

Table S1. Two year weight change according to randomization and stratified on pretreatment FPG and FI among subjects attending at least 44% (median value) of the counseling sessions (n=319).

	LF-AP 65% Carb (n=76)	LF-HP 55% Carb (n=88)	Δ (LF-AP vs. LF-HP) weight change (kg)	HF-AP 45% Carb (n=71)	HF-HP 34% Carb (n=84)	Δ (HF-AP vs. HF-HP) weight change (kg)
All ¹	-5.9 (-7.5;-4.3)	-7.2 (-8.7;-5.8)	1.3 (-0.7;3.4)	-6.9 (-8.6;-5.3)	-7.0 (-8.5;-5.5)	0.04 (-2.1;2.2)
FPG<100 mg/dL	(n=56) -5.4 (-7.2;-3.6)	(n=76) -7.5 (-9.1;-6.0)	2.1 (-0.2;4.4)	(n=58) -7.3 (-9.1;-5.5)	(n=65) -6.9 (-8.6;-5.3)	-0.3 (-2.7;2.1)
FI<13.8 μIU/mL	(n=36) -6.1 (-8.3;-3.9)	(n=57) -7.6 (-9.4;-5.9)	1.5 (-1.2;4.3)	(n=38) -6.9 (-9.0;-4.7)	(n=48) -6.6 (-8.5;-4.7)	-0.3 (-3.1;2.6)
FI≥13.8 μIU/mL	(n=20) -4.2 (-7.1;-1.2)	(n=19) -7.2 (-10.2;-4.1)	3.0 (-1.2;7.2)	(n=20) -8.1 (-11.1;-5.1)	(n=17) -8.0 (-11.2;-4.7)	-0.1 (-4.5;4.2)
FPG≥100 mg/dL	(n=20) -7.1 (-10.1;-4.1)	(n=12) -5.3 (-9.2;-1.5)	-1.8 (-6.6;3.0)	(n=13) -5.3 (-9.0;-1.6)	(n=19) -7.1 (-10.1;-4.0)	1.7 (-3.0;6.5)
FI<13.8 μIU/mL	(n=9) -7.0 (-11.4;-2.6)	(n=5) -3.6 (-9.4;2.3)	-3.4 (-10.7;3.9)	(n=7) -5.4 (-10.4;-0.5)	(n=10) -4.9 (-9.0;-0.7)	-0.5 (-7.0;5.9)
FI≥13.8 μIU/mL	(n=11) -7.2 (-11.2;-3.2)	(n=7) -6.6 (-11.5;-1.6)	-0.6 (-6.9;5.7)	(n=6) -5.2 (-10.5;0.2)	(n=9) -9.5 (-13.8;-5.1)	4.3 (-2.6;11.2)
HOMA-IR<4.0	(n=55) -6.2 (-8.0;-4.4)	(n=75) -7.2 (-8.7;-5.6)	1.0 (-1.3;3.3)	(n=58) -7.5 (-9.3;-5.7)	(n=66) -6.4 (-8.0;-4.7)	-1.1 (-3.5;1.2)
HOMA-IR>4.0	(n=21) -5.0 (-7.9;-2.1) ^{ab}	(n=13) -7.6 (-11.3;-4.0) ^{ab}	2.6 (-2.0;7.2)	(n=13) -4.4 (-8.0;-0.7) ^a	(n=18) -9.2 (-12.3;-6.0) ^b	4.8 (0.01;9.6)*

Abbreviations: AP, Average protein; FI, Fasting insulin; FPG, Fasting plasma glucose; HOMA-IR, Homeostatic model assessment of insulin resistance; HF, High fat; HP, High protein; LF, Low fat. Data are presented as estimated mean weight changes from baseline for each combination of the diet x FPG x FI strata interaction in the linear mixed models, which were also adjusted for age, sex, and BMI (fixed effects) as well as sites (random effect). Differences in weight change from baseline between diets were compared within each blood marker group through the use of pairwise comparisons with post hoc t tests. Different superscript letters within a row indicate significant differences ($p < 0.05$). * $P < 0.05$. ¹Not adjusted for any fixed effects.