**Supplementary Digital Content 4: Studies included in energy intake analysis at the first post-exercise meal (*n* = 60)**

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| **Reference** | **Participants** | **Exercise** | **Meal** |
| King et al (2010) *Appetite*  doi: 10.1016/j.appet.2010.02.002 | *n* = 9; age 22.2 ± 2.5 y; BMI 23.6 ± 1.1 kg/m2; V̇O2 peak 60.5 ± 4.5 mL/kg/min | Treadmill running; 90 min; 68.8 ± 2.3% V̇O2 peak ; Net EE 5324 ± 559 kJ | Buffet meal; 60 min post-exercise  EI CON: 6878 ± 2100 kJ  EI EX: 6163 ± 209 kJ  *P* = 0.350 |
| King et al (2011) *J Obes*  doi: 10.1155/2011/351628 | *n* = 14; age 21.7 ± 2.2 y; BMI 23.2 ± 2.3 kg/m2 | Swimming; 42 min (6 x 7 min bouts); HR 155 ± 5 beat/min; Net EE 1921 ± 309 kJ | Buffet meal; 60 min post-exercise  EI CON: 5519 ± 1623 kJ  EI EX: 5858 ± 1506 kJ  *P* = 0.144 |
| King et al (2013) *Appetite*  doi: 10.1016/j.appet.2012.10.018 | *n* = 10; age 21.3 ± 2.1 y; BMI 23.9 ± 2.3 kg/m2; V̇O2 peak 61.5 VO2 ± 4.8 mL/kg/min | Treadmill running; 60 min; 71.8 ± 4.8% V̇O2 peak ; Net EE 4117 ± 369 kJ | Buffet meal available on request (35 ± 3 min delay in exercise trial)  EI CON: 4778 ± 1469 kJ  EI EX: 5385 ± 1699 kJ  *P* = 0.133 |
| Deighton et al (2013) Eur J Appl Physiol  Control & endurance exercise trial used only  doi: 10.1007/s00421-012-2535-1 | n = 12; age 23.0 ± 3.0 y; BMI 24.2 ± 2.9 kg/m2; V̇O2 peak 46.3 ± 10.2 mL/kg/min | Stationary cycling; 60 min; 68.1 ± 4.3% V̇O2 peak ; Net EE 2640 ± 418 kJ | Buffet meal; 45 min post-exercise  EI CON:5715 ±1866 kJ  EI EX: 6121 ± 2000 kJ  *P* = 0.200 |
| Douglas et al (2015) *Appetite*  doi: 10.1016/j.appet.2015.05.006 | *n* = 15; age 21.1 ± 1.7 y; BMI 23.0 ± 1.9 kg/m2; V̇O2 peak 57.9 ± 4.2 mL/kg/min | Treadmill running; 60 min; 70.1 ± 2.5% V̇O2 peak ; Net EE 3779 ± 327 kJ | Buffet meal; 60 min post-exercise  EI CON: 6054 ± 2364 kJ  EI EX: 5950 ± 1854 kJ  *P* = 0.836 |

Data = Mean ± SEM; participants all healthy males