SUPPLEMENTARY MATERIALS

Table S1. Diets and its effects on the circadian clock.

Dietary Interventions/Diet	Studies	Conclusion
Restricted feeding	18–23	Light phase: desynchronization between metabolically active tissues; Dark phase: increased caloric intake, reduced energy expenditure, and dependence on fatty acid oxidation; RF: Modulator of peripheral circadian oscillators, its effect on circadian rhythms is sex-dependent.
High-fat diet	24,26–31	Affected the peripheral circadian clocks; RF with HFD in the dark phase: restores changes in lipid metabolism and cardiac remodeling; The end of the active phase: myocardial steatosis, increased triglycerides synthesis; Absent model CLOCK: Protective effect for cardiovascular diseases; During pregnancy and lactation: affect the expression of clock genes, metabolism genes, inflammatory pathways; RF with HFD: effect of endogenous insulin dependent in the feeding cycle on the regulation of peripheral clocks.
Ketogenic diet	25,32	Phase advance on clock genes, hypoglycemia, increased FFA and ketone body levels.
Others diets	33–36	Time of day of BCAA intake influences cardiac parameters; Fiber dietary fiber and acetate act as a ZT; Biotin-rich diet induced protein biotinylation; Condition of hypophosphatemia increased levels of clock genes.

Legend: RF, restricted feeding; HFD, high-fat diet; FFA, free fatty acid; BCAA, branched-chain amino acids; ZT, zeitgeber time.