

SUPPLEMENTARY DATA

Supplementary Table 1. Reversion of metabolic syndrome components between diet groups by rs1522813 genotype at 6 month and 2 years.

	6 months					2 years				
	GG (n=436)		GA+AA (n=223)		<i>P</i> for interaction	GG (n=375)		GA+AA (n=185)		<i>P</i> for interaction
	n (%)	OR (95% CI)*	n (%)	OR (95% CI) *		n (%)	OR (95% CI) *	n (%)	OR (95% CI) *	
Abdominal obesity reversion†										
Low-fat diets	40 (29.0)	Ref.	30 (23.6)	Ref.		36 (31.3)	Ref.	30 (26.6)	Ref.	
High-fat diets	40 (28.0)	0.95 (0.55-1.66)	28 (22.6)	1.21 (0.63-2.35)		31 (25.4)	0.58 (0.30-1.13)	25 (24.8)	1.02 (0.50-2.06)	
<i>P</i>		0.87		0.56	0.65		0.11		0.96	0.25
Low HDL cholesterol level reversion†										
Low-fat diets	17 (17.9)	Ref.	19 (21.1)	Ref.		25 (33.8)	Ref.	22 (26.8)	Ref.	
High-fat diets	17 (19.5)	1.13 (0.52-2.48)	24 (27.0)	1.31 (0.64-2.66)		21 (28.0)	0.75 (0.34-1.67)	28 (38.9)	1.73 (0.86-3.48)	
<i>P</i>		0.75		0.46	0.78		0.48		0.12	0.12
Hypertriglyceridemia reversion†										
Low-fat diets	23 (28.4)	Ref.	18 (24.0)	Ref.		23 (34.9)	Ref.	16 (23.9)	Ref.	
High-fat diets	25 (31.3)	1.24 (0.59-2.60)	24 (33.3)	1.85 (0.87-3.95)		19 (27.1)	0.75 (0.34-1.66)	22 (37.9)	2.08 (0.94-4.61)	
<i>P</i>		0.57		0.11	0.39		0.48		0.07	0.08
High blood pressure reversion†										
Low-fat diets	22 (26.5)	Ref.	15 (22.7)	Ref.		15 (23.8)	Ref.	17 (28.3)	Ref.	
High-fat diets	23 (25.0)	0.80 (0.39-1.67)	21 (31.8)	2.38 (0.98-5.77)		23 (29.5)	1.19 (0.52-2.69)	21 (39.6)	1.78 (0.79-3.97)	
<i>P</i>		0.56		0.06	0.07		0.68		0.16	0.59

*Data were calculated by using logistic regression model after adjustment for age, sex, ethnicity, and weight change.

†Participants who met the criterion for abdominal obesity, low HDL cholesterol level, hypertriglyceridemia or high blood pressure at baseline but not at the 6-month or 2-year assessment.