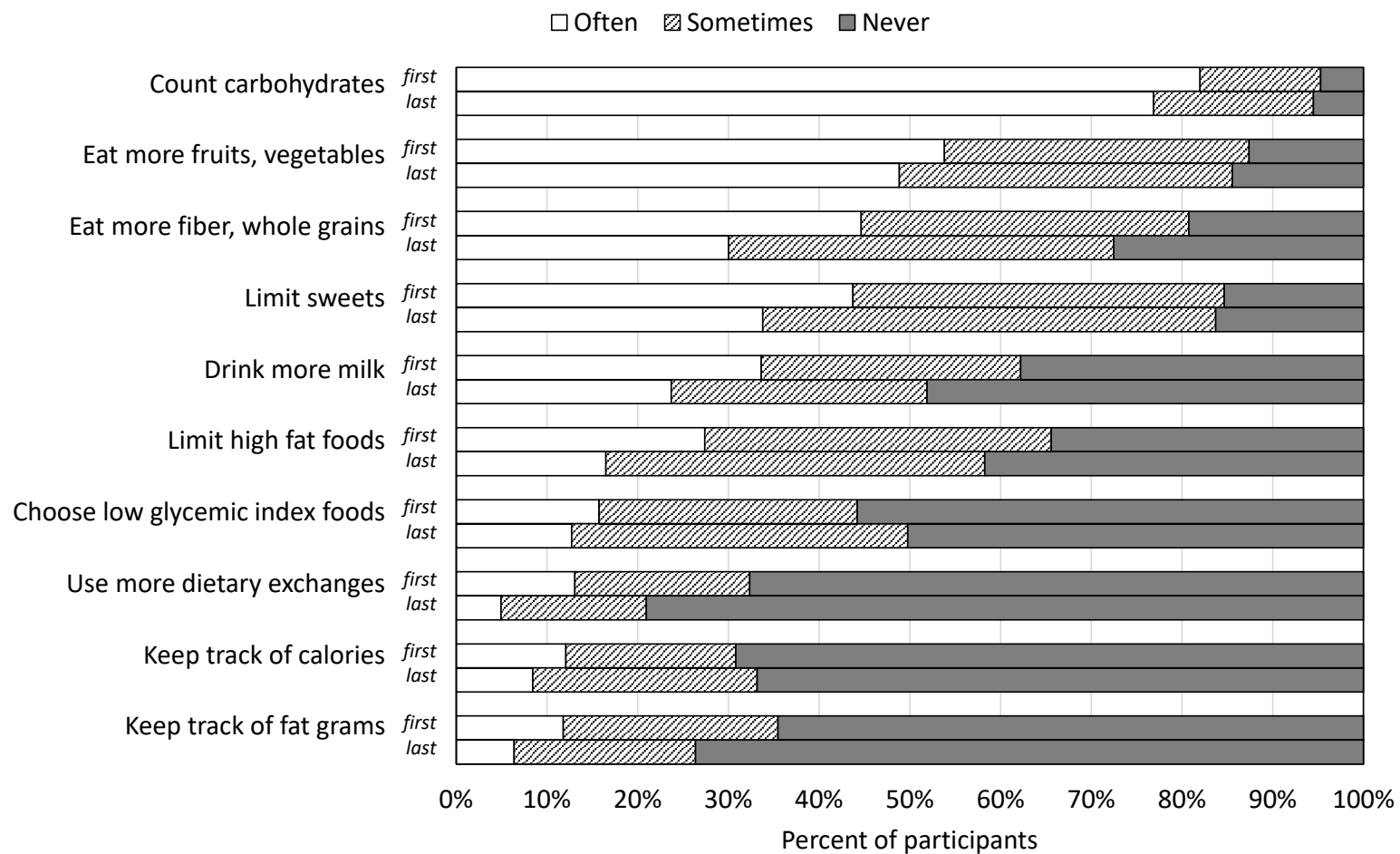


Supplemental Table 1. Mean A1c according to use of medical nutrition therapy strategies over time, by diabetes type

	N	Overall p-value [†]	Often using lsmean (SE)	Started using lsmean (SE)	Sometimes using lsmean (SE)	Stopped using lsmean (SE)	Never using lsmean (SE)
Type 1 diabetes							
Keep track of calories	1194	0.03	9.1 (0.3)	9.0 (0.2)	9.0 (0.2)	9.4 (0.2)	9.4 (0.2)
Count carbohydrates	1476	0.0001	9.3 (0.1)	9.5 (0.3)	10.1 (0.2)	9.9 (0.3)	8.5 (0.5)
Choose low glycemic index foods	1185	0.006	9.1 (0.3)	9.3 (0.2)	9.2 (0.2)	9.7 (0.2)	9.6 (0.2)
Use more dietary exchanges	1213	0.44	9.8 (0.4)	9.9 (0.2)	9.5 (0.3)	9.5 (0.2)	9.6 (0.2)
Keep track of fat grams	1182	0.06	9.4 (0.3)	9.5 (0.2)	9.0 (0.2)	9.6 (0.2)	9.6 (0.2)
Limit sweets	1344	0.30	9.3 (0.2)	9.5 (0.2)	9.5 (0.2)	9.4 (0.2)	9.8 (0.3)
Limit high fat foods	1228	0.20	9.0 (0.2)	9.4 (0.2)	9.3 (0.2)	9.4 (0.2)	9.5 (0.2)
Drink more milk	1206	0.05	9.6 (0.2)	9.7 (0.2)	9.5 (0.2)	9.5 (0.2)	9.2 (0.2)
Eat more fruits and vegetables	1320	0.72	9.4 (0.2)	9.5 (0.2)	9.6 (0.2)	9.5 (0.2)	9.7 (0.3)
Eat more fiber and whole grains	1271	0.08	9.2 (0.2)	9.6 (0.2)	9.4 (0.2)	9.6 (0.2)	9.6 (0.2)
Type 2 diabetes							
Keep track of calories	208	0.24	7.5 (0.8)	9.0 (0.6)	8.6 (0.7)	8.8 (0.6)	9.0 (0.5)
Count carbohydrates	206	0.05	8.2 (0.5)	7.6 (0.6)	9.1 (0.5)	8.9 (0.6)	9.3 (0.5)
Choose low glycemic index foods	198	0.57	8.0 (0.9)	8.5 (0.6)	9.3 (0.7)	8.9 (0.6)	9.0 (0.5)
Use more dietary exchanges	194	0.44	9.4 (1.0)	9.3 (0.7)	8.4 (0.7)	8.5 (0.6)	9.3 (0.4)
Keep track of fat grams	199	0.69	8.5 (0.9)	8.6 (0.6)	9.0 (0.6)	8.8 (0.6)	9.3 (0.5)
Limit sweets	207	0.27	8.3 (0.4)	8.4 (0.7)	8.9 (0.4)	8.6 (0.8)	10.3 (1.1)
Limit high fat foods	196	0.003	7.5 (0.5)	7.9 (0.7)	8.8 (0.4)	9.5 (0.6)	9.7 (0.6)
Drink more milk	194	0.57	8.5 (0.7)	9.3 (0.6)	8.5 (0.6)	8.4 (0.6)	8.3 (0.5)
Eat more fruits and vegetables	210	0.47	8.6 (0.4)	8.5 (0.7)	8.4 (0.4)	8.6 (0.7)	10.9 (1.3)
Eat more fiber and whole grains	206	0.81	8.4 (0.5)	8.2 (0.7)	8.4 (0.4)	9.0 (0.5)	8.8 (0.7)

*Models adjusted for: age at diagnosis, gender, race/ethnicity, baseline parental education, current insurance status, duration of DM, diabetes medication (T1: Pump Y/N, T2: Pump, other insulin, non-insulin only, none), and recommendation of relevant MNT item ever/never/DK (excluded if >90% recommendation rate: carbohydrates, limit sweets, fruits for both T1 and T2, fat foods and fiber for T2), as † p-value testing the overall effect of MNT use category

Supplemental Figure S1. Self-reported use of dietary strategies at first visit (5.8y diabetes duration) and last visit (11.2y diabetes duration) in Type 1 diabetes



Supplemental Figure S2. Self-reported use of dietary strategies at first visit (6.2y diabetes duration) and last visit (12.1y diabetes duration) in Type 2 diabetes

