S2 Fig. Weight change trajectories of different weight loss strategies.

Multivariable model was adjusted for cohort (Health Professionals Follow-up Study, Nurses’ Health Study, or Nurses’ Health Study II), age (in months, continuous), ethnicity (white or not), baseline body mass index (in kg/m², continuous), baseline waist circumference (in cm, continuous), physical activity (in quintiles), television watching (0-1, 2-5, 6-10, 11-20, or >20 hour/week), smoking status (never, past, or current smokers), alcohol intake (0, <5.0, 5.0-9.9, 10.0-14.9, 15.0-29.9, or >30.0 gram/day), hypertension (yes or no), hypercholesterolemia (yes or no), family history of diabetes (yes or no), multivitamin use (yes or no), Alternative Healthy Eating Index score (in quintiles), and total energy intake (in quintiles) before weight loss. **Abbreviations:** CWLP, commercial weight loss program; FCP, select at least two strategies among fasting, CWLP, and pill; kg/m², kilogram per square meter; LCD, low-calorie diet.