Supplementary Materials

Figure S1. Flowchart of the dataset selection included in this study
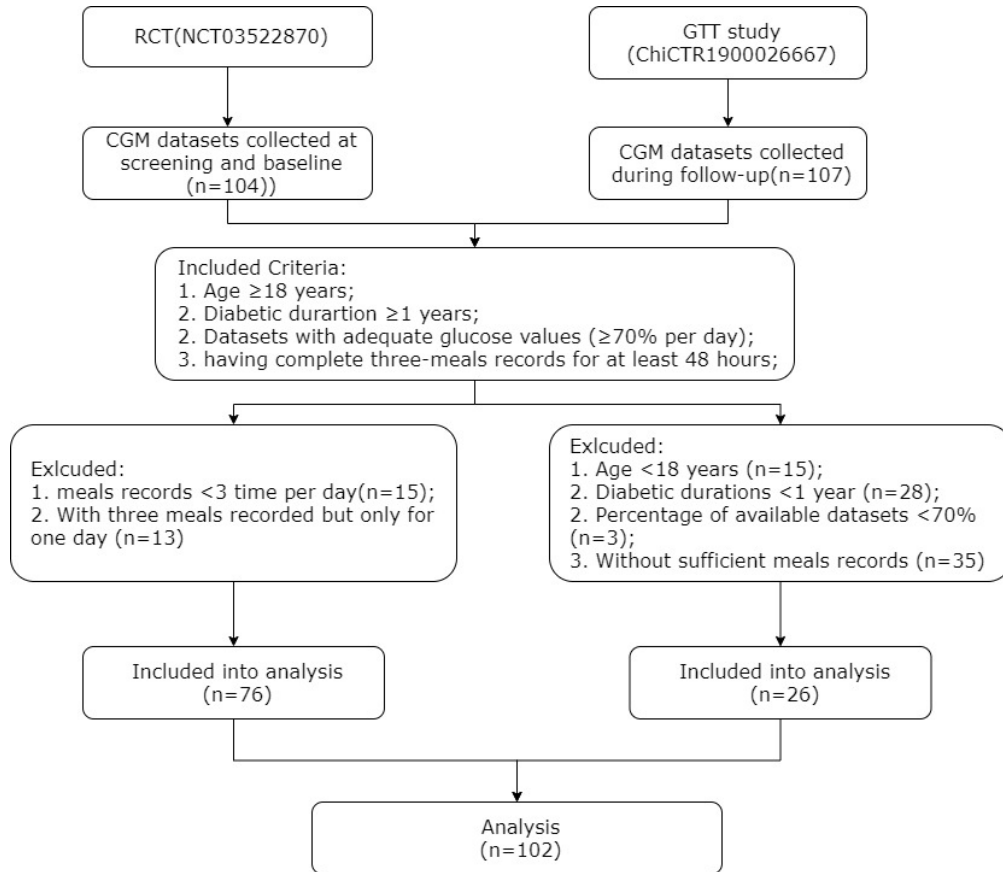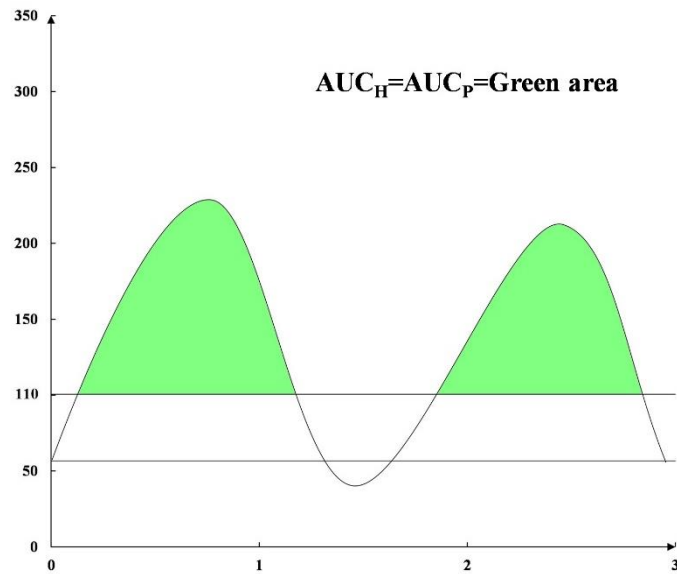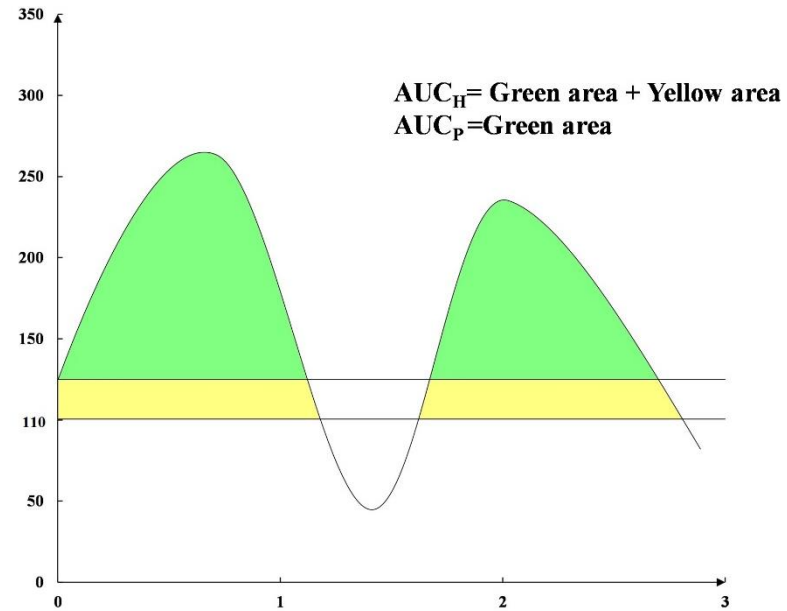
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┌──────────────────────┐        ┌──────────────────────┐
│  RCT(NCT03522870)    │        │      GTT study       │
│                      │        │  (ChiCTR1900026667)  │
└──────────┬───────────┘        └──────────┬───────────┘
           │                               │
           ▼                               ▼
┌──────────────────────┐        ┌──────────────────────┐
│ CGM datasets collected│       │ CGM datasets collected│
│  at screening and     │       │  during follow-up     │
│  baseline (n=104))    │       │  (n=107)              │
└──────────┬───────────┘        └──────────┬───────────┘
           │                               │
           └───────────────┬───────────────┘
                           ▼
```

Included Criteria:
1. Age ≥18 years;
2. Diabetic durartion ≥1 years;
2. Datasets with adequate glucose values (≥70% per day);
3. having complete three-meals records for at least 48 hours;

Exlcuded:
1. meals records <3 time per day(n=15);
2. With three meals recorded but only for one day (n=13)

Exlcuded:
1. Age <18 years (n=15);
2. Diabetic durations <1 year (n=28);
2. Percentage of available datasets <70% (n=3);
3. Without sufficient meals records (n=35)

Included into analysis (n=76)

Included into analysis (n=26)

Analysis (n=102)

Figure S2 Calculation of the AUC

(A)

AUC_H=AUC_P=Green area

When pre-prandial glucose was under 110mg/dL

(B)

AUC_H= Green area + Yellow area
AUC_P=Green area

When pre-prandial glucose was above/equal 110mg/dL

Fasting hyperglycemia = AUC_H- AUC_P;   **Postprandial hyperglycemia = AUC_P;**

Fasting contribution (%) [FHG]= (AUC_H-AUC_P)/AUC_H;   **Postprandial contribution (%)[PHG] = AUC_P/ AUC_H.**

Notes: AUC_H was the area above 110 mg/dL; AUC_P was the area above 110 mg/dL and above pre-prandial glucose level;

Figure S3. Glycemic control at the three mealtimes in different groups stratified by HbA1c
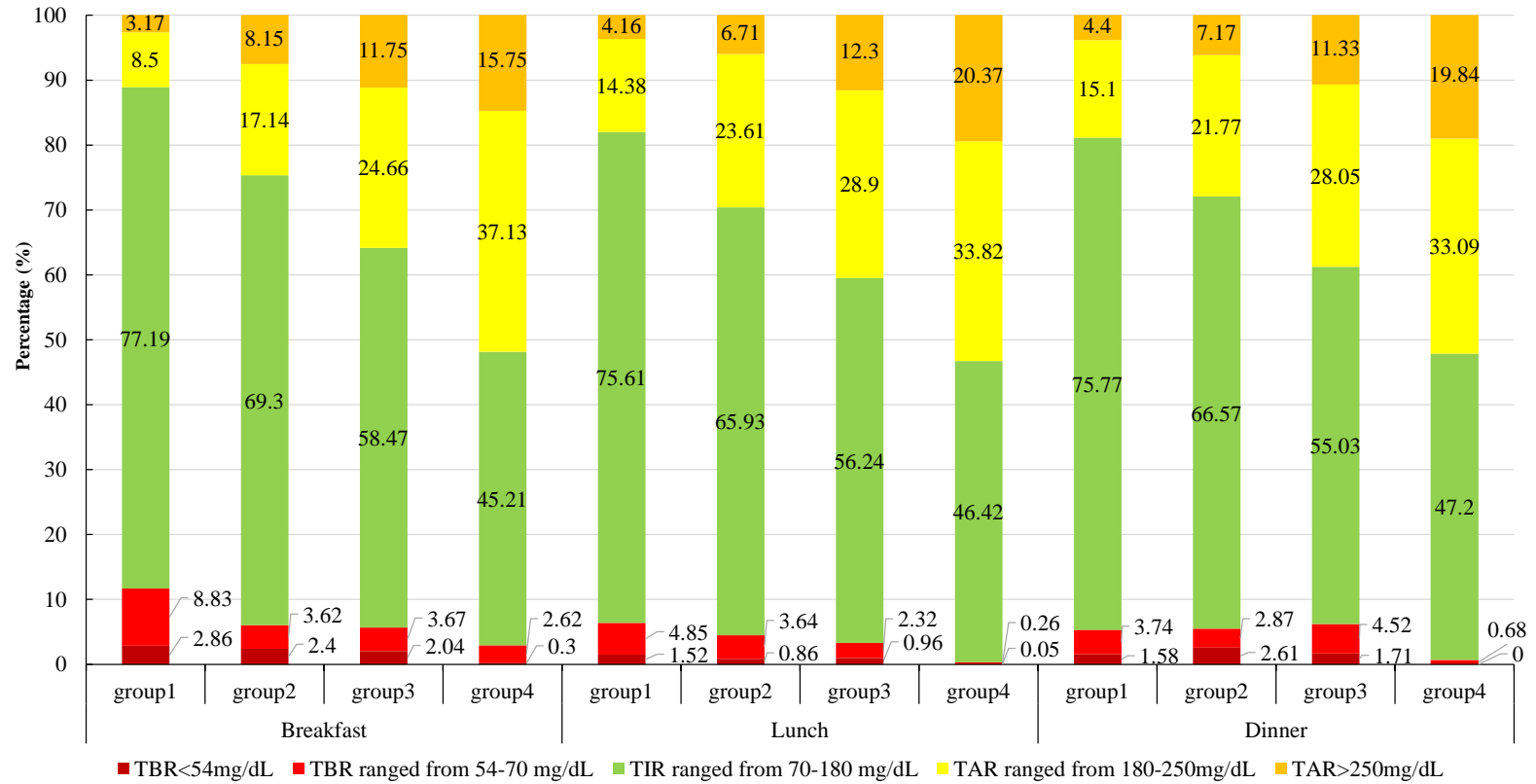
Figure legends: Notes: TBR, time below range; TIR, time spent in range; TAR, time above range.

Figure S4. Mean (95%CI) difference in HbA1c (%) by 1-SD difference in CGM-derived glycemic metrics.
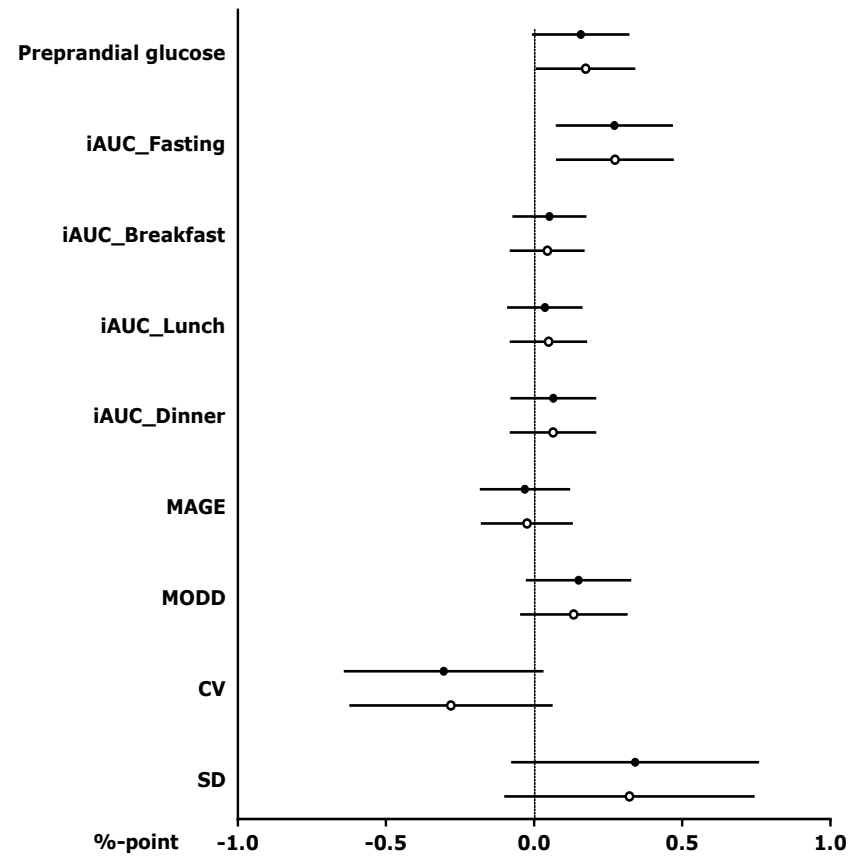

Figure legneds: Estimated differences are unadjusted (dotted) and adjusted (dashed) for age, body mass index and Hb.