

Electronic supplementary material

ESM Table 1 Baseline CVD risk factors for participants in the EURODIAB PCS included and excluded for the present study

| | Study participants | Excluded participants | <i>p</i> -value ^a |
|---|--------------------|-----------------------|------------------------------|
| <i>n</i> | 2,108 | 1,142 | |
| Age, years | 32.1 ± 9.7 | 33.8 ± 9.8 | <0.0001 |
| Sex, <i>n</i> (%) male | 1,081 (51.3) | 570 (49.9) | 0.97 |
| Diabetes duration, years | 14.3 ± 9.0 | 15.4 ± 9.2 | 0.003 |
| Daily insulin dose, units/kg | 0.7 ± 0.2 | 0.7 ± 0.2 | 0.55 |
| Daily insulin frequency, injections per day | 2.6 ± 0.7 | 2.7 ± 0.7 | 0.07 |
| HbA _{1c} , % (mmol/mol) | 8.3 ± 1.9 (67.2) | 8.6 ± 2.0 (70.5) | 0.01 |
| Systolic blood pressure, mmHg | 120.0 ± 16.8 | 123.7 ± 17.3 | <0.0001 |
| Diastolic blood pressure, mmHg | 75.1 ± 11.2 | 76.2 ± 11.3 | 0.08 |
| Antihypertensive use, <i>n</i> (%) | 160 (7.6) | 171 (15.0) | <0.0001 |
| BMI, kg/m ² | 23.5 ± 2.8 | 23.8 ± 3.2 | <0.0001 |
| Triacylglycerol, mmol/l | 1.1 ± 0.7 | 1.3 ± 0.7 | <0.0001 |
| Cholesterol, mmol/l | 5.3 ± 1.1 | 5.4 ± 1.2 | 0.05 |
| HDL-cholesterol, mmol/l | 1.5 ± 0.4 | 1.4 ± 0.6 | 0.03 |
| LDL-cholesterol, mmol/l | 3.3 ± 1.0 | 3.4 ± 1.0 | 0.26 |
| Total:HDL-cholesterol ratio, mmol/l | 3.5 ± 1.2 | 3.9 ± 1.6 | <0.0001 |
| Moderate physical activity ≥1 time/week, <i>n</i> (%) | 1,427 (67.7) | 726 (63.6) | 0.02 |
| Ever smoker, <i>n</i> (%) | 1,018 (48.3) | 605 (53.0) | 0.03 |
| Total energy intake, kJ/day | 10,063.5 ± 2,911.5 | 9,589.6 ± 3,102.3 | 0.03 |
| Alcohol intake, g/day | 7.6 ± 15.6 | 5.9 ± 15.7 | <0.0001 |
| Total fat, g/day ^b | 97.9 ± 36.0 | 100.5 ± 36.6 | <0.0001 |
| Total fat, en% | 37.5 ± 7.1 | 39.0 ± 8.0 | 0.02 |
| SFA, g/day ^b | 36.9 ± 15.6 | 38.5 ± 16.5 | 0.0002 |
| SFA, en% | 13.7 ± 3.4 | 14.6 ± 3.6 | 0.00 |
| PUFA, g/day ^b | 15.9 ± 9.5 | 16.9 ± 10.3 | 0.004 |
| MUFA, g/day ^b | 36.4 ± 15.2 | 39.4 ± 15.3 | <0.0001 |
| Total fibre, g/day ^b | 19.2 ± 7.5 | 17.1 ± 6.9 | <0.0001 |
| Total fibre, g/1000 kcal | 8.7 ± 3.9 | 7.6 ± 3.8 | <0.0001 |
| Soluble fibre, g/day ^b | 6.0 ± 2.4 | 5.6 ± 1.3 | <0.0001 |
| Insoluble fibre, g/day ^b | 13.1 ± 5.2 | 11.5 ± 4.9 | <0.0001 |

^a *p* values from Chi-squared test

^b Nutrient intakes were adjusted for total energy intake by using the nutrient residual method (31).