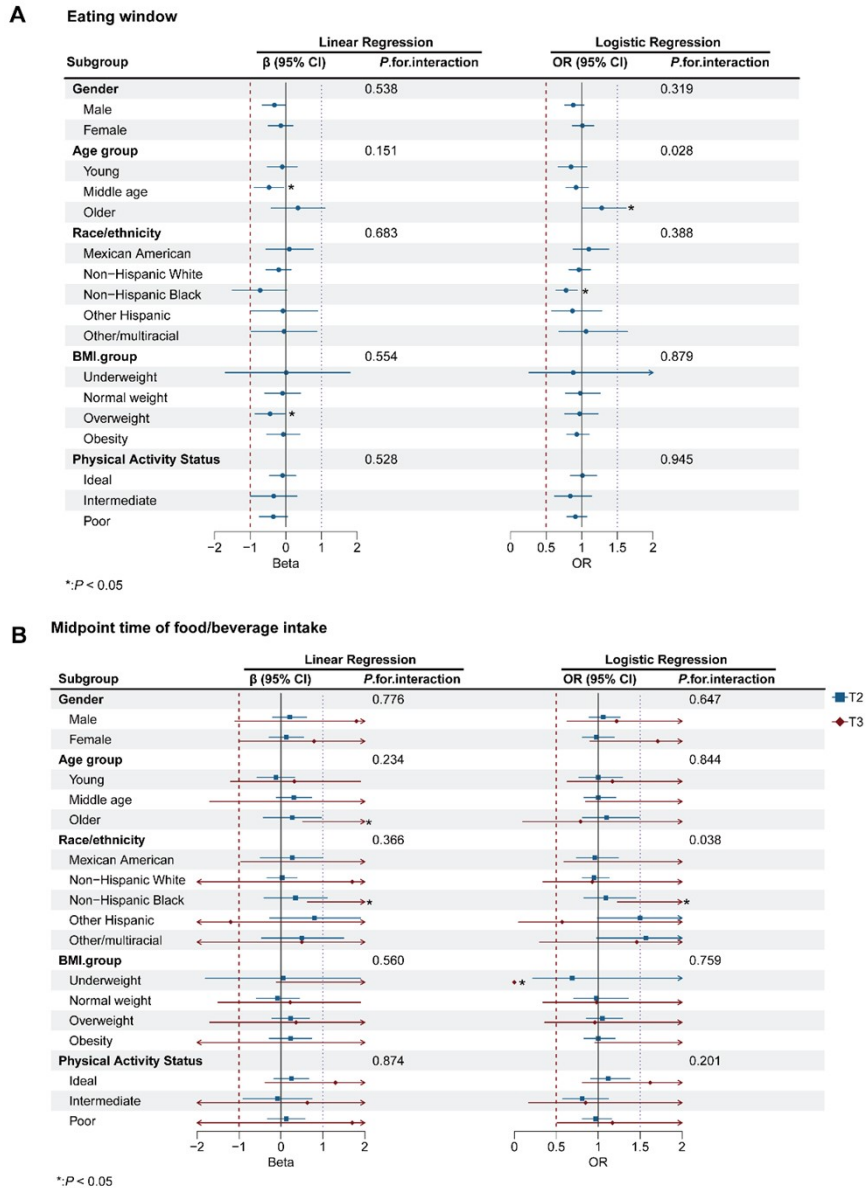**ESI Fig. 1 The relationship between the time of first/last food/beverage intake and biological aging according to different subgroups.**

(A) shows OR and β of the second and third tertile compare to the first tertile of the time of first food/beverage intake. (B) shows OR and β of the second and third tertile compare to the first tertile of the time of last food/beverage intake. Age, gender, educational attainment, poverty to income ratio, race/ethnicity, BMI, waist circumference, alcohol use, smoking status, physical activity status, general health condition, history of CVD, history of stroke, history of cancer, history of diabetes, history of hypertension, history of trouble sleeping, and energy intake were adjusted. T2, the second tertile; T3, the third tertile

ESI Fig. 2 The relationship between the eating window, midpoint time of food/beverage intake and biological aging according to different subgroups.

(A) shows OR and β of a longer eating window (>12h) compare to a shorter eating window (≤12h); (B) shows OR and β of the second and third tertile compare to the first tertile of the midpoint time of food/beverage intake. Age, gender, educational attainment, poverty to income ratio, race/ethnicity, BMI, waist circumference, alcohol use, smoking status, physical activity status, general health condition, history of CVD, history of stroke, history of cancer, history of diabetes, history of hypertension, history of trouble sleeping, and energy intake were adjusted.

ESI Table 1. Multivariate Linear Regression of Eating Frequency with Metabolic Characteristic

Metabolic Characteristic	n	Beta	95% CI[1]	p-value
Visceral Adiposity Index (VAI)	7888	0.00	-0.06, 0.06	>0.9
high-density lipoprotein(mmol/L)	7888	0.00	-0.01, 0.01	>0.9
triglyceride(mmol/L)	7888	0.00	-0.03, 0.03	0.8
Glycohemoglobin (%)	7888	0.01	-0.01, 0.03	0.2

Age, gender, educational attainment, poverty to income ratio, race/ethnicity, BMI, waist circumference, alcohol use, smoking status, physical activity status, general health condition, history of CVD, history of stroke, history of cancer, history of diabetes, history of hypertension, history of trouble sleeping, and energy intake were adjusted in this model.