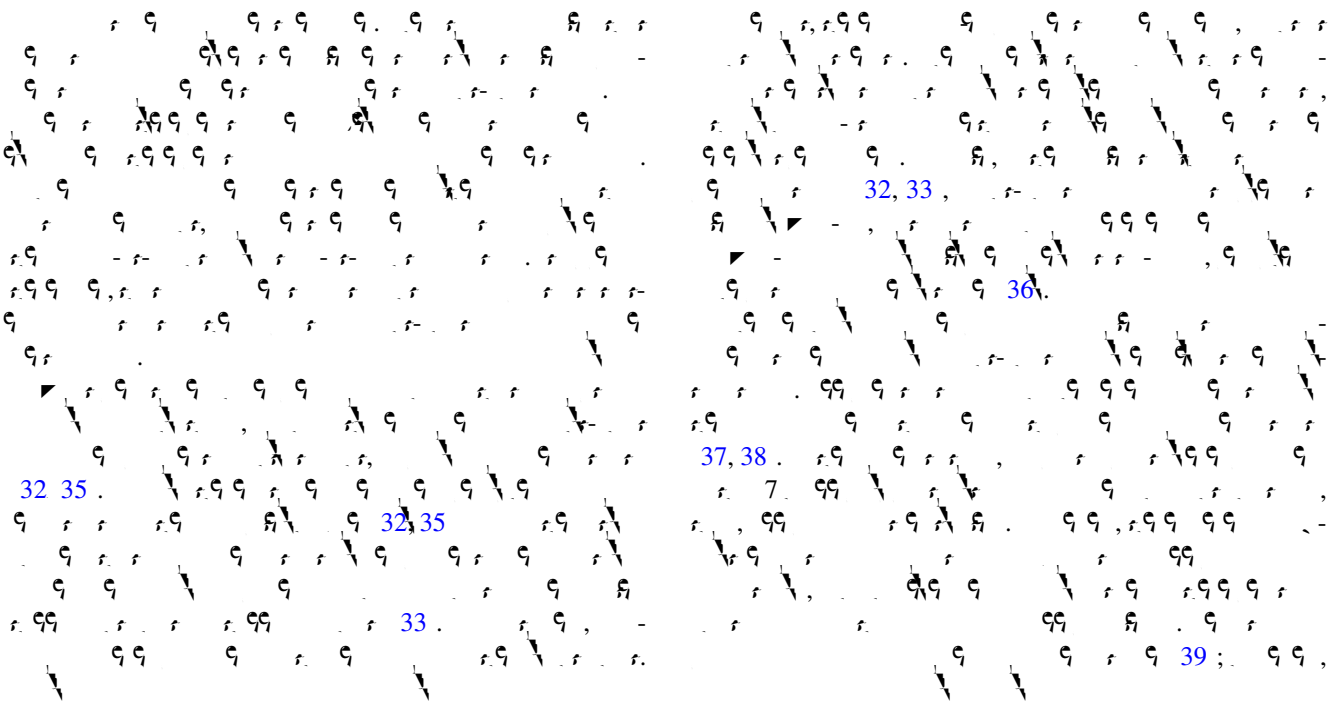
Meal conditions

(*p*=0.016,). ,
(*p*<0.001)
(*p*<0.001), (*p*<0.001), -
(*p*=0.627) -
(*p*=0.001) -
(*p*=0.215) .
(*p*<0.001) (2).

Responses to a breakfast meal

1
1.
(*p*=0.017)
(*p*<0.001) 3 . 3.
4
1 (*p*<0.002; 3),
26 0 -1 (*p*=0.025;) ( ).26 0 (=)<.- <0.001))51( ) 0 0 8

Table
und(e)19(v)24(er)26(,( ))Tj 999618(tw)25.7(nce f)32.099998474(ollo)L/bÿ58 p sy.299ma NEFqtwnce 5 (,)x1 Td [(Fq)21(ning(n).5( ).Chegs .02525.7(nce f)325n)-2



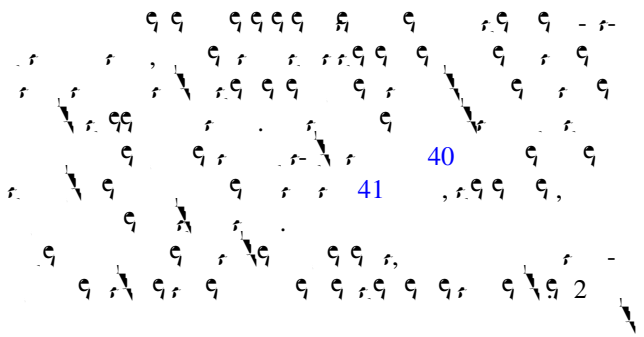


Table 4 ... 3

V) ...	...	...	...	...	...	...
( )				0.926 ($F_{2,98}$=0.1)	<0.001 ($F_{1,98}$=25.9)	0.654 ($F_{2,98}$=0.6)
	7.2'_0.4	7.0'_0.5	7.1'_0.7			
3	5.8'_1.1	6.3'_0.6	6.0'_1.1			
	5.8'_1.9	5.7'_1.7	5.8'_1.2			
( )				0.474 ($F_{2,97}$=0.8)	<0.001 ($F_{1,97}$=25.7)*	0.852 ($F_{2,97}$=0.3)
	17.7'_12.3	29.9'_23.1	19.3'_14.9			
3	8.4'_14.7	6.0'_3.9	4.8'_3.1			
	52.3'_72.6	60.7'_55.3	44.9'_37.9			
( )				0.861 ($F_{2,98}$=0.2)	<0.001 ($F_{1,98}$=9.3)	0.269 ($F_{2,98}$=1.3)
	29.8'_18.6	26.9'_15.9	32.7'_32.5			
3	65.1'_57.8	34.7'_34.9	41.8'_54.2			
	59.4'_64.4	78.3'_95.2	86.4'_86.6			
(%)				0.814 ($F_{2,98}$=0.2)	<0.001 ($F_{1,98}$=28.1)‡	0.501 ($F_{2,98}$=0.8)
	90.1'_4.7	88.1'_6.2	89.1'_8.4			
3	82.5'_15.7	90.3'_8.8	88.8'_12.9			
	72.1'_23.2	70.9'_21.2	72.7'_14.7			
1 ( )				0.519 ($F_{2,98}$=0.7)	0.115 ($F_{1,98}$=2.2)	0.770 ($F_{2,98}$=0.5)
	5.5'_4.2	6.6'_5.2	8.1'_6.9			
3	5.2'_3.5	6.6'_3.8	6.7'_4.7			
	7.2'_5.9	7.8'_5.7	7.8'_4.8			
2 ( )				0.823 ($F_{2,98}$=0.2)	<0.001 ($F_{1,98}$=24.5)§	0.656 ($F_{2,98}$=0.7)
	159.9'_34.9	161.3'_57.3	164.7'_49.9			
3	105.7'_36.7	122.5'_43.6	112.4'_39.6			
	148.3'_62.5	144.9'_67.1	161.1'_46.9			
3 ( )				0.827 ($F_{2,98}$=0.1)	<0.001 ($F_{1,98}$=19.7)	0.513 ($F_{2,98}$=0.8)
	85.0'_33.2	79.4'_32.5	77.3'_24.6			
3	54.8'_21.7	64.3'_21.5	59.9'_21.9			
	60.2'_35.7	62.8'_45.1	56.4'_23.4			
4 ( )				0.760 ($F_{2,98}$=0.3)	<0.001 ($F_{1,98}$=98.7)†	0.386 ($F_{2,98}$=0.4)
	86.9'_28.2	85.0'_46.2	79.9'_34.0			
3	88.2'_29.4	98.8'_41.9	83.7'_41.4			
	47.8'_28.8	42.1'_26.8	40.8'_24.3			
( )				0.709 ($F_{2,98}$=0.3)	0.049 ($F_{1,98}$=3.1)†	0.933 ($F_{2,98}$=0.2)
	93.6'_19.9	90.4'_20.2	96.7'_31.4			
3	92.8'_29.6	86.4'_20.2	97.2'_33.8			
	82.6'_34.3	82.7'_30.6	82.7'_24.9			

p ... (... *F* ... *df*) ... V)

p<0.05 ... : > 3,

p<0.05 ... : 3< ... <

p<0.05 ... : > ... 3

p<0.05 ... : < ... 3

§ *p*<0.05 ... : 3< ...

, ... ; , ... ; , ... -

... 43, 44 . ... 45 . ...

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