**Supplementary Digital Content 5: Studies included in energy intake analysis for all meals after exercise (*n* = 128)**

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| **Reference** | **Participants (all healthy males)** | **Exercise** | **Meal(s)** |
| **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 | 3 buffet meals 1, 4 & 7.5 h post-exercise  Total EI CON: 17188 ± 3431kJ  Total EI EX: 17606 ± 4151 kJ  *P* = 0.532 |
| **King et al (2011) *J Clin Endocrinol Metab***  *Control & exercise trial used only*  doi: 10.1210/jc.2010-2735 | N = 12; age 23.4 ± 3.4; BMI 22.8 ± 1.2 kg/m2; V̇O2 peak 57.3 ± 4.1 mL/kg/min | Treadmill running; 90 min; 69.8 ± 3.1 % V̇O2 peak ; Net EE 4716 ± 391 kJ | 1 buffet meal 6.5 h post-exercise  Total EI CON: 4004 ± 1473 kJ  Total EI EX: 4343 ± 2268 kJ  *P* = 0.581 |
| **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 meals 1 & 5.5 h post-exercise  Total EI CON: 9163 ± 2690 kJ  Total EI EX: 9749 ± 3025 kJ  *P* = 0.207 |
| **Deighton et al (2012) *Appetite***  *Control & fasted exercise trial used only*  doi: 10.1016/j.appet.2012.02.041 | *n* = 12; age 23.1 ± 3.0 y; BMI 23.7 ± 2.7 kg/m2; V̇O2 peak 53.5 ± 12.4 mL/kg/min | Treadmill running; 60 min; 71.1 ± 2.1% V̇O2 peak ; Net EE 3247 ± 465 kJ | Buffet meals at 4.5 & 8.5 h post-exercise  Total EI CON: 12899 ± 2678 kJ  Total EI EX: 13042 ± 2523 kJ  *P* = 0.692 |
| **Wasse et al (2012) *J Appl Physiol***  *Sea-level control and sea-level exercise trials used only*  doi:10.1152/japplphysiol.00090.2011 | *n* = 10; age 23.8 ± 2.6 y; BMI 24.8 ± 2.4 kg/m2; V̇O2 peak 56.9 ± 6.5 mL/kg/min | Treadmill running; 60 min; 71.21 ± 5.7% V̇O2 peak ; Net EE 3278 ± 428 kJ | 1 buffet meal 4.5 h post-exercise  Total EI CON: 1799 ± 506 kJ  Total EI EX: 1887 ± 619 kJ  *P* = 0.579 |
| **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 meals at 0.75 & 4.25 h post-exercise  Total EI CON: 12941 ± 3113 kJ  Total EI EX: 13548 ± 3205 kJ  *P* = 0.206 |
| **Deighton et al (2013) *Appl Physiol Nutr Metab***  *Control & steady-state exercise trial used only*  doi: 10.1139/apnm-2012-0484 | *n* = 12; age 22.0 ± 3.0 y; BMI 23.7 ± 3.0 kg/m2; V̇O2 peak 52.4 ± 7.1 mL/kg/min | Stationary cycling; 60 min; 59.5 ± 1.6% V̇O2 peak ; Net EE 2451 ± 208 kJ | 1 buffet meal 4 h post-exercise  Total EI CON: 10251 ± 8452 kJ  Total EI EX: 10406 ± 8368 kJ  *P* = 0.871 |
| **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 | Complete ad libitum energy intake permitted following exercise  Total EI CON: 7422 ± 3180 kJ  Total EI EX: 7414 ± 2862 kJ  *P* = 0.993 |
| **Deighton et al (2014) *Appetite***  *Control & exercise-deficit trial used only*  [doi:10.1016/j.appet.2014.06.003](http://dx.doi.org/10.1016/j.appet.2014.06.003) | *n* = 12; age 23.8 ± 4.7 y; BMI 23.8 ± 2.7 kg/m2; V̇O2 peak 55.4 ± 9.1 mL/kg/min | Stationary cycling; 30 min; 64.5 ± 3.2% V̇O2 peak ; Net EE 1469 ± 256 kJ | 1 buffet meal 6.5 h post-exercise  Total EI CON: 4376 ± 1636 kJ  Total EI EX: 4217 ± 1849 kJ  *P* = 0.554 |
| **Douglas et al (2015) *Appetite***  *Day one data used only*  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 meals 1 & 5 h post-exercise  Total EI CON: 17267 ± 2774 kJ  Total EI EX: 16811 ± 2887 kJ  *P* = 0.468 |
| **Alajmi et al (2016) *Med Sci Sports Exerc***  Data for men used only  doi:10.1249/MSS.0000000000000793 | *n* = 10; age 23.4 ± 3.5 y; BMI 23.4 ± 2.1 kg/m2; 61.3 ± 9.6; V̇O2 peak 61.3 ± 9.6 mL/kg/min | Treadmill running; 60 min; 71.9 ± 4.3% V̇O2 peak ; Net EE 3682 ± 690 kJ | 1 buffet meal 4 h post-exercise  Total EI CON: 5824 ± 2828 kJ  Total EI EX: 5766 ± 2548 kJ  *P* = 0.388 |

Data = Mean ± SD; participants all healthy males