**Supplemental Digital Content 4. Energy Intake Assessment.**

On the first day of each Phase participants were given a full briefing detailing the correct way to populate the food diary and were given an example diary to refer to throughout the Phase. Participants were asked to list all food and drink consumed during the day, along with the brand, method of cooking and estimated portion size. At each evening visit to the lab, individual food diaries were reviewed by the research team and participants were asked to confirm the food diary entries and recall any items that may have been missed. Researchers used questioning to prompt participants to remember any missed items, for example, ‘*Did you have any dessert after dinner?*’ or ‘*Did you eat any snacks this morning?*’ In addition, standardized text messages were sent at 10:00 AM and 15:00 PM each day by the same member of the research team to remind participants to continue filling in food diaries (RLD). Every canteen meal for 16 women were weighed across all three Phases to create a database of average portion sizes served. Average portions, along with the nutritional content provided by the Royal Military Academy, Sandhurst, were entered into dietary analysis software (Nutritics Ltd., Dublin, Ireland). Using these portion sizes, a large, normal and small portion were entered as 1.5, 1.0 and 0.5 of these weighed average portions. For branded snack food, weight and nutritional content provided by the manufacturer was used.