

Supplementary Table.1 Baseline characteristics of completers versus non-completers

| | Completers (n=76) | Non-completers (n=35) | <i>p</i> ¹ |
|----------------------------------|----------------------|--------------------------|-----------------------|
| Age (years) | 58 (8) | 59 (11) | 0.6 |
| Sex (F %) | 47.4 | 45.7 | 0.87 |
| Duration of diabetes (years) | 13.7 (8.8) | 12.2 (7) | 0.34 |
| Body weight (kg) | 92.8 (18) | 94.3 (21.1) | 0.71 |
| BMI (kg/m ²) | 32.3 (5.7) | 32.9 (5.7) | 0.6 |
| Waist circumference (cm) | 109.8 (13.8) | 110.3 (2.4) | 0.88 |
| Hip circumference (cm) | 109.5 (12.2) | 109.6 (2.2) | 0.95 |
| Waist/hip ratio | 1 (0.08) | 1 (0.01) | 0.91 |
| Body fat (%) | 36.4 (8.3) | 37.5 (8.9) | 0.51 |
| Lipid profile | | | |
| Total Cholesterol (mg/dl) | 160 (31) | 168 (47) | 0.37 |
| HDL-C (mg/dl) | 47 (15) | 46 (15) | 0.66 |
| LDL-C (mg/dl) | 84 (25) | 86 (32) | 0.71 |
| VLDL-C (mg/dl) | 26 (12) | 30 (15) | 0.16 |
| Triglycerides (mg/dl) | 152 (104) | 189 (229) | 0.36 |
| HbA1c (%) | 8.02 (0.95) | 8.24 (0.98) | 0.27 |
| Fasting glucose (mg/dl) | 165 (65) | 160 (49) | 0.62 |
| HOMA-IR | 6.85 (5.3) | 8.4 (6.9) | 0.24 |
| Systolic blood pressure (mmHg) | 130 (14) | 132 (20) | 0.49 |
| Diastolic blood pressure (mmHg) | 71 (9) | 72 (10) | 0.88 |
| CRP (mg/L) | 4.7 (7.4) | 4.6 (4.7) | 0.91 |
| Total daily energy intake (kcal) | 1927 (552) | 1922 (562) | 0.96 |
| Energy from carbohydrate (%) | 43.7 (7.4) | 42.9 (6.2) | 0.58 |
| Energy from protein (%) | 17.9 (3.6) | 18.8 (3.8) | 0.24 |

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|-------------------------------|------------|------------|------|
| Energy from total fat (%) | 37.9 (5.8) | 37.8 (5.1) | 0.95 |
| Energy from saturated fat (%) | 12.8 (2.9) | 13.5 (3) | 0.25 |

Data are mean (SD), or %. Abbreviations: CRP, c-reactive protein; HOMA-IR, homeostatic model assessment of insulin resistance. ¹Analyses were performed by linearcontrasts using the SAS Mixed Procedure (PROC MIXED).

Supplementary Table.2 Type 2 diabetes management in study groups

| Treatment n (%) | Control group (n=38) | Low-fat group (n=36) | High-fat group (n=37) | <i>p</i> ¹ |
|-----------------------|-------------------------|-------------------------|--------------------------|-----------------------|
| Lifestyle only | 1 (2.6) | 0 (0) | 1 (2.7) | 0.6 |
| Oral | | | | |
| Metformin | 26 (68.4) | 30 (83.3) | 28 (75.7) | 0.3 |
| SFUs | 15 (39.5) | 15 (41.7) | 10 (27) | 0.4 |
| DPP-4 inhibitors | 1 (2.6) | 2 (5.6) | 6 (16.2) | 0.08 |
| TZDs | 0 (0) | 2 (5.6) | 2 (5.4) | 0.3 |
| SGLT-2 inhibitors | 8 (21) | 8 (22.2) | 7 (18.9) | 0.9 |
| Injectable | | | | |
| GLP-1 analogues | 8 (21) | 11 (30.6) | 10 (27) | 0.6 |
| Insulin ² | 12 (31.6) | 19 (54.2) | 13 (36.1) | 0.06 |

Data are n (%).

¹p value calculated using Pearson's chi squared test.

²one subject in Low-fat group and one in High-fat group had missing data on insulin use. Abbreviations: SFUs, sulfonylureas; DPP, dipeptidyl peptidase; TZDs, thiazolidinediones; GLP, glucagon-like-peptide; SGLT, sodium-glucose transport proteins.