**Supplementary DATA**

**Metabolic implications of diet and energy intake during physical inactivity**

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**Supplementary Figure 1**

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**Supplementary Figure 1. Effect of physical inactivity on free-living glycemic control in response to a Control diet and Higher-protein diet.** Physically active and physically inactive A) Mean 24-hour CGM-measured glucose excursions from a single day and B) CGM-measured glucose AUCs during the Control diet and High-protein diet conditions. Glucose excursions are presented as means with 95% confidence intervals (95%CI) (Active 95%CI – solid line; Inactive 95%CI – dashed line). Gray shaded area represents nighttime. AUC data are means ± SEM. AUC, area under the curve. Paired-samples t tests were run to compare Active and Inactive CGM-measured glucose excursions. n=7/Control diet; n=9/Higher protein diet. \**P*<0.05 vs Active.