

Supplementary Table S1

Comparison of questionnaire respondents (N=624) to non-respondents (N=634). Data are shown as median (IQR).

	Respondents	Non-respondents	<i>p</i>-value
Subjects	N = 624	N = 634	
Sex	F = 308 (49.4%) M = 316 (50.6%)	F = 320 (50.5%) M = 314 (49.5%)	0.69
Age	12.2 (6.2)	13.3 (6.4)	0.002**
Age at T1D onset	6.4 (6.2)	6.4 (6.2)	0.83
Duration of T1D	4.5 (5.3)	5.2 (6.3)	0.008**
Treatment type	MDI = 370 (59.4%) CSII = 253 (40.6%)	MDI = 415 (65.5%) CSII = 219 (34.5%)	0.03*
HbA1c (mmol/mol)	50.0 (14.0)	54.5 (16.0)	< 0.001***
HbA1c (%)	6.7 (3.4)	7.1 (3.6)	< 0.001***

CSII = continuous subcutaneous insulin infusion, F = female, M = male, MDI = multiple daily injection, T1D = type 1 diabetes

* $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$

Supplementary Table S2

Comparison of subjects on very low-carbohydrate diet (N=5) vs. low-carbohydrate diet subjects (N=31). Data are shown as median (IQR).

	Very low-carbohydrate diet	Low-carbohydrate diet	<i>p</i>-value
Demographics			
Age at survey collection	9.0 (5.8)	12.0 (5.7)	0.3
Sex	F = 2 (40%) M = 3 (60%)	F = 23 (74.2%) M = 8 (25.8%)	-
Age at T1D onset (years)	5.9 (5.7)	8.3 (7.4)	0.46
T1D duration (years)	3.2 (0.1)	3.2 (2.9)	0.75
Anthropometric data			
Body height SDS	-0.4 (0.9)	-0.3 (1.2)	1.00
Body weight SDS	1.8 (1.7)	0.4 (1.1)	0.22
Body mass index SDS	1.4 (1.0)	0.4 (1.1)	0.21
Systolic arterial blood pressure (centile)	81 (12.5)	38.5 (63.2)	0.08
Diastolic arterial blood pressure (centile)	72.5 (24.2)	59.5 (35.8)	0.22
LCD data			
Daily carbohydrate intake	35 (14.0)	100 (31)	< 0.001***
Age at LCD start	6.3 (5.6)	11.4 (6.1)	0.1
LCD duration (years)	3.0 (0.5)	0.9 (1.5)	0.004**
Treatment and T1D control			
Treatment type	MDI = 4 (80%) CSII = 1 (20%)	MDI = 23 (74.1%) CSII = 8 (25.8%)	-

Bolus insulin (units daily)	6.8 (4.1)	10.2 (9.2)	0.18
Basal insulin (units daily)	8.2 (5.6)	12.9 (10.6)	0.31
Total insulin daily dose (units/kg/day)	0.5 (0.1)	0.6 (0.3)	0.15
Last HbA1c (mmol/mol)	38.0 (10.0)	45.0 (9.5)	0.15
Last HbA1c (%)	5.6 (3.1)	6.3 (3.0)	0.15
Average HbA1c during the last year (mmol/mol)	43.0 (10.0)	49.0 (11.9)	0.16
Average HbA1c during the last year (%)	6.1 (3.1)	6.6 (3.2)	0.16
CGM data			
Time in range 3.9-10.0 mmol/l (%)	74.0 (1.1)	74.0 (16.1)	0.89
Time below 3.9 mmol/l (%)	15.0 (18.0)	6.0 (6.8)	0.12
Time below 3.0 mmol/l (%)	5.0 (6.2)	2.0 (3.0)	0.30
Time above 10.0 mmol/l (%)	2.0 (15.0)	17.0 (14.4)	0.12
Time above 13.9 mmol/l (%)	0.0 (2.0)	2.0 (3.0)	0.33
Average glycemia (mmol/l)	5.5 (1.6)	7.3 (1.1)	0.12
Standard deviation of glycemia	2.1 (1.1)	2.7 (0.9)	0.18
Coefficient of variation (%)	32.0 (10.0)	37.7 (7.2)	0.42
Lipid spectrum			
Total cholesterol (mmol/l)	5.4 (0.7)	4.7 (0.8)	0.05
Triglycerides (mmol/l)	1.4 (0.5)	0.9 (0.4)	0.10
HDL cholesterol (mmol/l)	1.3 (0.2)	1.5 (0.5)	0.08
LDL cholesterol (mmol/l)	3.2 (0.8)	2.6 (1.0)	0.57

CGM = continuous glucose monitoring, CSII = continuous subcutaneous insulin infusion, F = female, IQR = interquartile ratio, HDL = high density lipoprotein, LCD = low-carbohydrate diet, LDL = low density lipoprotein, M = male, MDI = multiple daily injection, SDS = standard deviation score, T1D = type 1 diabetes, VLCD = very low-carbohydrate diet

*p <0,05, **p <0,01, ***p <0,001