

Table S1: The Primer sequences of autophagy markers

Genes	Forward primers (5'-3')	Reverse primers (5'-3')
<i>LC3</i>	AACGGGCTGTGTGAGAAAAC	AGTGAGGACTTTGGGTGTGG
<i>P62</i>	AATCAGCTTCTGGTCCATCG	TTCTTTCCCTCCGTGCTC
<i>Beclin-1</i>	AGCTGCCGGTTATACTGTTCTG	ACTGCCTCCTGTGTCTTCAATCTT
<i>GAPDH</i>	CGACCACTTTGTCAAGCTCA	AGGGGTCTACATGGCAACTG

Table S2: Sociodemographic of the study population (n = 50). p-value of Chi-square test Analysis of mean (w2 test)

Sociodemographic variable	N (%)	non-fasting(%)	Fasting(%)	P-value
Age (year)				
20- \leq 2	4 (8)	3 (12)	1 (4)	0.63
\geq 3-44	25 (50)	12 (46)	13 (54)	
45 and above	21 (42)	11 (42)	10 (42)	
Sex				
Male	25 (50)	11(42)	14 (58)	0.25
Female	25 (50)	15 (58)	10 (42)	
Marital status				
Single	6 (12)	4 (15)	2 (8)	0.44
Married	44 (88)	22 (85)	22 (92)	
Education level				
Technical diploma	19 (38)	10 (38)	9 (38)	0.94
University	31 (62)	16 (62)	15 (62)	
Type of Employment				
Academic	32 (64)	15 (58)	17 (71)	0.33
Non-academic	18 (36)	11 (42)	7 (19)	
Weight (kg)				
45-55	8 (12)	5(19)	3 (12)	0.81
55-65	16 (32)	8 (27)	8 (38)	
65-75	26 (52)	13 (54)	13 (50)	
Physical Activity				
Low	17 (34)	9 (35)	8 (33)	0.88
Moderate	30 (60)	15 (58)	15 (63)	
High	3 (6)	2 (7)	1 (4)	
BMI (kg/m²)				
Normal (18.5-24.9)	46(92)	23(85)	23(96)	0.33
Overweight (25.0-29.9)	4 (8)	3(15)	1(4)	
Obese (>30)	-	-	-	

BMI, body mass index (kg/m2).

Table S3: Biochemical parameters in non-fasting and fasting groups.

Variants	Total			Female			Male		
	Fasting	Non-fasting	<i>P</i> Value	Fasting	Non-fasting	<i>P</i> Value	Fasting	Non-fasting	<i>P</i> Value
	n=24	n=26		n=10	n=15		n=14	n=11	
FBS (mg/dl)	108±68.1	105±33.7	0.20	129.8±104.5	110.1±43.2	0.76	92.5±5.4	98.1±11.5	0.16
HbA1c (mg/dl)	5.6±1.5	5.6±1.2	0.58	6±2.3	5.8±1.5	0.53	5.3±0.3	5.4±0.6	0.85
TG (mg/dl)	128.9±44.2	141.9±75.2	0.97	119.9±38.8	129.2±54.5	0.89	135.4±48	159.3±96.9	0.93
Chol (mg/dl)	183.8±38.1	180.4±34.6	0.93	190.8±36.9	179.7±19.8	0.93	178.8±39.6	181.3±49.5	0.97
Uric (mg/dl)	5.2±1.5	5.3±1.2	0.54	4.3±1.1	4.6±0.9	0.56	5.8±1.5	6.3±1	0.24
HDL (mg/dl)	47±7.9	48.3±8.7	0.47	52.3±8.3	51.8±8.5	0.97	43.3±5.2	43.5±6.4	0.80
LDL (mg/dl)	95.5±29.3	95.2±17.1	0.98	101±21.7	93.4±14.2	0.80	91.6±34	97.7±21	0.80
BUN (mg/dl)	13.9±3.6	11.7±3.8	0.04	12.6±3.2	11.4±3.9	0.42	14.8±3.7	12.1±3.8	0.10
Cr (mg/dl)	1±0.1	1±0.1	0.77	0.9±0.0	0.9±0.2	0.93	1.1±0.0	1.1±0.1	0.08
Ca (mg/dl)	9.1±0.5	9±0.5	0.69	9.1±0.4	8.9±0.2	0.26	9.1±0.6	9.2±0.7	0.29

P (mg/dl)	3.4±0.5	3.6±0.4	0.17	3.5±0.4	3.6±0.3	0.99	3.3±0.5	3.7±0.5	0.09
Protein (g/dl)	7.1±0.5	7.2±0.4	0.63	7.2±0.3	7.2±0.4	0.76	7.1±0.5	7.4±0.3	0.26
Alb (g/dl)	4.4±0.3	4.4±0.2	0.73	4.4±0.3	4.3±0.1	0.49	4.4±0.4	4.6±0.2	0.40
Globulin (g/dl)	2.7±0.2	2.8±0.4	0.14	2.8±0.2	2.9±0.4	0.60	2.6±0.2	2.7±0.3	0.20
ALT (IU/L)	25±17.7	20.7±10	0.52	17.9±9.5	17.5±6.9	0.68	30.1±20.6	25±12.1	0.93
AST (IU/L)	18.4±8.3	18.8±10.9	0.75	13.2±5.3	15.8±5.7	0.31	22±8.1	22.8±14.9	0.43
ALP (IU/L)	210.2±79.1	207.7±63.1	0.96	218.9±63.8	214.6±71.4	0.68	204±90.3	198.3±51.5	0.85
Total-Billi (mg/dl)	0.8±0.3	0.7±0.2	0.33	0.7±0.1	0.7±0.2	0.89	0.9±0.3	0.8±0.1	0.31
Direct-Billi (mg/dl)	0.4±0.2	0.4±0.1	0.54	0.3±0.1	0.3±0.1	0.68	0.5±0.2	0.4±0.1	0.60
Indirect-Billi (mg/dl)	0.4±0.2	0.4±0.2	0.49	0.4±0.1	0.4±0.2	0.49	0.4±0.2	0.4±0.2	0.76

Data presented as mean ± standard deviation; mg/dl: Milligram per Deciliter.

Table S4: Hematological parameters in non-fasting (control) and fasting groups.

Variants	Total			Female			Male		
	Fasting n=24	Non-fasting n=26	<i>P</i> Value	Fasting n=10	Non-fasting n=15	<i>P</i> Value	Fasting n=14	Non-fasting n=11	<i>P</i> Value
Hb (gm/dl)	15±1.9	14.6±1.7	0.52	13.5±1.4	13.4±1	0.89	16.2±1.3	16.3±0.8	0.69
RBC (x10⁶/mm³)	5.4±0.6	5.3±0.5	0.41	5±0.4	5.1±0.4	0.76	5.8±0.5	5.6±0.4	0.15
WBC (x10⁶/mm³)	6±1.4	6.5±1.7	0.46	6.7±1.6	6.2±1.9	0.33	5.5±1	6.7±1.6	0.11
PLT (/mm³)	288681.8± 84042.1	260307.7±61	0.24	350300±828 56	259266.6±63 226.8	0.00	237333.3± 39232	261727.2±61 441.1	0.41

Data presented as mean ± standard deviation; mg/dl: Milligram per Deciliter.