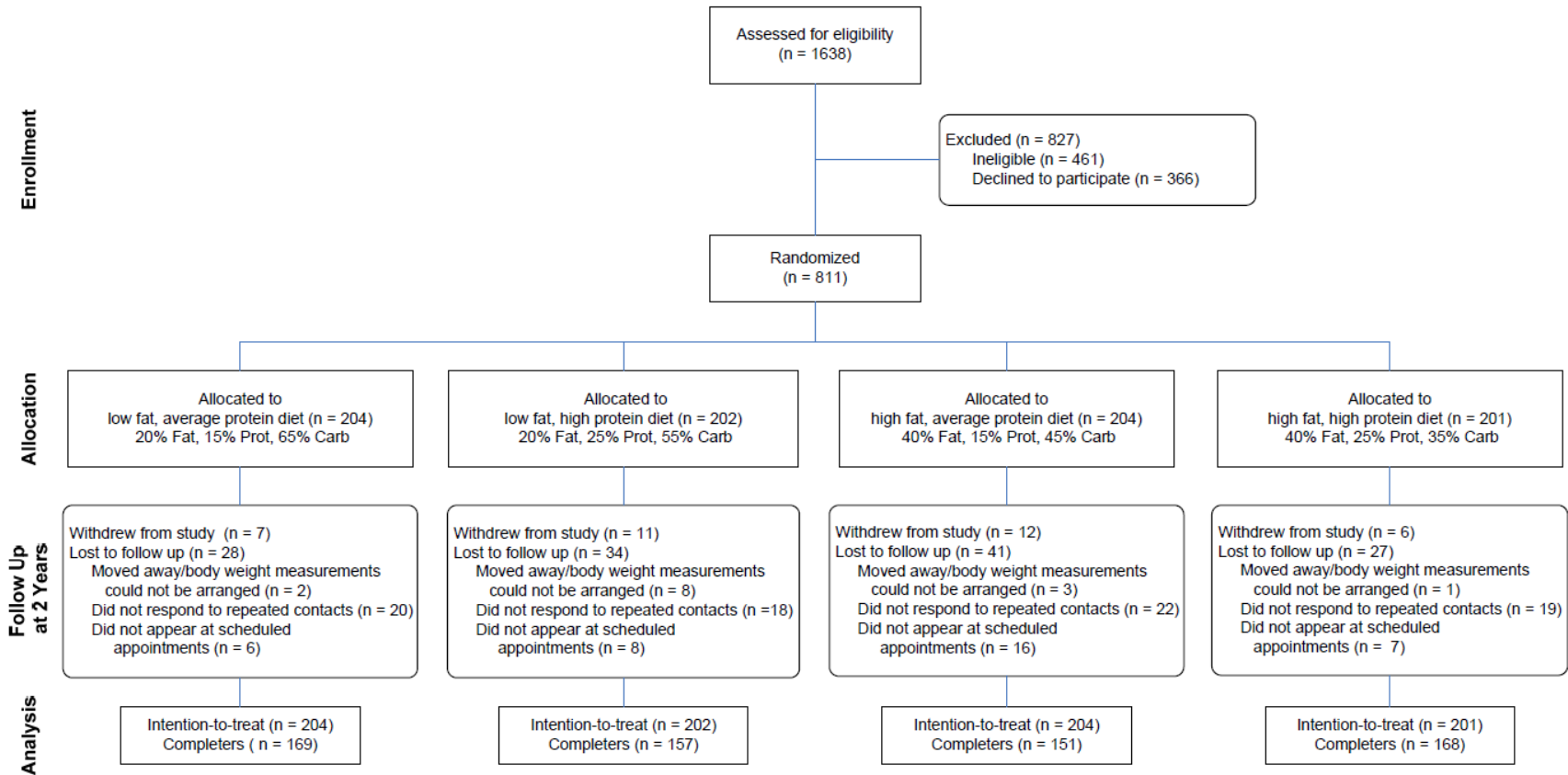
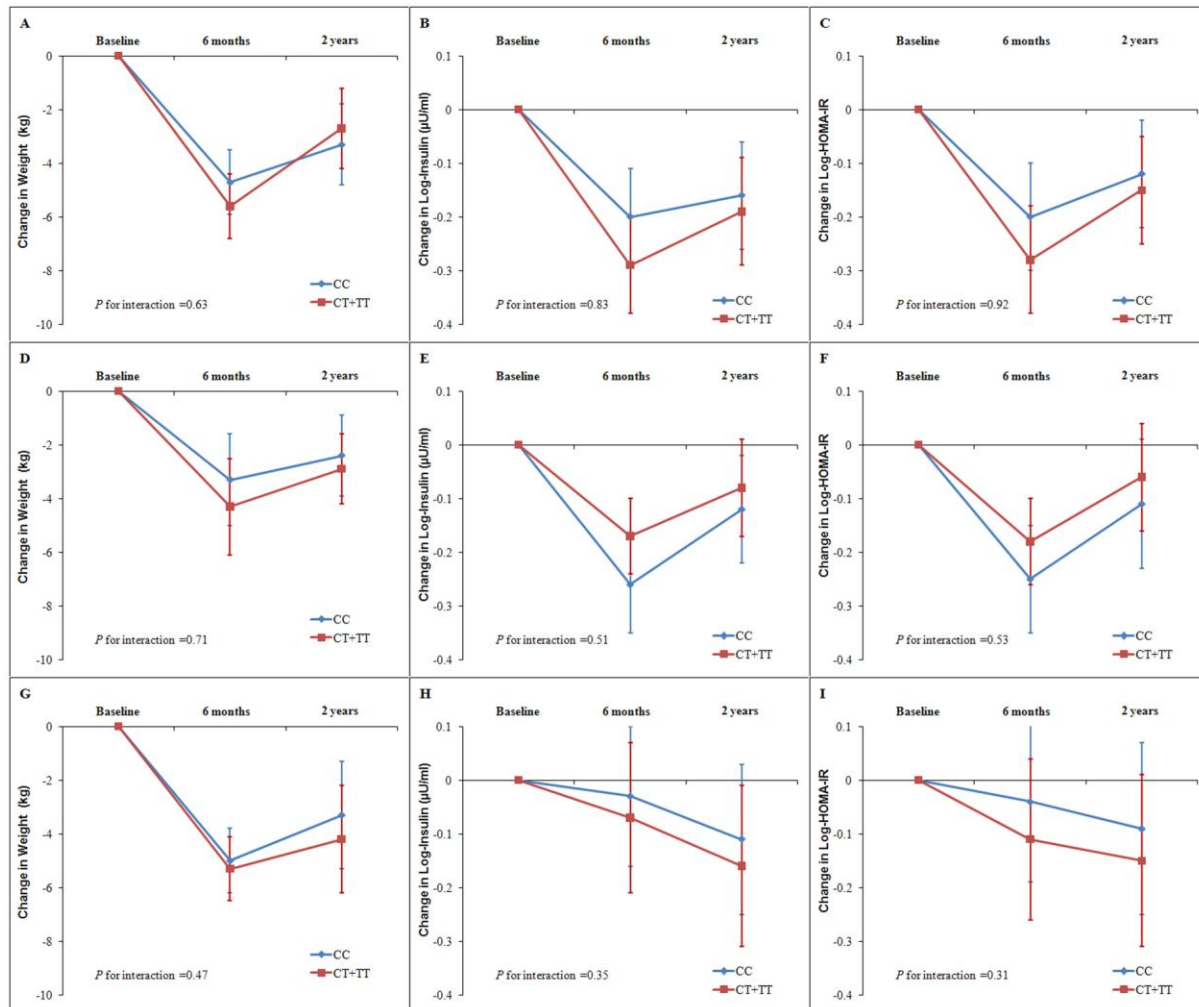


SUPPLEMENTAL MATERIAL



Supplemental Figure 1 Participant flow diagram in the Pounds Lost trail.

This figure has been published previously.¹



Supplemental Figure 2 Genotype effect of *IRS1* rs2943641 on trajectory of changes in weight, fasting insulin and HOMA-IR overall 2 years. Data are means \pm SE after adjustment for age, sex and ethnicity. P values were tested for the interaction between genotype and intervention time. Insulin and HOMA-IR were log-transformed before analysis.

Diet group 2 (fat/protein/carbohydrate: 20/25/55%)

A: changes in weight, data were included for 182, 168 and 145 participants at baseline, 6months and 2 years, respectively.

B: changes in fasting insulin, data were included for 181, 154 and 130 participants at baseline, 6months and 2 years, respectively.

C: changes in HOMA-IR, data were included for 181, 154 and 130 participants at baseline, 6months and 2 years, respectively.

Diet group 3 (40/15/45%)

D: changes in weight, data were included for 186, 165 and 141 participants at baseline, 6months and 2 years, respectively.

E: changes in fasting insulin, data were included for 183, 146 and 115 participants at baseline, 6months and 2 years, respectively.

F: changes in HOMA-IR, data were included for 183, 146 and 115 participants at baseline, 6months and 2 years, respectively.

Diet group 4 (40/25/35%)

G: changes in weight, data were included for 183, 166 and 156 participants at baseline, 6months and 2 years, respectively.

H: changes in fasting insulin, data were included for 183, 156 and 143 participants at baseline, 6months and 2 years, respectively.

I: changes in HOMA-IR, data were included for 183, 156 and 143 participants at baseline, 6months and 2 years, respectively

Supplemental Reference

1. Sacks FM, Bray GA, Carey VJ, Smith SR, Ryan DH, Anton SD, McManus K, Champagne CM, Bishop LM, Laranjo N, Leboff MS, Rood JC, de Jonge L, Greenway FL, Loria CM, Obarzanek E, Williamson DA. Comparison of weight-loss diets with different compositions of fat, protein, and carbohydrates. *N Engl Med.* 2009;360:859-873.