

SUPPLEMENTARY DATA

Supplementary Table 1. Baseline characteristics of the DIRECT study population according to assigned dietary arm

Baseline Characteristics	Entire group (n=318)	Low-Fat Diet (n=102)	Mediterranean Diet (n=108)	Low- Carbohydrate Diet (n=108)
eGFR mL/min/1.73m ²	70.5±18.2	70.26±19.2	70.19±19.3	71.08±15.8
Age- yr	51.1±6.3	50.1±6.4	52.4±6.2	50.8±6.4
Men (%)	85.8	85	81	91
Current smoker (%)	16	19	15	15
Weight – kg	91.4±13.5	91.2±12.4	91.1±13.6	91.8±14.4
BMI - kg/m ²	30.9±3.6	30.6±3.2	31.2±4.1	30.8±3.5
Blood pressure – mm Hg				
Systolic	130.7±14.3	129.1±12.8	132.8±15.3	130.0±14.4
Diastolic	79.3±8.9	78.9±8.6	80.3±9.4	78.6±8.7
Waist circumference – cm	106.3±10.4	105.2±8.8	107.3±12.1	106.3±9.9
Type 2 diabetes - no. (%)	45(14.2)	12(12)	15(14)	18(17)
Coronary heart disease — no. (%)	115(36.2)	36(35)	46(43)	33(31)
Use of statins, %	71(22.3)	24(24)	27(25)	20(19)
Use of ACE inhibitors, %	52(16.4)	12(12)	20(19)	20(19)
Blood biomarkers				
Serum LDL cholesterol — mmol/l (mg/dl)	3.08±0.9 (119.2±34.9)	3.03±0.93 (117.0±36.0)	3.18±0.89 (122.9±34.6)	3.04±0.89 (117.6±34.3)
Serum HDL cholesterol — mmol/l (mg/dl)	0.99±0.24 (38.4±9.2)	0.99±0.25 (38.4±9.6)	1.02±0.25 (39.4±9.5)	0.97±0.22 (37.6±8.7)
Serum triglycerides — mmol/l (mg/dl)	1.93±0.98 (170.6±87.2)	1.77±0.71 (156.9±63.0)	1.96±0.77 (173.5±68.0)	2.04±1.32 (180.6±116.9)
ApoB100, g/L	0.84±0.18	0.82±0.2	0.87±0.2	0.84±0.2
ApoA1, g/L	1.36±0.2	1.35±0.2	1.4±0.2	1.3±0.2
Plasma HMW-adiponectin — mg/dl	7.3±2.8	7.3±2.6	7.4±2.8	7.2±3.1
Plasma leptin — mg/dl	12.4±10.5	12.0±9.6	14.2±13.2	11.2±8.1
Fasting plasma insulin - pmol/l (μU/ml)	97.23±59.03 (14.0±8.5)	91.67±47.92 (13.2±6.9)	101.40±55.56 (14.6±8.0)	98.62±70.84 (14.2±10.2)
Fasting plasma glucose – mmol/l (mg/dl)	5.05±1.72 (91.0±30.9)	4.82±1.45 (86.8±26.1)	5.23±2.12 (94.3±38.2)	5.07±1.47 (91.4±26.4)
HOMA-IR	3.22±2.6	2.8±1.8	3.6±2.8	3.2±2.8
Urine biomarkers				
Urine albumin - mg/l	17.5±45.0	18.6±55.1	18.0±46.2	15.8±30.7
Urine creatinine - μmol/l	14563.5±6943.0	14934.2±7241.3	14313.3±7665.3	14475.0±5783.9
Urine microalbumin/creatinine ratio	12.2±35.2	13.9±46.9	13.3±37.3	9.5±14.0

Plus-minus values are means ±SD. CKD=Chronic Kidney disease, eGFR = estimated glomerular filtration, estimated by Modification-of- Diet-in-Renal-Disease (MDRD). BMI denotes body-mass index, HDL high-density lipoprotein, LDL low-density lipoprotein, HMW-adiponectin high-molecular-weight adiponectin. HOMA-IR homeostasis model assessment of insulin resistance²⁹ (insulin (U/ml) × fasting glucose (mmol/liter) ÷ 22.5). *P=0.05, †P=0.01 between the CKD groups.