**Supplementary Table 1 Spearman's rank correlation**

| | Household income | Parents' education level | Age | Duration of T1D | HbA1c | Pre-breakfast | Post-breakfast | Pre-lunch | Post-lunch | Pre-dinner | Post-dinner | Pre-sleep |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Household income | 1 | | | | | | | | | | | |
| Parents' education level | 0.41[c] | 1 | | | | | | | | | | |
| Age | -0.14[c] | -0.31[c] | 1 | | | | | | | | | |
| Duration of T1D | -0.07[b] | -0.18[c] | 0.33[c] | 1 | | | | | | | | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| HbA1c | -0.21[a] | -0.36[c] | 0.15 | 0.29[b] | 1 | | | | | | | |
| Pre-breakfast | -0.19 | -0.28[b] | -0.03 | 0.15 | 0.74[c] | 1 | | | | | | |
| Post-breakfast | -0.17 | -0.17 | 0.22[a] | 0.07 | 0.68[c] | 0.37[c] | 1 | | | | | |
| Pre-lunch | -0.16 | -0.21[a] | -0.02 | 0.15 | 0.73[c] | 0.67[c] | 0.44[c] | 1 | | | | |
| Post-lunch | -0.21 | -0.23[a] | 0.07 | 0.06 | 0.80[c] | 0.53[c] | 0.54[c] | 0.54[c] | 1 | | | |
| Pre-dinner | -0.27[a] | -0.38[c] | -0.05 | 0.17 | 0.76[c] | 0.50[c] | 0.43[c] | 0.55[c] | 0.55[c] | 1 | | |
| Post-dinner | -0.18 | -0.26[a] | 0.21[a] | 0.26[a] | 0.84[c] | 0.41[c] | 0.58[c] | 0.55[c] | 0.65[c] | 0.66[c] | 1 | |
| Pre-sleep | -0.12 | -0.33[b] | 0.16 | 0.07 | 0.63[c] | 0.32[b] | 0.33[b] | 0.40[c] | 0.53[c] | 0.37[c] | 0.49[c] | 1 |

[a] $P < 0.05$.