

SUPPLEMENTARY DATA

Supplementary Table S1. Demographic and clinical characteristics of the study population

	Healthy	Type 2 Diabetes
n	16	16
Age (yr)	44.3±2.9	66.8±1.9*
Years with diabetes		14.5±1.5
Height (cm)	163.3±1.4	162.6±1.8
Weight (kg)	61.9±1.7	81.3±3.5*
BMI (kg/m²)	23.1±0.4	30.7±1.1*
HbA_{1C} (%)	4.9±0.1	7.6±0.1*
HbA_{1C} (mmol/mol)	30.1±0.6	59.6±0.8*

* p<0.05

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Supplementary Table S2. Area under the curve (AUC) of YesB day vs. NoB day

		Healthy		Type 2 Diabetes	
		AUC _{0-210min}	AUC _{210-420min}	AUC _{0-210min}	AUC _{210-420min}
Glucose	NoB	18478±266	22690±217	32468±1599	50234±2080
	YesB	20613±300	19238±296	45633±2109	41260±1879
	p value	<.0001	<.0001	<.0001	0.0032
	% change	11.6	-15.2	40.5	-17.9
Insulin	NoB	1161±184	4329±207	1758±167	6257±351
	YesB	4407±212	4530±203	5657±250	7839±368
	p value	<.0001	0.4951	<.0001	0.0041
	% change	279.6	4.6	221.8	25.3
iGLP-1	NoB	548±67	2141±53	843±80	2524±87
	YesB	2430±56	2899±83	2697±58	3354±98
	p value	<.0001	<.0001	<.0001	<.0001
	% change	343.2	35.4	220.1	32.9
DPP-IV	NoB	52800±2705	49410±3472	38875±3625	39103±3674
	YesB	52087±2743	51197±2655	41382±4346	38491±4267
	p value	0.8543	0.686	0.661	0.9142
	% change	-1.4	3.6	6.4	-1.6

AUC_{0-210min} – post breakfast on YesB day or pre-lunch on NoB day.

AUC_{210-420min} – post lunch