# Table S1. Energy metabolism parameter values used in the model, from [9,21].

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| *Parameter* | *Definition* | *Value (mean+/-SD)* |
| *f* | Fat synthesis efficiency | 230 kcal/kg +/- 100 |
| *l* | Protein synthesis efficiency | 180 kcal/kg +/- 20 |
| *f* | Energy content per unit change in body fat | 9400 kcal/kg +/- 50 |
| *l* | Energy content per unit change in lean tissue | 1800 kcal/kg +/- 50 |
| *c* | Relative change in lean mass per change in fat mass | 0.54 +/- 0.1 |
| *d* | Adaptive thermogenesis parameter | 0.24 +/- 0.1 |
| *f* | Resting metabolic rate of fat | 3.6 kcal/kg/d +/- 2 |
| *l* | Resting metabolic rate of lean tissue | 22 kcal/kg/d +/- 4 |