

Supplemental Table S1. Breakfast choices of adolescent girls who participated in randomised crossover trial comparing seven days of daily breakfast consumption (BC) with seven days of daily breakfast omission (BO)¹

	Breakfast options	<i>n</i> for PA analyses sample	<i>n</i> for dietary analyses sample	<i>n</i> for VAS analyses sample
Breakfast cereal with semi- skimmed (1.8% fat) milk (compulsory)	Swiss Style Muesli (no added sugar) ²	6	2	4
	Weetabix ³	4	4	4
	All-Bran Original ⁴	5	5	3
Raisins (optional) ²		3	2	2
Beverage (compulsory)	Orange juice ²	4	4	3
	Apple juice ²	11	7	8

¹Total *n*=15 for physical activity (PA) analyses; total *n*=11 for dietary analyses; total *n*=11 for visual analogue scale (VAS) analyses. BC was the consumption of a standardised breakfast with an energy content equating to 25% of individual resting metabolic rate before 09:00 for seven consecutive days; BO was the abstinence from all energy-providing nutrients until at least 10:30 for seven consecutive days.

²Tesco, UK.

³Weetabix Limited, UK.

⁴Kelloggs, UK.