

Table S1: Test-retest reliability for post-prandial glucose measurements between NoEx/control conditions during ExDEF and ExBAL.

	Average (mM)		Percent Difference	CV (%)	ICC [95% CI]
	ExDEF (NoEx/control)	ExBAL (NoEx/control)			
BREAKFAST					
Average glucose (mmol·L ⁻¹)	5.9 ± 0.6	5.8 ± 0.5	7.2 ± 5.8	5.1 ± 4.1	0.73 [0.14,0.91] *
3h AUC (mmol·L ⁻¹ · h ⁻¹ · 3h)	17.3±1.8	17.6±2.1	7.1 ± 5.9	4.7 ± 4.2	0.77 [0.29,0.92] *
Peak Glucose (mmol·L ⁻¹)	7.1 ± 1.1	7.2 ± 1.0	8.3 ± 7.1	5.9 ± 5.0	0.86 [0.56,0.95] *
LUNCH					
Average glucose (mmol·L ⁻¹)	5.7 ± 0.6	5.8 ± 0.6	6.2 ± 6.4	4.4 ± 4.5	0.74 [0.24,0.92] *
3h AUC (mmol·L ⁻¹ · h ⁻¹ · 3h)	16.4±1.9	16.9±1.8	6.0 ± 5.9	5.5 ± 7.2	0.87 [0.59,0.96] *
Peak Glucose (mmol·L ⁻¹)	6.5±1.0	6.8±0.8	11.5 ± 10.3	8.1 ± 7.3	0.42 [-0.79,0.81]
DINNER					
3h Average (mmol·L ⁻¹)	5.6 ± 0.3	5.7 ± 0.5	4.4 ± 4.0	3.1 ± 2.9	0.74 [0.08,0.92] *
3h AUC (mmol·L ⁻¹ · h ⁻¹ · 3h)	16.5±1.4	16.8±1.3	5.4 ± 5.3	3.8 ± 3.7	0.67 [-0.14,0.90] *
Peak Glucose (mmol·L ⁻¹)	6.6±0.6	6.6±0.6	3.8 ± 2.8	2.7 ± 1.9	0.92 [0.72,0.98] *

Reliability was measured on day 2 (NoEx) of the ExDEF and ExBAL trials, when experimental conditions were identical between trials (i.e., identical diets (energy balanced in both conditions on day 2) and no prior exercise). CV = coefficient of variation (%), ICC = Intraclass correlation coefficient with 95% confidence interval. * Significant correlation ($P < 0.05$). Control data, percent difference, and CV represented as mean ± SD. ICC represented as mean [95% confidence interval].