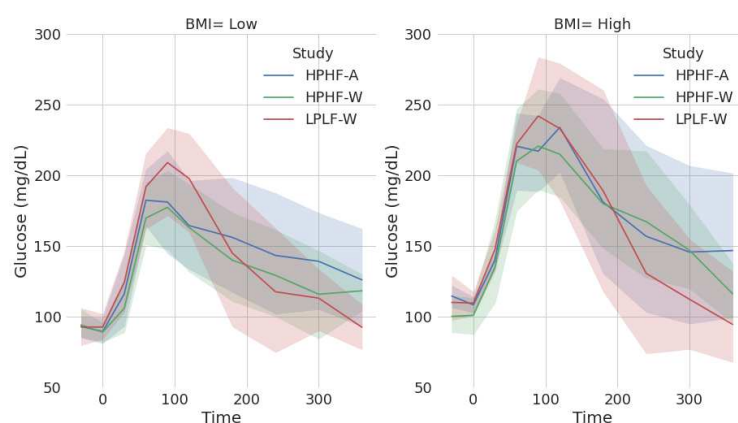


SUPPLEMENTAL MATERIAL

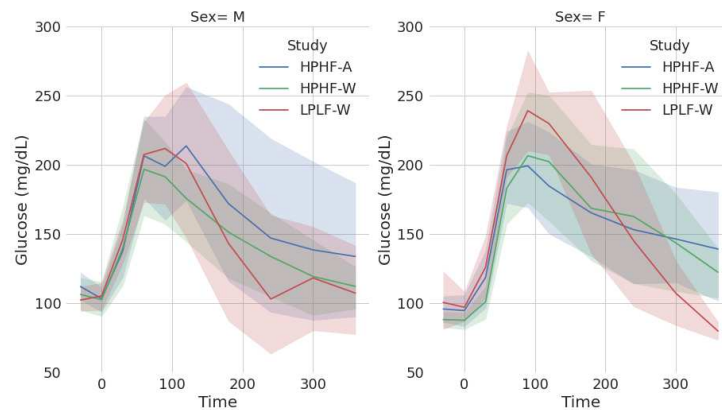
Supplemental table 1. Data are mean and (SD)

Meal	Ingredients (solid component)	Beer (ml)	Alcohol content (g)	Energy (Kcal)	CHO (g)	Proteins (g)	Fat* (g)
HFHP-A	120 g of white bread with 227 g of turkey breast cold cuts, 20.8 ml of olive oil* and 150 g of grated tomato	802,5 (139,6)	0,7g/kg bw	1155,8 (75,8)	94,1 (4,2)	52,5 (0)	23,3 (0)
HFHP-W	Same as HFHP-A	803,2 (141,2)	0	852,6 (25,7)	104,5 (6,1)	52,5 (0)	23,3 (0)
LFLP-W	120 g of white bread with 232g of grated tomato and 6 ml of olive oil	800,8 (139,1)	0	524 (22,6)	104,4 (6,0)	7,5 (0)	7 (0)

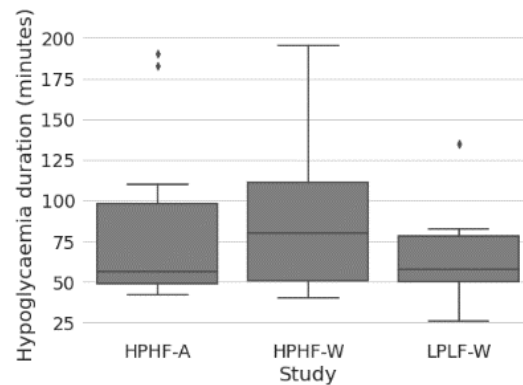
*Fats were mostly monounsaturated as the main source was extra-virgin olive oil (turkey breast only contained 1,5g of fats per 100g, of which 0,6g saturated)



Supplemental Figure 1. Representation of plasma glucose concentration (mean and 95%CI) by study and BMI: the 6 subjects with below-median BMI (26.4 kg/m^2) -left panel- showed lower mean and peak glucose than the 6 subjects with above-median BMI -right panel. ANOVA $p < 0.001$. Note that raw plasma glucose data are presented (i.e. in case of hypoglycemia, values after correction with oral glucose have been shown instead of the last hypoglycemic value carried forward).



Supplemental Figure 2. Representation of plasma glucose concentration (mean and 95%CI) by sex and study branch. No differences among studies in the 6h PP period were found analysing data by sex ($p=0.37$ for HPHF-A, $p=0.41$ for HPHF-W, and $p=0.36$ for LPLF-W). As in Supplemental Figure 1, raw plasma glucose data are presented.



Supplemental Figure 3. Box-plots of hypoglycaemia events duration from one hour after the termination of the meal test (i.e. from 17:30h) until the next morning at 10:30 am. Note that data are from continuous glucose monitoring in an uncontrolled setting (patients under free living conditions). Kruskal-Wallis p value=0.24.