**Supplementary Table S1 Associations between mean glucose measured by continuous glucose monitors and each component of eating pattern after adjustment of confounders1**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **Model 1** | | |  | **Model 2** | | |  | **Model 3** | | |
|  |  | **P trend** | **β** | **95% CI** |  | **P trend** | **β** | **95% CI** |  | **P trend** | **β** | **95% CI** |
| **Meal timing** |  |  |  |  |  |  |  |  |  |  |  |  |
| Eating window |  | 0.79 | 0.03 | (-0.21, 0.27) |  | 0.70 | -0.05 | (-0.28, 0.19) |  | 0.69 | -0.05 | (-0.29, 0.19) |
| Inter-meal intervals |  | 0.59 | -0.06 | (-0.30, 0.17) |  | 0.56 | 0.07 | (-0.17, 0.30) |  | 0.54 | 0.07 | (-0.16, 0.31) |
| Time of first meal |  | 0.32 | 0.12 | (-0.12, 0.35) |  | 0.85 | 0.02 | (-0.21, 0.26) |  | 0.87 | 0.02 | (-0.22, 0.26) |
| Time of last meal |  | 0.61 | 0.06 | (-0.18,0.30) |  | 0.51 | -0.08 | (-0.32, 0.16) |  | 0.45 | -0.09 | (-0.34, 0.15) |
| Last meal - sleep |  | 0.99 | 0.00 | (-0.25,0.25) |  | 0.45 | 0.10 | (-0.16, 0.35) |  | 0.45 | 0.10 | (-0.16, 0.36) |
| Waking - first meal |  | 0.80 | 0.03 | (0.21,0.28) |  | 0.70 | 0.05 | (-0.19, 0.28) |  | 0.70 | 0.05 | (-0.19, 0.28) |
| **Meal frequency** |  |  |  |  |  |  |  |  |  |  |  |  |
| Number of meals |  | 0.93 | -0.01 | (0.25, 0.23) |  | 0.37 | -0.10 | (-0.33, 0.12) |  | 0.36 | -0.11 | (-0.33, 0.12) |
| **Meal size** |  |  |  |  |  |  |  |  |  |  |  |  |
| Total daily energy intake |  | 0.81 | 0.03 | (-0.21, 0.27) |  | 0.92 | -0.01 | (-0.25, 0.23) |  | 0.94 | -0.01 | (-0.25, 0.23) |
| First meal size |  | 0.15 | 0.17 | (-0.07, 0.40) |  | 0.26 | 0.13 | (-0.10, 0.35) |  | 0.27 | 0.13 | (-0.10, 0.35) |
| Last meal size |  | 0.44 | -0.09 | (-0.33, 0.14) |  | 0.76 | 0.04 | (-0.20, 0.28) |  | 0.74 | 0.04 | (-0.20, 0.28) |
| **Meal regularity** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Meal timing** |  |  |  |  |  |  |  |  |  |  |  |  |
| Eating window |  | 0.88 | -0.02 | (-0.26, 0.22) |  | 0.19 | -0.15 | (-0.39, 0.08) |  | 0.19 | -0.16 | (-0.39, 0.08) |
| Inter-meal intervals |  | 0.87 | -0.02 | (-0.26, 0.22) |  | 0.49 | -0.08 | (-0.30, 0.14) |  | 0.52 | -0.08 | (-0.31, 0.16) |
| Time of first meal |  | 0.79 | 0.31 | (-0.21, 0.27) |  | 0.17 | -0.16 | (-0.34, 0.07) |  | 0.17 | -0.17 | (-0.41, 0.07) |
| Time of last meal |  | 0.84 | -0.02 | (-0.26, 0.21) |  | 0.40 | -0.10 | (-0.32, 0.13) |  | 0.39 | -0.10 | (-0.32, 0.13) |
| Last meal - sleep |  | 0.82 | -0.03 | (0.28, 0.22) |  | 0.95 | 0.01 | (-0.25, 0.26) |  | 0.94 | 0.01 | (-0.25, 0.27) |
| Waking - first meal |  | 0.98 | 0.00 | (-0.25, 0.26) |  | 0.49 | -0.08 | (-0.33, 0.16) |  | 0.45 | -0.09 | (-0.34, 0.15) |
| **Meal frequency** |  |  |  |  |  |  |  |  |  |  |  |  |
| Number of meals |  | 0.63 | 0.06 | (-0.18, 0.29) |  | 0.27 | -0.14 | (-0.39, 0.11) |  | 0.27 | -0.14 | (-0.39, 0.11) |
| **Meal size** |  |  |  |  |  |  |  |  |  |  |  |  |
| Total daily energy intake |  | 0.94 | -0.01 | (-0.25, 0.23) |  | 0.37 | -0.11 | (-0.34, 0.13) |  | 0.39 | -0.10 | (-0.34, 0.13) |
| First meal size |  | **0.04** | **0.24** | **(0.01, 0.47)** |  | 0.37 | 0.11 | (-0.13, 0.36) |  | 0.36 | 0.11 | (-0.13, 0.36) |
| Last meal size |  | 0.61 | 0.06 | (-0.18, 0.30) |  | 0.94 | 0.01 | (-0.21, 0.23) |  | 0.90 | 0.01 | (-0.21, 0.24) |

1 Linear regression analyses were performed to estimate strength of associations between mean 24-h glucose measured by continuous glucose monitors and each component of eating architecture without covariate adjustment (Model 1) and multivariable models adjusting for age, gender, body mass index, waist circumference, application type (Model 2), and Model 2 plus the percentage of carbohydrates (Model 3). β are the standardized coefficients; 95% CI, 95% confidence interval.