

**Supplementary Table 1.** Adjusted means, 95% CIs and percentage differences in lipid levels and glycaemic indices of plant-based diets compared to regular meat-eating diets.

	<b>Vegan (n=48)</b>	<b>Lacto-ovo vegetarian (n=47)</b>	<b>Pesco-vegetarian (n=46)</b>	<b>Semi-vegetarian (n=44)</b>	<b>Regular meat eater (n=45)</b>
<b>Lipid levels</b>					
TC (mmol/L)	4.8 (4.56, 5.04)	5.37 (5.13, 5.60)	5.45 (5.19, 5.70)	5.20 (4.99, 5.41)	5.57 (5.30, 5.85)
%	<b>14.85*</b>	3.66	2.18	6.87	-
TG (mmol/L)	1.01 (0.87, 1.15)	1.16 (1.01, 1.31)	1.01 (0.81, 1.21)	1.09 (0.96, 1.22)	1.10 (0.96, 1.23)
%	8.53	5.31	8.53	0.91	-
LDL-C (mmol/L)	2.79 (2.58, 2.99)	3.27 (3.06, 3.48)	3.37 (3.15, 3.59)	3.09 (2.91, 3.28)	3.50 (3.26, 3.74)
%	<b>22.57*</b>	6.79	3.78	<b>12.44</b>	-
HDL-C (mmol/L)	1.54 (1.44, 1.64)	1.59 (1.50, 1.68)	1.62 (1.50, 1.74)	1.61 (1.51, 1.71)	1.57 (1.47, 1.67)
%	1.93	1.27	3.13	2.52	-
Non-HDL-C (mmol/L)	3.25 (3.03, 3.47)	3.80 (3.57, 4.02)	3.83 (3.57, 4.10)	3.59 (3.39, 3.80)	4.00 (3.75, 4.25)
%	<b>20.69*</b>	5.13	4.34	<b>10.80</b>	-
TC/HDL-C ratio (mmol/L)	3.18 (2.94, 3.42)	3.53 (3.31, 3.76)	3.55 (3.25, 3.84)	3.54 (3.19, 3.89)	3.67 (3.44, 3.89)
%	<b>14.31</b>	3.89	3.23	3.61	-
<b>Glycaemic indices</b>					
FBG (mmol/L)	4.56 (4.41, 4.70)	4.51 (4.38, 4.64)	4.71 (4.56, 4.86)	4.64 (4.48, 4.81)	4.85 (4.68, 5.02)
%	<b>6.16</b>	<b>7.26</b>	2.93	4.43	-
HbA1c (IFFC, mmol/mol)	31.8 (31.1, 32.6)	33.3 (32.5, 34.1)	33.0 (32.2, 33.8)	33.1 (32.4, 33.8)	33.7 (33.0, 34.4)
%	<b>5.80</b>	1.19	3.01	1.80	-
HbA1c (NGSP, %)	5.07 (5.00, 5.14)	5.20 (5.13, 5.27)	5.17 (5.11, 5.24)	5.19 (5.13, 5.25)	5.24 (5.18, 5.31)
%	<b>3.30*</b>	0.77	11.34	0.96	-
Insulin (mU/L)	5.26 (4.36, 6.16)	6.55 (5.18, 7.91)	6.00 (5.47, 6.52)	7.11 (5.95, 8.27)	7.02 (6.06, 7.98)
%	<b>28.66</b>	6.93	15.17	1.27	-

Data is presented as adjusted means, 95% CIs and percentage differences. Multivariate regression analyses was used to adjust the model for age (years), sex (female, male), physical activity level (MET/week), total energy intake (kJ/day), duration of dietary pattern (years), alcohol intake (g), smoking status (yes, no), level of education (higher education yes, no), BMI (kg/m<sup>2</sup>) as a mediator and the addition of EPA/DHA supplement use (yes, no) for lipid levels. Bold values indicate statistical significance ( $P < 0.05$ ).  $P$ -values marked with an asterisk meet the Bonferroni corrected alpha ( $P = 0.001$ ). EPA, eicosapentaenoic acid; DHA, docosahexaenoic acid; FBG, fasting blood glucose; HbA1c, haemoglobin A1C; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol; TC, total cholesterol; TG, triglycerides.