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