Hazard ratios and 95% confidence intervals (CIs) were calculated using Cox proportional-hazards model. 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, African American, Asian, or other), 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:** BMI, body mass index; CWLP, commercial weight loss program; FCP, select at least two strategies among fasting, CWLP, and pill; LCD, low-calorie diet; kg/m², kilogram per square meter.