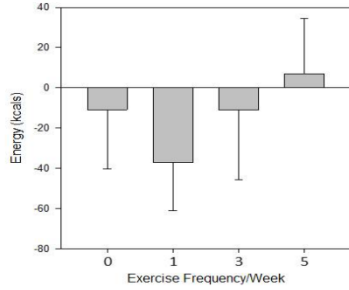


Table for *Panek-Scarborough, L.* Increased Frequency of Moderate Intensity Walking Increases Consumption of Low Energy Density Foods.

Change in Energy Consumed from HED Foods



Change in Energy Consumed from LED Foods

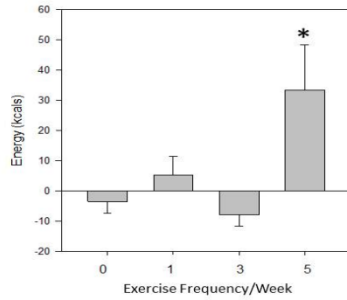


Figure 1: Mean + SEM change in laboratory energy consumed from pre to post exercise intervention from HED foods (top) and LED foods (bottom). The 5 day/week group consumed significantly more energy from LED food from pre- to post-exercise treatment ($p = 0.002$) compared to the other groups.