

Supplementary Table S1. Recommendation of percentage of macronutrients intake from energy intake according to the *Guideline for the Prevention and Treatment of Type 2 Diabetes Mellitus in China (2020 edition)*.

	Low	Moderate	High
PECI	<50%	50%~65%	>65%
PEPI	<15%	15%~20%	>20%
PEFI	<20%	20%~30%	>30%

PECI.: Percentage of energy from carbohydrate intake; PEPI.: Percentage of energy from protein intake; PEFI.: Percentage of energy from fat intake.