

Supplementary table 1. Differences in BMI and waist circumference between Late Dinner Eaters (LDE) and Early Dinner Eaters (EDE) separated by sex.

Boys	LDE		EDE		<i>P-value</i>
	Mean	SEM	Mean	SEM	
Age (years)*	10	0.1	10	0.1	0.065
BMI (kg/m ²)	19.2	0.4	19.2	0.4	0.988
BMI z-score	1.2	0.3	1.1	0.2	0.840
Waist circumference (cm)	66.5	1.2	66.1	1.1	0.814
Overweight/obesity (%)	16.4		16.4		0.578
Girls					
Age (years)*	10	0.1	10	0.1	0.903
BMI (kg/m ²)	19.8	0.3	18.1	0.3	<0.001
BMI z-score	1.5	0.2	0.6	0.2	0.001
Waist circumference (cm)	66.2	0.9	61.2	0.9	<0.001
Overweight/obesity (%)	23.0		10.0		0.001

Data were analyzed by ANCOVA adjusted by schools, age and academic year. *adjusted by schools and academic year. Significant differences are represented in boldfaces.

Supplementary table 2. Relationship of BMI z-score with intraindividual variation of dinner timing and the midpoint of food intake.

	BMI z-score		
	Beta	SEM	<i>P-value</i>
Dinner phase deviation	0.000	0.008	0.955
Midpoint of food intake phase deviation	-0.009	0.005	0.089
Interday phase change in dinner timing	-0.003	0.007	0.724
Interday phase change in midpoint of intake	0.006	0.006	0.323

Supplementary table 3. Differences in social jet lag of dinner timing and midpoint of food intake between boys and girls and across school grades.

	Social jet lag dinner timing (min)	Social jet lag midpoint of food intake (min)	P-value Social jet lag dinner timing	P-value Social jet lag midpoint of food intake
Boys	-0.4 (31.1)	39.0 (33.4)		
Girls	1.5 (34.5)	41.2 (36.0)	0.500	0.521
Grade 1 (Age 8-9y)	6.4 ^a (32.2)	45.0 ^a (34.5)		
Grade 2 (Age 10-11y)	-14.2 ^b (27.4)	23.2 ^b (29.2)		
Grade 3 (Age 11-12y)	6.0 ^a (34.1)	48.4 ^a (34.5)	<0.001	<0.001

Mean (SD). Differences among grades (ages) assessed by ANOVA. Significant differences are represented in boldfaces. Different superindices indicate significant differences among grades.