**S Table5. Patient wise data-main diet components**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **ID** | **AGE** | **Group** | **BMI BL** | **Fasting** | **BMI** | **waist (cm)** | **Glucose** | **Total Grams** | **Energy (kcal)** | **Total Fat (g)** | **Total Carbohydrate (g)** | **Total Protein (g)** |
| IF 172 | 54 | A | 32.27 | 3 Day | 0.92 | 0.95 | 0.85 | 0.89 | 0.64 | 0.66 | 0.60 | 0.63 |
| IF 169 | 40 | D | 31.45 | 3 Day | 0.96 | 0.96 | 0.95 | 0.59 | 0.46 | 0.44 | 0.49 | 0.49 |
| IF 168 | 48 | D | 29.52 | 3 Day | 0.92 | 0.92 | 1.04 | 0.62 | 0.80 | 0.90 | 0.77 | 0.71 |
| IF 153 | 30 | D | 26.87 | 2 Day | 0.92 | 0.93 | 1.06 | 0.71 | 0.90 | 0.92 | 0.83 | 0.99 |
| IF 136 | 57 | A | 28.55 | 3 Day | 0.96 | 0.99 | 0.92 | 0.84 | 0.84 | 0.73 | 1.06 | 0.52 |
| IF 133 | 51 | D | 27.50 | 2 Day | 0.94 | 0.94 | 0.89 | 1.27 | 0.60 | 0.59 | 0.70 | 0.57 |
| IF 130 | 55 | A | 25.79 | 2 Day | 0.95 | 0.90 | 1.07 | 0.97 | 0.91 | 0.73 | 1.07 | 1.03 |
| IF 128 | 45 | D | 34.86 | 3 Day | 0.91 | 1.04 | 0.96 | 0.96 | 0.94 | 1.54 | 0.75 | 0.68 |
| IF 122 | 33 | A | 29.03 | 3 Day | 0.93 | 0.97 | 0.85 | 1.52 | 0.82 | 0.88 | 0.88 | 0.57 |
| IF 118 | 65 | A | 27.74 | 2 Day | 0.96 | 0.91 | 1.03 | 0.57 | 0.70 | 0.70 | 0.66 | 0.80 |
| IF 113 | 51 | A | 28.03 | 3 Day | 0.93 | 0.90 | 0.87 | 0.79 | 0.71 | 0.89 | 0.64 | 0.63 |
| IF 101 | 50 | D | 33.83 | 3 Day | 0.94 | 0.85 | 0.99 | 1.04 | 0.82 | 1.01 | 0.65 | 1.00 |
| IF 167 | 37 | A | 27.71 | 2 Day | 0.94 | 0.98 | 0.99 | 1.08 | 0.66 | 0.62 | 0.70 | 0.57 |
| IF 164 | 53 | A | 33.38 | 3 Day | 0.87 | 0.81 | 0.94 | 0.82 | 0.83 | 0.88 | 0.84 | 0.81 |
| IF 161 | 49 | A | 34.74 | 3 Day | 0.89 | 0.90 | 1.21 | 0.78 | 0.89 | 0.73 | 1.17 | 0.64 |
| IF 160 | 43 | A | 32.07 | 3 Day | 0.91 | 0.98 | 0.92 | 0.97 | 0.83 | 0.79 | 0.90 | 0.61 |
| IF 152 | 54 | D | 32.10 | 3 Day | 0.90 | 0.93 | 1.01 | 0.83 | 0.68 | 0.96 | 0.48 | 0.97 |
| IF 149 | 56 | A | 24.87 | 2 Day | 0.95 | 0.94 | 1.06 | 0.83 | 0.80 | 0.70 | 0.97 | 0.89 |
| IF 145 | 37 | D | 29.93 | 3 Day | 0.90 | 0.95 | 0.92 | 1.24 | 0.68 | 0.75 | 0.71 | 0.56 |
| IF 141 | 50 | D | 34.33 | 3 Day | 0.87 | 0.85 | 1.03 | 1.02 | 0.37 | 0.26 | 0.44 | 0.42 |
| IF 138 | 63 | D | 27.89 | 2 Day | 0.87 | 0.92 | 1.11 | 0.71 | 0.62 | 0.57 | 0.65 | 0.73 |
| IF 135 | 60 | A | 27.58 | 2 Day | 0.84 | 0.75 | 1.03 | 0.78 | 0.59 | 0.80 | 0.51 | 0.53 |
| IF 129 | 39 | A | 27.55 | 2 Day | 0.86 | 0.80 | 0.91 | 0.90 | 0.83 | 0.84 | 0.87 | 0.68 |
| IF 111 | 60 | D | 24.82 | 2 Day | 0.91 | 0.93 | 1.06 | 1.03 | 0.88 | 0.90 | 0.99 | 0.52 |
| IF 157 | 38 | D | 32.78 | 3 Day | 0.91 | 0.94 | 0.77 | 0.69 | 0.86 | 0.85 | 0.91 | 0.70 |
| IF 139 | 52 | A | 29.78 | 3 Day | 0.91 | 0.87 | 0.94 | 0.62 | 0.54 | 0.67 | 0.43 | 0.59 |
| IF 105 | 46 | D | 34.37 | 3 Day | 0.90 | 0.93 | 1.21 | 1.29 | 0.57 | 0.60 | 0.65 | 0.57 |