Supplementary Table 3. Comparison of clinical characteristics according to snack consumption

Characteristic	No (*n*=60)	Yes (*n*=31)	*P* value
Age, yr	55.6±10.9	48.9±12.5	0.010
Male sex	23 (38.3)	22 (71.0)	0.003
BMI, kg/m^2	27.1±5.1	27.6±4.6	0.589
Duration of diabetes, yr	16.3±8.2	13.4±9.1	0.121
PCGR2	1.6±1.2	1.7±1.1	0.415
Glycosylated hemoglobin, %	8.1±1.1	8±1.5	0.843
eGFR, mL/min/1.73 m^2	88±24.8	98.5±20.2	0.045
Urine ACR ≥30 mg/g	27 (45.0)	10 (32.3)	0.268
Total dose of basal insulin, U	30±17.5	31.4±15.9	0.707
Total dose of prandial insulin, U	12.9±16.0	12.5±13.0	0.924
Energy consumption, kcal/day	2,108.9±520.4	2,506±532.6	0.001
Daytime step counts	6,218 (4,047.0–9,625.6)	6,532.2 (4,791.4–10,082.1)	0.809
Bedtime step counts	537.8 (358.0–961.6)	787.8 (335.3–1,052.7)	0.794
Sleep duration per night, min	409.3±69.2	403.6±55.4	0.824
Calorie intake, kcal/day	1,909.9±351.3	2,431.3±468.9	<0.001
Carbohydrate intake, g/1,000 kcal/day	132.4±16.8	124.9±17.8	0.052
Fat intake, g/1,000 kcal/day	30.6±6.0	33.3±6.2	0.047
Protein intake, g/1,000 kcal/day	44.1±5.7	42.3±4.9	0.144
Fiber intake, g/1,000 kcal/day	16.1±4.0	13.2±3.7	0.001
Mean of times of eating during a day	4.1±0.8	4.0±0.9	0.569
Macronutrient composition among energy intake			
Carbohydrate (% energy)	53.0±6.7	50.0±7.2	0.052
Fat (% energy)	27.5±5.4	29.9±5.6	0.047
Protein (% energy)	17.6±2.3	16.9±2.0	0.144

Values are presented as mean±standard deviation, number (%), or and median (interquartile range). *P* values were derived from the Student *t*-test, the chi-square test. For analyses, PCGR2, step counts, and sleep duration were log-transformed before the analyses to maintain the normality of residuals.

BMI, body mass index; PCGR2, 2-hour postprandial C-peptide-to-glucose ratio; eGFR, estimated glomerular filtration rate; ACR, albumin-to-creatinine ratio.