

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

Metabolic Characteristic	n	Beta	95% CI <sup>1</sup>	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.