## Appendix: Statistical Comparison of Glycemic Excursions Between Bolused and Unbolused Snacks Between 1300-1700 hours Using Mixed Model Regression

| Covariate                                  | Ratio of Covariate Effect * | p-value**   |
|--------------------------------------------|-----------------------------|-------------|
| **Area Under the Curve >180 (mg/dL•min)**   |                             |             |
| Unbolused/Bolused                          | 2.13 (1.68, 2.71)           | <0.001      |
| Age                                        | 1.00 (0.98, 1.02)           | 1.0         |
| Sex (female vs male)                       | 0.79 (0.56, 1.10)           | 0.4956      |
| **Average Rate of Change (mg/dL/min)**      |                             |             |
| Unbolused/Bolused                          | 1.23 (1.09, 1.39)           | 0.0048      |
| Age                                        | 1.00 (0.99, 1.01)           | 1.0         |
| Sex (female vs male)                       | 0.95 (1.14, 0.79)           | 1.0         |
| **Δ Glucose (mg/dL)**                      |                             |             |
| Unbolused/Bolused                          | 2.13 (1.82, 2.49)           | <0.001      |
| Age                                        | 0.99 (0.98, 1.00)           | 0.0786      |
| Sex (female vs male)                       | 0.76 (0.66, 0.86)           | <0.001      |

* Parameter estimates and confidence intervals are back-transformed to original units of measurement.
** P-values are Bonferonni adjusted for multiple tests on 3 outcome variables.