

**Supplementary Table 2.** Clinical variables following dietary intervention stratified by baseline gene count status.

	HGC			LGC			ANOVA (P values)		
	Week 0	Week 6 (WL)	Week 12 (WS)	Week 0	Week 6 (WL)	Week 12 (WS)	Genecount	Time	Interaction
Weight (kg)	91.41 (2.78)	85.96 (2.66)	86.32 (2.77)	92.33 (3.19)	86.94 (3.26)	87.33 (3.57)	0.8223	<b>0.0000</b>	0.9938
BMI	32.96 (0.74)	31 (0.74)	31.12 (0.75)	33.5 (0.86)	31.52 (0.89)	31.63 (0.99)	0.6563	<b>0.0000</b>	0.9946
Waist (cm)	106.52 (1.8)	99.81 (1.64)	99.27 (2.1)	106.92 (2.53)	102.44 (3.1)	101.33 (3.3)	0.5948	<b>0.0000</b>	0.4507
Waist to hip	0.92 (0.01)	0.89 (0.01)	0.88 (0.02)	0.92 (0.02)	0.91 (0.02)	0.89 (0.02)	0.7427	<b>0.0006</b>	0.5912
Fat mass (%)	38.92 (1.31)	37.44 (1.4)	36.84 (1.3)	39.88 (1.61)	38.68 (1.7)	38.33 (1.61)	0.5617	<b>0.0000</b>	0.4856
Total cholesterol (mM)	5.16 (0.13)	4.31 (0.14)	5 (0.15)	5.7 (0.23)	4.72 (0.28)	5.45 (0.31)	<b>0.0776</b>	<b>0.0000</b>	0.7550
HDL-C (mM)	1.44 (0.07)	1.22 (0.05)	1.53 (0.06)	1.34 (0.07)	1.11 (0.05)	1.43 (0.07)	0.2262	<b>0.0000</b>	0.9700
LDL-C (mM)	3.21 (0.12)	2.67 (0.12)	3.06 (0.14)	3.62 (0.21)	3.04 (0.27)	3.5 (0.3)	0.1054	<b>0.0000</b>	0.9051
Triglycerides (mM)	1.19 (0.16)	0.93 (0.1)	0.9 (0.09)	1.62 (0.19)	1.26 (0.14)	1.15 (0.11)	<b>0.0514</b>	<b>0.0001</b>	0.5374
NEFA (mM)	0.44 (0.03)	0.51 (0.03)	0.37 (0.03)	0.43 (0.03)	0.62 (0.06)	0.43 (0.05)	0.1376	<b>0.0000</b>	0.2393
Glucose (mM)	5.15 (0.08)	4.95 (0.07)	5.06 (0.09)	5.24 (0.08)	5.05 (0.08)	4.9 (0.1)	0.9160	<b>0.0025</b>	<b>0.0651</b>
Insulin (mU/L)	8.31 (0.87)	5.28 (0.37)	6.16 (0.77)	9.62 (0.99)	6.59 (0.62)	6.02 (0.61)	0.3592	<b>0.0000</b>	0.2556
HOMA-IR	1.08 (0.11)	0.69 (0.05)	0.82 (0.1)	1.25 (0.13)	0.86 (0.08)	0.79 (0.07)	0.3717	<b>0.0000</b>	0.1820
Disse Index	-5.08 (0.96)	-2.69 (0.7)	-1.34 (0.99)	-7.45 (1.26)	-6.58 (1.1)	-3.01 (1.02)	<b>0.0270</b>	<b>0.0000</b>	0.3069
QUICKI	0.35 (0)	0.38 (0)	0.37 (0.01)	0.34 (0.01)	0.37 (0.01)	0.37 (0.01)	0.2445	<b>0.0000</b>	0.2601
Adiponectin (µg/ml)	13.76 (1.14)	12.49 (1.15)	14.11 (1.33)	14.93 (1.58)	13 (1.65)	15.72 (1.68)	0.5565	<b>0.0042</b>	0.6875
CRP (mg/L)	4.71 (1.27)	3.29 (0.86)	2.9 (0.61)	5.39 (1.08)	4.7 (0.82)	4.53 (0.87)	0.2581	0.1351	0.8122
IL-6 (pg/ml)	2.04 (0.32)	2.16 (0.46)	1.92 (0.4)	2.44 (0.6)	1.71 (0.25)	1.59 (0.21)	0.7824	0.4498	0.3793
MCP-1 (pg/ml)	39.2 (6.35)	28.37 (4.34)	31.7 (5.03)	35.93 (4.23)	29.7 (3.26)	29.5 (3.56)	0.8388	<b>0.0001</b>	0.5300
sCD14 (pg/ml)	1359.76 (70.1)	1460.38 (76.42)	1426.84 (74.09)	1514.91 (115.2)	1294.53 (62.25)	1523.51 (95.16)	0.7339	0.5961	<b>0.0656</b>

NEFA = non-esterified fatty acids, MCP-1 = monocyte chemoattractant protein-1, sCD14 = soluble CD14. HGC = high gene count, LGC = low gene count.

WL = Weight loss period, WS = Weight stabilization period. ANOVA P calculated from random effect ANOVA (subject-specific intercept). Bold type indicates P<0.10