Supplemental Digital Content Table 3. Comparison of Duration since Last Food or Fluid Consumption Prior to Each Study Visit.

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| --- | --- | --- | --- |
| Research Visit | HC | VLC | p-value |
| Morning 1 (min) | 804 ± 180 | 790 ± 82 | .558 |
| Afternoon 1 (min) | 55 ± 38 | 47 ± 35 | .213 |
| Morning 2 (min) | 733 ± 50 | 763 ± 112 | .053 |

Duration before research visits compared via dependent samples t-test. Data presented as mean ± SD. HC: high-carbohydrate; VLC: very low-carbohydrate.