

SUPPLEMENTARY DATA

**Supplementary Table 1.** Clinical characteristics of subjects who participated in the follow-up assessment and subjects who discontinued study participation during the follow-up period.

	<b>Participants</b>	<b>Non-Participants</b>
n, (female/ male)	<b>54 (43/11)</b>	<b>54 (46/8)</b>
Age, years	46 ± 9	45 ± 10
<b>Anthropometric variables</b>		
Body weight at baseline, kg	91.5 ± 13.6	93.6 ± 17.9
Δ Body weight after 1-month diet, kg	- 1.9 ± 1.8	- 2.1 ± 2.7
Δ Body weight after 3-month diet, kg	- 4.8 ± 3.0	- 4.9 ± 3.8
Δ Body weight after 6-month diet, kg	- 7.2 ± 4.4	- 6.9 ± 4.6
Body mass index at baseline, kg/m <sup>2</sup>	32.5 ± 3.3	33.8 ± 4.7
Δ Body mass index after 1-month diet, kg/m <sup>2</sup>	- 0.7 ± 0.7	- 0.7 ± 1.0
Δ Body mass index after 3-month diet, kg/m <sup>2</sup>	- 1.7 ± 1.1	- 1.8 ± 1.3
Δ Body mass index after 6-month diet, kg/m <sup>2</sup>	- 2.6 ± 1.5	- 2.5 ± 1.6
Visceral adipose tissue at baseline, kg	1.87 ± 1.05	1.89 ± 1.11
Δ Visceral adipose tissue after 6-month diet, kg	- 0.45 ± 0.42	- 0.38 ± 0.43
Intrahepatic lipids at baseline, %	7.9 ± 9.9	9.3 ± 9.6
Δ Intrahepatic lipids after 6-month diet, %	- 3.3 ± 4.7	- 4.1 ± 5.2
<b>Metabolic variables</b>		
Total cholesterol at baseline, mmol/l	4.8 ± 0.9	4.9 ± 0.9
Δ Total cholesterol after 3-month diet, mmol/l	- 0.11 ± 0.56	- 0.08 ± 0.69
Δ Total cholesterol after 6-month diet, mmol/l	- 0.32 ± 0.67	- 0.26 ± 0.71
Triglycerides at baseline, mmol/l	1.1 ± 0.5	1.2 ± 0.6
Δ Triglycerides after 3-month diet, mmol/l	- 0.02 ± 0.56	- 0.05 ± 0.37
Δ Triglycerides after 6-month diet, mmol/l	- 0.18 ± 0.44	- 0.14 ± 0.49
Alanine aminotransferase at baseline, U/l	25.1 ± 14.8	24.9 ± 13.8
Δ Alanine aminotransferase after 3-month diet, U/l	- 1.5 ± 12.0	- 2.2 ± 11.2
Δ Alanine aminotransferase after 6-month diet, U/l	- 3.9 ± 12.4	- 5.1 ± 10.9
Aspartate aminotransferase at baseline, U/l	30.0 ± 16.9	27.1 ± 9.3
Δ Aspartate aminotransferase after 3-month diet, U/l	- 5.1 ± 15.2	- 3.0 ± 9.4
Δ Aspartate aminotransferase after 6-month diet, U/l	- 6.5 ± 12.0	- 5.2 ± 9.6
HOMA-IR at baseline	1.66 ± 1.29	1.69 ± 1.08
Δ HOMA-IR after 6-month diet	- 0.67 ± 1.11	- 0.47 ± 0.91
2-hour glucose at baseline, mg/dl	143 ± 29	144 ± 24
Δ 2-hour glucose after 6-month diet, mg/dl	- 11 ± 29	- 14 ± 33

Abbreviations: C-ISI, composite insulin sensitivity index; HOMA-IR, homeostasis model assessment index. Data are given as mean ± SD except for gender distribution. Analysis by a two-sided *Student's t-test* for unpaired samples revealed no differences between subjects that participated or did not participate in the follow-up investigation. Gender distribution between both groups was compared by *Fisher's exact test* and was similar between participants and non-participants.

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**Supplementary Figure 1:** Participant flow during the course of study

