

**Supplementary Table 2.** Correlation between nutritional factors and continuous glucose monitoring metrics in 91 participants

Variable	Mean ± SD	Spearman correlation analysis				
		TIR <sup>70-180</sup>	TAR <sup>&gt;250</sup>	TBR <sup>&lt;70</sup>	SD	CV
<b>Meal composition among energy intake</b>						
Breakfast (% energy)	26.7±5.0	-0.06	0.05	0.15	0.07	0.13
Lunch (% energy)	32±5.1	-0.03	-0.01	0.04	0.04	0.07
Dinner (% energy)	33.1±4.8	0.02	0.00	-0.01	0.00	0.04
Snack (% energy)	8.2±3.9	0.16	-0.10	-0.10	-0.15	-0.21 <sup>a</sup>
<b>Meal composition among carbohydrate intake</b>						
Breakfast (% carbohydrate)	27.8±5.3	-0.07	0.03	0.05	0.01	0.01
Lunch (% carbohydrate)	32.5±4.9	-0.13	0.09	-0.15	0.09	0.05
Dinner (% carbohydrate)	30.2±4.5	0.21 <sup>a</sup>	-0.15	0.09	-0.12	-0.03
Snack (% carbohydrate)	9.5±3.8	0.10	-0.03	-0.07	-0.08	-0.12
<b>Meal composition among fat intake</b>						
Breakfast (% fat)	26.6±7.4	-0.07	0.07	0.01	0.06	0.11
Lunch (% fat)	31.9±7.4	-0.05	0.00	0.02	-0.02	-0.03
Dinner (% fat)	34.2±6.8	-0.12	0.14	0.01	0.17	0.14
Snack (% fat)	7.3±5.7	0.19	-0.14	-0.07	-0.15	-0.19
<b>Meal composition among protein intake</b>						
Breakfast (% protein)	27±6.5	0.03	-0.01	0.11	0.04	0.14
Lunch (% protein)	32.7±6.5	-0.06	0.00	0.00	0.05	0.04
Dinner (% protein)	34.7±5.9	-0.10	0.15	-0.03	0.09	0.01
Snack (% protein)	5.7±4.0	0.23 <sup>a</sup>	-0.21 <sup>a</sup>	0.03	-0.21 <sup>a</sup>	-0.16
Frequency of eating during a day	4.1±0.8	0.09	-0.11	-0.01	-0.07	0.06
<b>Macronutrient composition among energy intake</b>						
Carbohydrate (% energy)	51.9±7.0	-0.04	0.07	0.08	0.10	0.13
Fat (% energy)	28.3±5.5	0.13	-0.13	0.04	-0.12	-0.09
Protein (% energy)	17.4±2.2	0.01	-0.07	0.14	-0.03	-0.01

For analyses, TAR<sup>>250</sup> and TBR<sup><70</sup> were log-transformed before the analyses to maintain the normality of the residuals.

SD, standard deviation; TIR, time in range; TAR, time above range; TBR, time below range; CV, coefficient of variation.

<sup>a</sup>P<0.05.