Supplementary Table 1. Association between meal frequency and type 2 diabetes

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| --- | --- | --- | --- |
|  | ≤ Twice/day | Three times/day | ≥ Four times/day |
| No. of Cases | 19 | 626 | 76 |
| No. of participants | 226 | 7574 | 1208 |
| RR, model 1 | 0.94 (0.60, 1.49) | 1.00 | 0.72 (0.57, 0.91) |
| RR, model 2 | 1.04 (0.64, 1.69) | 1.00 | 0.72 (0.57, 0.92) |
| RR, model 2 + BMI | 1.13 (0.70, 1.84) | 1.00 | 0.75 (0.59, 0.96) |

Model 1: age

Model 2: further adjusted for sex, study area, highest education level, marital status, level of vagarious activity, level of moderate activity, history of hypertension, history of dyslipidemia, smoking status, and drinking status.

Abbreviation: RR: relative risk; BMI: body mass index