

Supplementary material

Supplementary Table 1. Questions on appetite and desire for specific food types.		
How hungry do you feel?		
I am not hungry at all	_____	I have never been more hungry
How satisfied do you feel?		
I am completely empty	_____	I cannot eat another bite
How full do you feel?		
Not at all full	_____	Totally full
How much do you think you can eat?		
Nothing at all	_____	A lot
Would you like to eat something sweet?		
No, not at all	_____	Yes, very much
Would you like to eat something salty?		
No, not at all	_____	Yes, very much
Would you like to eat something savoury?		
No, not at all	_____	Yes, very much
Would you like to eat something fatty?		
No, not at all	_____	Yes, very much

Supplementary Table 2. Comparison of blood glucose levels of monk fruit vs sucrose-OGTT in the T2DM and control group.

Sample	T2DM n=26			Control group n=29		
	Monk Fruit	Sucrose	p-value	Monk Fruit	Sucrose	p-value*
0 min serum glucose, mg/dL	116.5 (103.2-138.5)	116.5 (99.5-136.5)	0.58	89.0 (85.0-95.0)	93.0 (85.5-96.0)	0.29
30 min serum glucose, mg/dL	118.5 (104.7-139.0)	190.5 (166.7-214.2)	<0.001	92.0 (86.0-96.0)	135.0 (115.5-155.0)	<0.001
60 min serum glucose, mg/dL	114.0 (101.7-139.0)	233.5 (204.7-272.5)	<0.001	88.0 (84.5-91.5)	107.0 (91.5-138.0)	<0.001
90 min serum glucose, mg/dL	109.0 (97.5-131.5)	247.0 (203.5-293.5)	<0.001	86.0 (82.5-91.0)	100.0 (85.0-118.0)	0.003
120 min serum glucose, mg/dL	109.0 (96.7-134.2)	237.0 (192.5-289.2)	<0.001	87.0 (83.0-91.0)	95.0 (81.0-114.0)	0.02
AUC Serum glucose	226.3 (203.1-267.5)	417.8 (365.0-492.1)	<0.001	179.0 (170.0-184.2)	225.0 (191.6-249.5)	<0.001

Results are expressed as median (IQR).

*Kruskal-Wallis test for independent samples.

Supplementary Table 3. Comparison of insulin levels of monk fruit vs sucrose-OGTT in the control group.

Sample	Monk Fruit	Sucrose	p-value*
0 min serum insulin, mg/dL	9.0 (6.1-14.1)	8.8 (6.7-12.2)	0.799
30 min serum insulin, mg/dL	9.0 (4.6-14.9)	69.5 (37.8-120.5)	0.005
60 min serum insulin, mg/dL	8.1 (4.0-11.5)	47.4 (27.2-111.2)	0.005
90 min serum insulin, mg/dL	7.7 (4.1-10.0)	51.9 (23.4-80.1)	0.005
120 min serum insulin, mg/dL	5.9 (4.8-10.9)	41.5 (25.3-81.0)	0.007
AUC Serum insulin	16.2 (9.2-24.9)	99.0 (67.4-172.3)	0.005

Results are expressed as median (IQR).

*Kruskal-Wallis test for independent samples.