PMID	Year	Study Type	Clinical Trial Name	Journal	N	Patient Population	Intervention	Control	Primary Outcome	Study Duration	Salient Results
33807102	2021	RCT		Nutrients	54	Adults with eating window >14h and 1 component metabolic syndrome	12-hour TRE	Usual dietary advice	Weight loss	6 months	Significant weight loss compared to baseline in TRE group, not in usual dietary advice group, no difference between groups
35470974	2022	RCT		Obesity	81	Obesity	eTRE (10-hour eating window starting within 3 hours of waking) + calorie restriction	Calorie restriction	Weight loss	39 weeks	Significant weight loss from baseline in both groups, no difference between groups
36518092	2023	RCT		Obesity	90	Obesity	eTRE (8-hour eating window from 7a-3p)	Control schedule (≥12-hour window)	Weight loss	14 weeks	Those who adhered to TRE ≥5 d/wk every week had greater improvements in weight, HR, insulin resistance, and glucose relative to control adherers
33446635	2021	RCT		Nutr Diabetes	78	BMI ≥ 30	10-hour TRE + commercial weight management program	12-hour TRE + commercial weight management program	Weight loss	2 months	Significant weight loss and decrease in fasting blood glucose in 10-hour TRE group compared to 12-hour
35443107	2022	RCT	TREATY	NEJM	139	Overweight/obese (BMI 28-45)	8-hour eTRE (8a-4p) + calorie restriction	Calorie restriction	Weight loss	12 months	Significant weight loss, reduced waist circumference, BMI, body fat, blood pressure, and metabolic risk factors in both groups, no difference between groups
32986097	2020	RCT	TREAT	JAMA	116	Overweight/obese (BMI 27-43)	8-hour TRE (12p-8p)	Consistent meal timing (3 meals per day)	Weight loss	3 months	Significant weight loss in TRE group but not consistent meal timing group, no difference between groups
31813824	2019	Single-arm paired sample trial		Cell	19	Metabolic syndrome + BL eating window ≥14h	10-hour TRE		Weight loss	3 months	Significant weight loss, lower SBP/DBP, TC, LDL, fasting glucose
37889487	2023	RCT		JAMA	75	Obesity (BMI 30-50) + T2DM	8-hour TRE (12p-8p)	Calorie restriction	Weight loss	6 months	Significant weight loss in the TRE group compared to the CR group, A1c decreased in both groups with no difference between groups
37364268	2023	RCT		Ann Intern Med	77	Obesity	(1) 8-hour TRE (12p-8p) without calorie counting (2) calorie restriction	10+ hour eating window	Weight loss	12 months	Significant weight loss in both groups but no difference between groups
36739795	2023	RCT		Exp Gereontol	116	Older age (65-74 years) healthy	8-hour TRE (12p-8p)	Prior eating habits	Weight loss	6 weeks	Significant weight loss in both men and women; in men, significant decrease in visceral fat mass and waist circumference
38639542	2024	RCT (isocaloric feeding trial)	TRIM	Ann Intern Med	41	Prediabetes or diet-controlled diabetes	TRE (10-hour eating window, 80% of calories before 1p)	Usual eating pattern	Weight loss	3 months	TRE did not decrease weight or improve glucose homeostasis relative to UEP
36220069	2022	RCT		Cell	169	Metabolic syndrome	(1) 8-hour TRE (2) 8-hour TRE + low-carb diet	Low-carb diet	Weight loss and visceral fat area	3 months	TRE and combination TRE + low-carb diet demonstrated a significant decrease in body weight and visceral fat area compared to low-carb diet alone
33407612	2021	Non-randomized controlled trial		J Transl Med	32	Obese middle-aged women	8-hour TRE	Unrestricted eating	Anthropometric measurements, body composition, blood biomarkers, cardiovascular risk in 30 years (CVDRisk30y), and quality of life	3 months	Weight loss, reduced BMI, percent body fat, waist circumference; no changes in blood biomarkers; reduced 30-year CV risk
34042299	2021	RCT		Physiol Rep	21	Overweight/obese (BMI 25-34.9)	8-hour TRE (12p-8p) + aerobic exercise and supervised resistance training	Normal eating + aerobic exercise and supervised resistance training	Fat mass and fat-free mass	2 months	Significant reduction in total body mass and fat mass in TRE compared to normal eating; both had an increase in lean mass
34649266	2021	RCT		Med Sci Sports Exerc	20	Healthy patients	8-hour TRE	3 meals 8a-8p	Fat mass and fat-free mass	12 months	Reduced body mass, fat mass, insulin-like growth factor 1, and testosterone in the TRE group compared to control; significant improvement in inflammatory markers and lipids compared to control
33308259	2020	RCT		J Int Soc Sports Nutr	16	Elite cyclists	8-hour TRE (10a-6p)	3 meals 7a-9p	Body composition	1 month	TRE reduced body weight and fat mass percentage compared to control with no change in fat-free mass
36839342	2023	RCT		Nutrients	15	Endurance-trained male runners	8-hour TRE	Normal dietary pattern (12-hour eating window)	Body composition	4 weeks	No significant differences were observed in resting energy expenditure, markers of insulin resistance, serum lipids, or blood pressure; body composition did change significantly with whole body fat mass, leg fat mass, and percent body fat declining more in the TRE intervention, with no change in fat-free mass
36678156	2023	RCT		Nutrients	18	Healthy, trained young adults	8-hour TRE	Non-TRE habitual meal pattern + structured training routine	Body composition + structured training routine	1 month	Both interventions resulted in a decrease in fat mass, but not fat-free mass; non-TRE resulted in better lower body jump performance, while TRE resulted in better dynamic strength index of upper body