

Appendix 3

Table 1. Glucose data used in meta-analysis.

Reference	Postprandial concentration – reported units	Comparison (day time, night time)	Day (mean \pm SD*)	Night (mean \pm SD*)
Al-Naimi et al, 2004	AUC (mmol/l.h)	1300, 0100h	15.3 \pm 1.3	17.2 \pm 1.3
Biston et al, 1996	iAUC (mmol/l.min)	0830, 2000h	193 \pm 76.7	540 \pm 116.3
Bo et al, 2017	AUC (mg/dl x h)	0800, 2000h	15383 \pm 1585.5	17183.3 \pm 1775.5
Gibbs et al, 2015 – <i>Low GI</i>	iAUC (mmol/L.h)	0800, 2000h	142.0 \pm 63.7	309.0 \pm 63.7
Gibbs et al, 2015 – <i>High GI</i>	iAUC (mmol/L.h)	0800, 2000h	218.0 \pm 80.9	351.0 \pm 107.9
Gil-Lozano et al, 2015	iAUC (g/dl. 180 min)	1100, 2300h	16.7 \pm 1.3	19.0 \pm 1.2
Holmback et al, 2002 ^a – <i>High carbohydrate</i>	iAUC (mmol/L.3h)	1200, 0000h	165.1 \pm 67.5	209.6 \pm 38.6
Holmback et al, 2002 – <i>High fat</i>	iAUC (mmol/L.3h)	1200, 0000h	123.3 \pm 38.3	190.6 \pm 29.8
Leung et al, 2017 – <i>OGTT</i>	iAUC (mmol/l.2h)	0800, 2000h	180.4 \pm 88.1	357.9 \pm 109.2
Leung et al, 2017 – <i>low GI meal</i>	iAUC (mmol/l.3h)	0800, 2000h	66.9 \pm 94.2	264.9 \pm 135.0
Owen et al, 1996 ^b	iAUC (mmol/l.3h)	0800, 2000h	143.2 \pm 52.1	285.5 \pm 143.3
Van Cauter et al, 1992 - <i>12 hour fast</i>	2hr iAUC (mmol/l.min)	0800, 2000h	111.3 \pm 43.2	203.5 \pm 34.9
Van Cauter et al, 1992 ^b - <i>6 hour fast</i>	2hr iAUC (mmol/l.min)	0800, 2000h	83.9 \pm 28.3	195.0 \pm 50.0

* SD (standard deviation) was adjusted with correlation factor (0.4). ^a Plasma glucose levels supplied by Holmback et al, iAUC calculated by the review's authors.

^b In the original article, authors stated that they were reporting AUC, but from their description of method, it was understood that they reported iAUC.

AUC: area under the curve, iAUC: incremental area under the curve.