

SUPPLEMENT 2. Comparison of baseline characteristics, physical activity, dietary behaviour and motivational stage of participants in the present analysis and those who were excluded

	In present analysis (N=314)	Excluded (N=222)	p-value
Male	152 (48.6)	112 (50.5)	0.667
Mean age (years)	44.8 (43.6-46.0)	41.6 (40.2-43.0)	0.001
Low education	36 (11.8)	25 (11.6)	0.925
Family history of diabetes	227 (74.7)	171 (78.4)	0.318
Mean body mass index	27.3 (27.0-27.9)	27.4 (26.7-27.9)	0.889
Mean fasting plasma glucose	5.3 (5.2-5.4)	5.3 (5.2-5.4)	0.803
Mean 2-h post-load glucose	6.0 (5.8-6.2)	6.0 (5.8-6.3)	0.907
Mean glycated haemoglobin	5.7 (5.6-5.7)	5.6 (5.6-5.7)	0.092
Median HOMA-IR	3.0 (2.2-4.0)	3.2 (2.4-4.4)	0.048
Mean total activity (min/week)	2600.8 (2473.5- 2728.0)	2663.6 (2497.8- 2829.3)	0.490
Fruit: 2 pieces /day	126 (40.3)	97 (46.2)	0.179
Vegetables: 200 g/day	196 (62.4)	131 (62.4)	0.993
Whole wheat: almost exclusively	22 (7.0)	11 (5.2)	0.414
Meal pattern: 3 meals/day at regular times	176 (56.4)	103 (49.0)	0.098
Brown rice: almost exclusively	32 (10.2)	24 (11.5)	0.649
Stage of change- motivated to change physical activity within 6 months	204 (65.0)	148 (66.7)	0.683
Stage of change: motivated to change diet within 6 months	288 (91.7)	188 (90.0)	0.489

Data are presented as means (95%-confidence interval), median (interquartile range) or *n* (percentage);

HOMA-IR, Homeostasis Model of Assessment-Insulin Resistance.