Supplementary Material
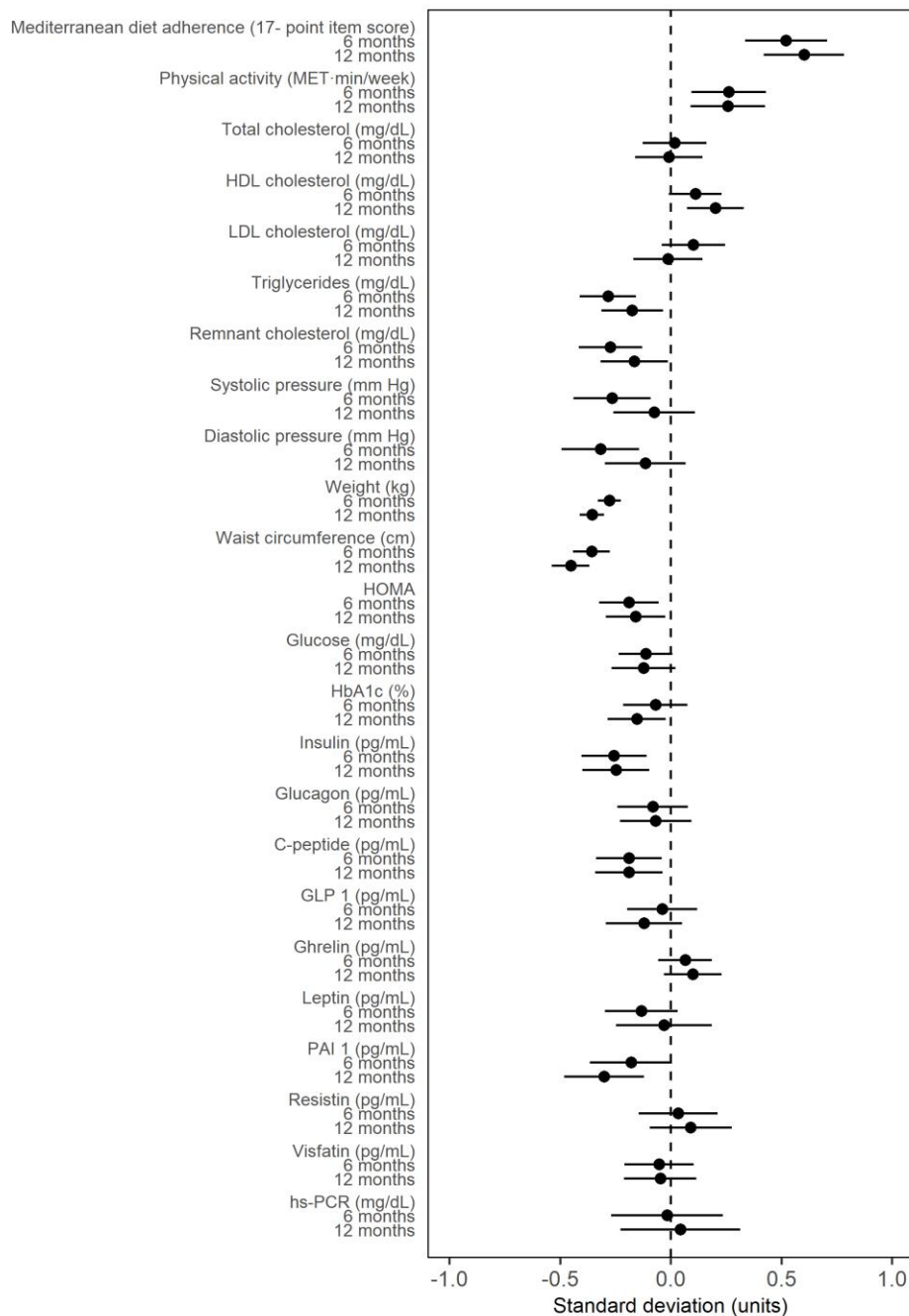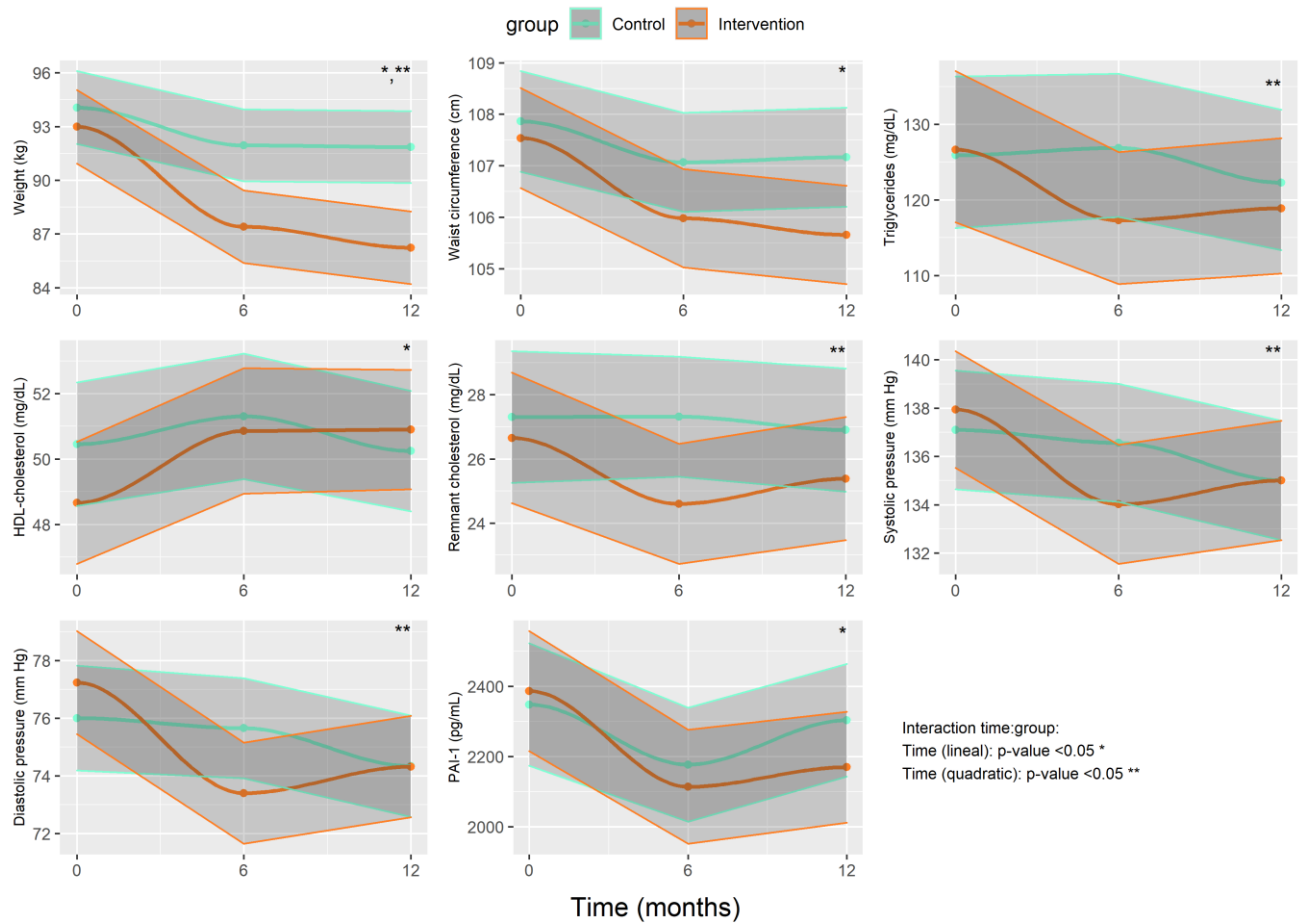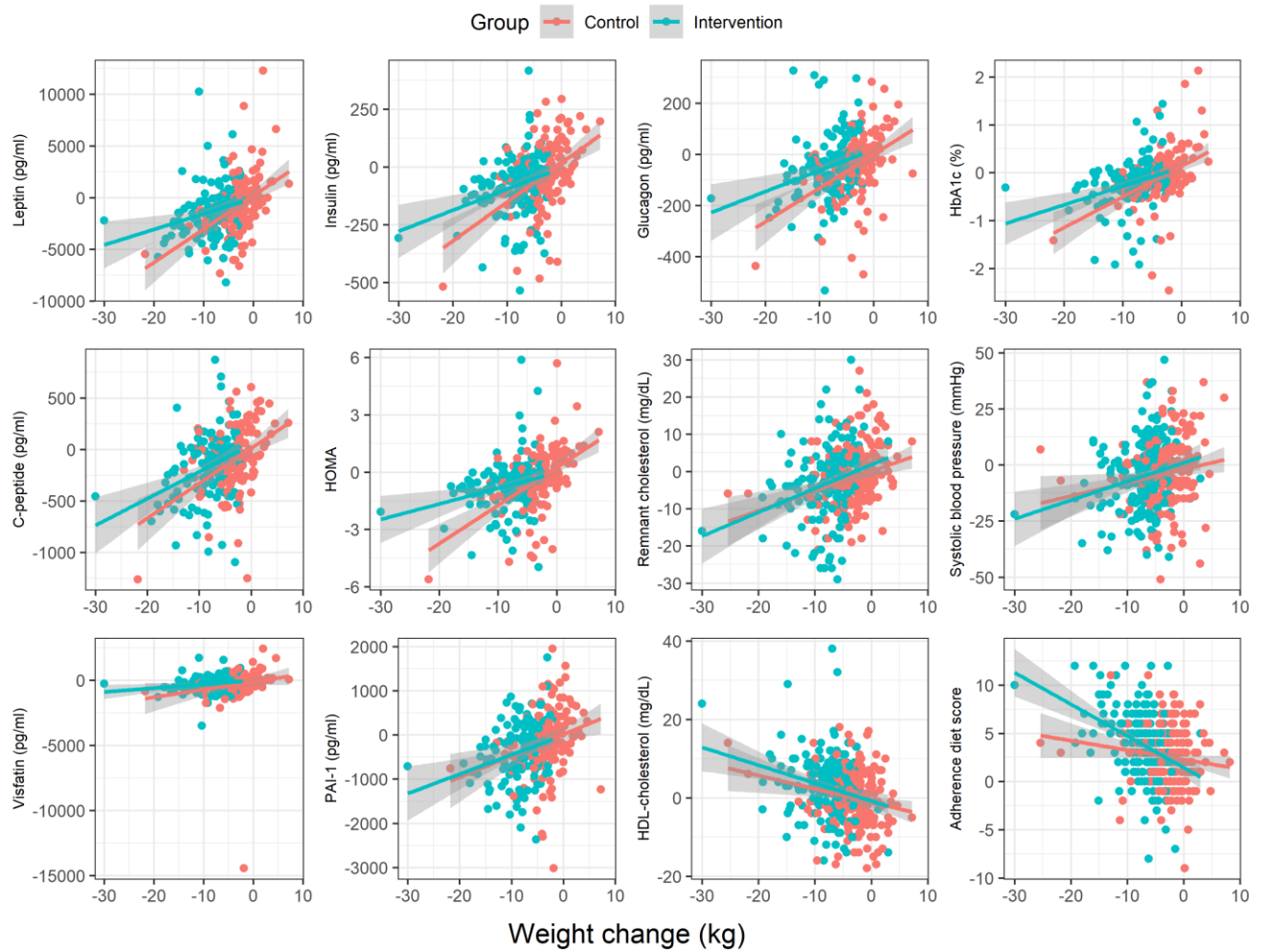
1   Supplementary Figures

1.1   Supplementary Figure 1. Mean multivariable-adjusted differences (95% CI) for changes at 6- and 12-month follow-ups in 17-item questionnaire, physical activity, biomarkers and anthropometric measurements, lipid profile, carbohydrate metabolism, and hormones.

1.2 Supplementary Figure 2. Graphics of linear mixed-effect models in cardiovascular risk factors over time: weight, waist circumference, triglycerides, HDL-cholesterol, remnant cholesterol, systolic and diastolic blood pressure, and PAI-1.

1.3   Supplementary Figure 3. Graphics of Pearson's correlation of weight loss with 12-months change of: leptin, insulin, glucagon, HbA1c, C-peptide, HOMA, remnant cholesterol, systolic blood pressure, visfatin and PAI-1, HDL cholesterol and adherence diet score.