

# Review of: "Calorie Restriction with or without Time-Restricted Eating in Weight Loss"

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We read with great interest the study reported by Liu et al. Their results showed that time-restricted eating is beneficial in reducing body weight, while the efficacy between time-restricted eating and daily calorie restriction for weight loss are comparable. Because several studies have proven the weight reduction effect of the time-restricted eating regimen, their results are not surprising. However, the merit of time-restricted eating that distinguishes it from other diet options is its high adherence and its effect on burning body fat. Although the authors also examined the effect of regimens on body fat and found a more numerical reduction in body fat percentage, visceral and subcutaneous fat area in those receiving time-restricted eating than daily calorie restriction, since the study design is to examine the difference in body weight, not body fat, the differences in body fat between groups are not significant. Furthermore, all study patients need to adhere to stricter calorie restriction, this will not only minimize the fat burning effect of time-restricted eating, but also reduce compliance in real-world practice.