Supplementary file 1

Table S1. Baseline characteristics of type 2 diabetic and healthy people according to the *CETP* TaqIB genotypes[1]

	Type 2 diabetes			*P*	Healthy			*P*
	B1B1	**B1B2**	**B2B2**		**B1B1**	**B1B2**	**B2B2**	
Number, F	18, 11	58, 28	19, 10	0.632	10, 5	47, 27	16, 9	0.911
Age, y	48.32 (1.63)	49.24 (0.90)	49.80 (1.58)	0.805	45.16 (2.58)	47.77 (1.19)	47.88 (2.04)	0.641
Weight, kg	77.14 (2.74)	76.68 (1.52)	76.59 (2.66)	0.987	72.39 (3.84)	76.61 (1.76)	72.74 (3.02)	0.406
BMI, kg/m^2	29.46 (0.87)	28.99 (0.48)	28.24 (0.85)	0.600	27.45 (1.45)	28.90 (0.66)	26.67 (1.13)	0.213
WC, cm	101.14 (2.12)	101.12 (1.17)	100.59 (2.06)	0.974	96.68 (3.37)	100.27 (1.54)	97.02 (2.65)	0.433
Visceral fat, %	10.78 (0.71)	10.68 (0.39)	10.58 (0.69)	0.979	9.21 (0.95)	9.66 (0.44)	8.24 (0.75)	0.276
Body fat, %	34.91 (1.31)	33.87 (0.73)	32.02 (1.27)	0.275	33.48 (1.78)	34.67 (0.83)	31.44 (1.39)	0.145
Muscle mass, %	29.19 (0.58)	29.77 (0.32)	30.13 (0.57)	0.518	29.49 (0.78)	29.13 (0.36)	30.25 (0.61)	0.304
SBP, mmHg	9.88 (0.31)	10.50 (0.17)	10.27 (0.30)	0.225	10.34 (1.55)	10.16 (0.71)	12.67 (1.22)	0.207
DBP, mmHg	7.02 (0.26)	7.49 (0.14)	7.26 (0.25)	0.278	7.31 (0.34)	7.23 (0.15)	7.30 (0.27)	0.958
TC, mg/dl	159.66 (7.37)	161.40 (4.09)	162.28 (7.15)	0.966	177.19 (10.97)	182.07 (5.03)	181.79 (8.61)	0.920
HDL-C, mg/dl	36.24 (2.46)	38.44 (1.36)	39.09 (2.38)	0.672	42.01 (3.29)	41.37 (1.50)	44.24 (2.58)	0.635
LDL-C, mg/dl	80.77 (4.36)	80.97 (2.42)	79.87 (4.22)	0.975	90.63 (7.12)	93.70 (3.26)	93.29 (5.59)	0.926
TG, mg/dl	161.70 (18.04)	152.69 (10.01)	159.41 (17.49)	0.885	122.52 (18.71)	139.93 (8.58)	140.90 (14.70)	0.682
Lp(a), mg/dl	22.61 (6.01)	24.01 (3.20)	19.06 (5.49)	0.739	19.62 (7.14)	24.96 (3.10)	29.67 (5.49)	0.533
LDL: HDL	2.49 (0.33)	2.46 (0.18)	2.23 (0.32)	0.808	2.37 (0.52)	2.63 (0.24)	2.15 (0.41)	0.596
TC: HDL	4.98 (0.69)	4.93 (0.38)	4.52 (0.67)	0.851	4.60 (1.15)	5.16 (0.52)	4.19 (0.90)	0.630
TG: HDL	5.63 (1.48)	5.52 (0.82)	4.76 (1.44)	0.885	3.59 (2.61)	5.01 (1.20)	3.32 (2.05)	0.733
ApoB, mg/dl	107.46 (7.98)	93.03 (4.43)	88.04 (7.73)	0.186	102.73 (10.88)	105.38 (4.99)	98.61 (8.55)	0.790
ApoA-1, mg/dl	149.78 (5.95)	150.65 (3.30)	158.73 (5.77)	0.438	149.30 (8.22)	159.76 (3.77)	167.29 (6.46)	0.235
ApoB: ApoA-1	0.73 (0.06)	0.63 (0.03)	0.57 (0.06)	0.168	0.69 (0.07)	0.67 (0.03)	0.59 (0.06)	0.448
FBG, mg/dl	112.14 (6.63)	115.04 (3.68)	120.34 (6.42)	0.658	87.32 (3.84)	88.27 (1.76)	85.10 (3.01)	0.664

Insulin, mIU/ml	31.08 (5.07)	29.20 (2.68)	23.60 (4.89)	0.518	22.71 (3.92)	24.95 (1.92)	22.38 (3.18)	0.738
HOMA-IR	3.94 (0.60)	3.76 (0.32)	2.96 (0.56)	0.407	2.80 (0.45)	3.08 (0.22)	2.73 (0.36)	0.663
QUICKI	0.29 (0.006)	0.29 (0.003)	0.29 (0.006)	0.942	0.30 (0.007)	0.30 (0.003)	0.31 (0.005)	0.542
ALP, U/L	173.94 (10.94)	182.47 (6.07)	206.62 (10.61)	0.075	182.52 (13.56)	186.68 (6.22)	173.22 (10.66)	0.554
GGT, U/L	29.11 (3.38)	29.43 (1.88)	27.98 (3.28)	0.929	23.76 (4.06)	25.72 (1.86)	17.90 (3.19)	0.114
AST, U/L	22.40 (2.87)	23.70 (1.59)	25.08 (2.78)	0.799	21.41 (3.12)	24.99 (1.43)	19.07 (2.45)	0.103
ALT, U/L	24.64 (3.86)	26.97 (2.14)	25.66 (3.74)	0.857	18.73 (4.22)	22.75 (1.93)	16.35 (3.32)	0.225

[1]All data are presented as mean (standard error), age and gender adjusted values. The comparisons were done using one-way analysis of variance (ANOVA). ApoA-1, apolipoprotein A-1; ApoB, apolipoprotein B; ALP, alkaline phosphatase; AST, aspartate aminotransferase; ALT, alanine aminotransferase, BMI, body mass index; DBP, diastolic blood pressure; FBG, fasting blood glucose; GGT, gamma-glutamyltransferase; HDL-C, High-density lipoprotein cholesterol; HOMA-IR, homeostasis model assessment for insulin resistance; LDL-C, Low-density lipoprotein cholesterol; Lp(a), lipoprotein a; QUICKI, quantitative insulin sensitivity check index; SBP, Systolic blood pressure; TC, total cholesterol; TG, Triglyceride; WC, waist circumference.

Table S2. Total energy, nutrient intakes and physical activity of patients with type 2 diabetes and healthy people according to each treatment period[1]

	Type 2 diabetes (n = 95)			*P*	Healthy (n = 73)			*P*
	Sesame oil	Sesame-Canola oil	Canola oil		Sesame oil	Sesame-Canola oil	Canola oil	
Energy (Kcal/day)	1764.42 (37.61)	1805.77 (37.65)	1768.20 (37.70)	0.298	1795.55 (47.27)	1843.35 (47.49)	1817.51 (47.33)	0.341
Carbohydrate (%E)	58.95 (0.60)	59.55 (0.60)	59.04 (0.60)	0.635	58.91 (0.62)	60.44 (0.62)	59.50 (0.62)	0.118
Protein (%E)	15.48 (0.20)	15.38 (0.20)	15.49 (0.20)	0.856	14.89 (0.24)	14.98 (0.24)	14.83 (0.24)	0.856
Total Fat (%E)	27.21 (0.50)	26.63 (0.50)	27.18 (0.49)	0.488	27.78 (0.54)	26.27 (0.54)	27.28 (0.54)	0.054
SFA (%E)	7.93 (0.17)	7.73 (0.17)	7.80 (0.17)	0.638	8.27 (0.22)^a	7.66 (0.22)^b	7.80 (0.22)	0.044
MUFA (%E)	8.46 (0.20)^a	9.06 (0.20)^b	9.75 (0.20)^c	<0.001	8.85 (0.22)^a	8.91 (0.22)^a	9.63 (0.22)^b	0.002
PUFA (%E)	6.25 (0.21)^a	5.34 (0.20)^b	5.60 (0.20)^b	0.001	6.15 (0.23)^a	5.18 (0.23)^b	5.31 (0.22)^b	0.004
PA (MET-min/day)	2182.69 (26.56)	2144.98 (26.58)	2182.88 (26.70)	0.190	2185.52±30.60	2187.71 (31.24)	2150.93 (30.54)	0.238

[1]All data are presented as mean (standard error). The comparisons were done using linear mixed models (^{a,b,c} values with different superscripts are statistically significant). SFA, saturated fat; MUFA, mono unsaturated fatty acid; PUFA, poly unsaturated fatty acid; PA, physical activity; MET, metabolic equivalent.