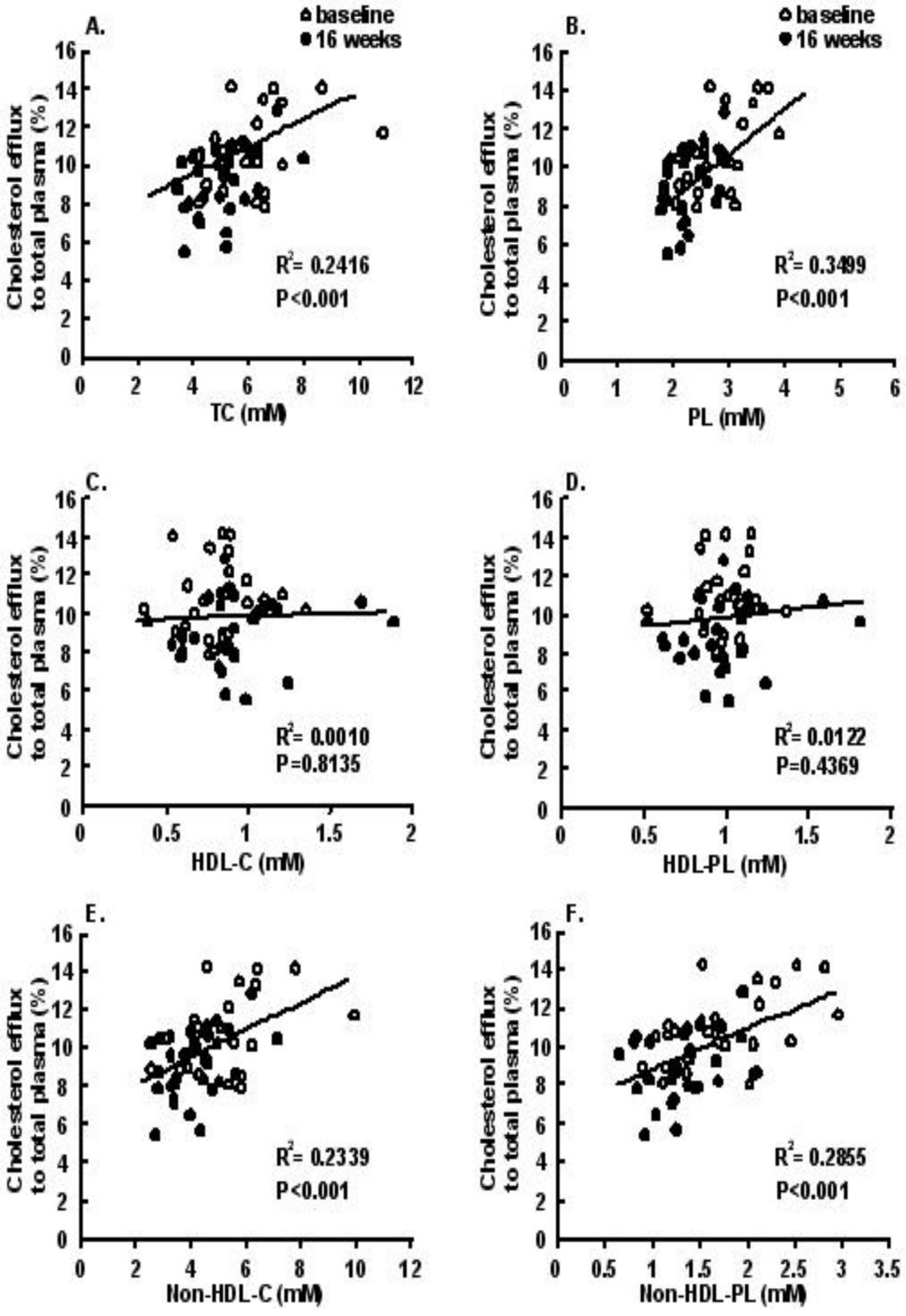
SUPPLEMENTARY DATA

Supplementary Table 1. Changes in plasma CETP and (apo)lipoprotein values induced by 16 weeks of VLCD in obese patients with type 2 diabetes mellitus without or with an exercise program. Changes (Δ) are calculated by subtracting values obtained after VLCD from those obtained at baseline. Data are presented as means ± SEM. *P*-values are calculated using Unpaired Student's *t* test. CETP, cholesteryl ester transfer protein; VLCD, very low calorie diet; PL, phospholipids; LDL-C, low density lipoprotein-cholesterol; HDL-C, high density lipoprotein-cholesterol; HDL-PL, high density lipoprotein-phospholipids.

Plasma parameters	**Non-exercise (n=14)**	**Exercise (n=13)**	***P* value**
Δ CETP (μg/mL)	-0.41 ± 0.14	-0.49 ± 0.23	0.7651
Δ Total cholesterol (mM)	-0.67 ± 0.34	-0.86 ± 0.20	0.6356
Δ Triglycerides (mM)	-0.87 ± 0.19	-1.32 ± 0.50	0.4128
Δ Phospholipids (mM)	-0.37 ± 0.08	-0.45 ± 0.12	0.5822
Δ LDL-C (mM)	-0.64 ± 0.30	-0.63 ± 0.24	0.9866
Δ ApoB100 (mg/dL)	-11.3 ± 7.4	-26.8 ± 7.3	0.1477
Δ HDL-C (mM)	0.00 ± 0.09	0.15 ± 0.06	0.1896
Δ HDL-PL (mM)	-0.03 ± 0.08	0.05 ± 0.05	0.4477
Δ ApoAI (mg/dL)	34.5 ± 12.2	8.2 ± 11.3	0.1270

SUPPLEMENTARY DATA

Supplementary Figure 1. Correlation between cholesterol efflux and plasma lipids. THP-1 cells were loaded with [^{3}H]cholesterol and incubated for 4 h at 37°C with total plasma (1% v/v) obtained at baseline and after VLCD from 27 obese patients with T2DM. Cholesterol efflux rate was calculated by dividing ^{3}H-activity in the medium by the sum of the ^{3}H-radioactivity in the medium and cell extract. Cholesterol efflux was plotted against total cholesterol (TC, A), phospholipid (PL, B), HDL-C (C), HDL-PL (D), Non-HDL-C (E), and Non-HDL-PL (F), and correlations were calculated.



SUPPLEMENTARY DATA

Supplementary Figure 2. Correlation between cholesterol efflux and plasma apoAI. THP-1 cells were loaded with [^{3}H]cholesterol and incubated for 4 h at 37°C with total plasma (1% v/v) obtained at baseline and after VLCD from 27 obese patients with T2DM.. Cholesterol efflux rate was calculated by dividing ^{3}H-activity in the medium by the sum of the ^{3}H-radioactivity in the medium and cell extract. Cholesterol efflux was plotted against apoAI, and correlations were calculated.