Supplementary Materials including Supplementary Tables 1

**Supplementary Table 1.** The association between chorotypes and specific eating habits in men and women.

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| **Chronotypes group** | | | |
| **Outcome measures** | **Model** | **Intermediate/evening type (reference)** | **Morning type** |
| **Men** | | | |
| Breakfast skipping (ref: yes)b | Adjusted OR (CI%) | 1 | 0.92 (0.41-2.06) |
| Fruits & vegetables (ref:<206 g/day)b | Adjusted OR (CI%) | 1 | 0.62 (0.15-2.48) |
| Fast food (ref:<29 g/week)b | Adjusted OR (CI%) | 1 | 0.91 (0.51-1.60) |
| Processed meats (ref:<1 g/day)b | Adjusted OR (CI%) | 1 | 0.79 (0.44- 1.41) |
| Soft drinks (ref:<9.3 g/day)b | Adjusted OR (CI%) | 1 | 0.68 (0.38- 1.24) |
| Tea (ref:<480 g/day)b | Adjusted OR (CI%) | 1 | 1.33 (0.48-3.72) |
| **Women** | | | |
| Breakfast skipping (ref: yes)b | Adjusted OR (CI%) | 1 | 0.72 (0.42- 1.26) |
| Fruits & vegetables (ref:<206 g/day)b | Adjusted OR (CI%) | 1 | 0.73 (0.23-2.26) |
| Fast food (ref:<29 g/week)b | Adjusted OR (CI%) | 1 | 1.15 (0.78-1.68) |
| Processed meats (ref:<1 g/day) b | Adjusted OR (CI%) | 1 | 1.14 (0.78-1.67) |
| Soft drinks (ref:<9.3 g/day)b | Adjusted OR (CI%) | 1 | 1.03 (0.70-1.52) |
| Tea (ref:<480 g/day)b | Adjusted OR (CI%) | 1 | 0.84 (0.46-1.55) |

CI, confidence interval; OR, odds ratio; ref, reference.

aCalculated by logistic regression.

bAdjusted for age, energy intake, marital status, smoking, education, occupation, sleep duration, physical activity, supplement intake and menopause.

cP-value < 0.05 indicates significant level.