



**Supplementary Figure 3.** Incremental post-prandial glucose levels for breakfast (06h00–11h00), lunch (11h10–16h00), and dinner (16h10–22h00) in the carbohydrate counting (blue) and qualitative meal-size estimation arms (green). In the carbohydrate counting arm, the mean carbohydrates announced to the system were 39.3 (18.8), 43.7 (19.2), and 44.7 (41) grams per meal for breakfast, lunch, and dinner, respectively (if there were multiple meals in the prandial period, only the first meal was used in the calculations).