

SUPPLEMENTARY DATA

Supplementary Table 1. Changes in Clinical and Metabolic Variables from Baseline *

Variable	Med Diet	Low-fat Diet	Difference (95% CI)
Waist circumference, cm			
Year 1	-4.8 (3.0)	-3.5 (2.8)	-1.3 (-1.7 to -0.5)
Year 3	-3.5 (2.2)	-2.9 (1.9)	-0.6 (-1.3 to 0.1)
Year 6	-2.3 (1.7)	-1.6 (2.0)	-0.7 (-0.16 to 0.3)
Plasma glucose, mg/dL			
Year 1	-41 (34)	-20 (19)	-21 (-31 to -13)
Year 3	-34 (25)	-18 (15)	-16 (-27 to -4)
Year 6	-26 (19)	-15 (16)	-10 (-25 to 5)
Total cholesterol, mg/dL			
Year 1	-15 (15)	-6 (7)	-9 (-14 to -5)
Year 3	-15 (10)	-12 (8)	-3 (-7 to 3)
Year 6	-10 (8)	-6 (6)	-4 (-10 to 2)
HDL-Cholesterol, mg/dL			
Year 1	3.9 (4)	1 (0.8)	2.9 (1.5 to 4.5)
Year 3	4.2 (4)	0.4 (0.4)	3.8 (0.4 to 7.7)
Year 6	3.3 (3)	-1.5 (2.4)	4.7 (0.2 to 9.1)
Triglycerides, mg/dL			
Year 1	-39 (50)	-19 (40)	-20 (-28 to -11)
Year 3	-31 (30)	-16 (0.22)	-15 (-32 to 0)
Year 6	-19 (0.28)	-7 (0.10)	-12 (-30 to 6)
Blood pressure, mmHg			
Systolic			
Year 1	-5.1 (4.2)	-2.0 (1.9)	-3.1 (-4.9 to -1.2)
Year 3	-3.9 (2.8)	-1.1 (1.2)	-2.8 (-4.9 to -0.3)
Year 6	-2.4 (2.6)	-0.6 (1.0)	-1.8 (-4.5 to 1.0)
Diastolic			
Year 1	-4.0 (3.0)	-3.0 (4.0)	-1.0 (-4.0 to -1.0)
Year 3	-3.0 (2.6)	-2.1 (1.9)	-0.9 (-3.1 to 1.5)
Year 6	-2.5 (1.7)	-1.0 (1.4)	-1.5 (-4.0 to 1.9)

*The actual number of survivors were: year 1, n = 102 Med diet/97 Low-fat Diet; year 3, n = 72/50; year 6, n = 20/9, respectively.

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Supplementary Table 2. Percentage of Participants Meeting ADA Goals

Variable	Med diet (n=108)	Low-fat diet (n=107)	Difference (95% CI)
HbA1c <7%			
Year 1	71	53	19 (14 to 23)
Year 3	53	38	15 (9 to 21)
Year 6	35	11	24 (15 to 33)
Blood pressure <140/80 mmHg			
Year 1	74	68	6 (-2 to 14)
Year 3	75	70	5 (-3 to 13)
Year 6	69	65	5 (-2 to 12)
LDL cholesterol <100 mg/dL			
Year 1	39	36	3 (-2 to 6)
Year 3	36	35	1 (-3 to 4)
Year 6	40	38	2 (-2 to 6)
All 3 goals			
Year 1	34	23	11 (4 to 16)
Year 3	33	26	7 (1 to 14)
Year 6	25	20	5 (-3 to 13)

*The actual number of participants whose HbA1c remained $\leq 7\%$ each year were: year 1, n = 102 Med diet/97 Low-fat Diet; year 3, n = 72/50; year 6, n = 20/9, respectively

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Supplementary Table 3. Changes in Selected Nutrient Indices and Physical Activity from Baseline*

Variable	MED Diet	Low-fat Diet	Difference (95% CI)
Total energy, kcal/day			
Baseline	2345 (345)	2304 (298)	-41 (.125 to 33)
Year 1	-570 (121)	-525 (111)	-45 (-120 to 30)
Year 3	-445 (101)	-430 (95)	-15 (-85 to 47)
Year 6	-350 (100)	-313 (92)	-37 (-99 to 25)
Carbohydrates, %			
Baseline	52.1 (7.6)	51.7 (8.1)	-0.4 (-1 to 0.3)
Year 1	-9.4 (3.1)	1.5 (1.8)	-10.9 (-15 to -5.0)
Year 3	-8.2 (4.6)	-0.2 (0.5)	-8.0 (-14.7 to -2.9)
Year 4	-7.5 (4.1)	2.0 (0.3)	-9.5 (-16 to -2.2)
Protein, %			
Baseline	16.7 (3.3)	16.4 (3.4)	-0.3 (-0.8 to 0.2)
Year 1	1.6 (1.5)	1.9 (1.7)	0.3 (-0.3 to 0.9)
Year 3	1.5 (1.3)	1.8 (1.5)	0.3 (-0.4 to 0.9)
Year 6	1.7 (1.4)	1.4 (1.6)	-0.3 (-0.8 to 0.3)
Fat, %			
Saturated			
Baseline	10.2 (2.8)	9.8 (2.7)	-0.4 (-1.1 to 0.4)
Year 1	-0.5 (0.5)	-0.8 (0.7)	0.3 (-0.5 to 1.1)
Year 3	-0.4 (0.5)	-0.5 (0.4)	0.1 (-0.6 to 0.7)
Year 6	-0.3 (0.3)	-0.7 (0.5)	0.4 (-0.3 to 1.1)
Monounsaturated			
Baseline	12.1 (2.6)	13.4 (3.2)	1.3 (-0.4 to 2.7)
Year 1	5.9 (3.7)	-1.4 (1.5)	7.3 (5 to 12)
Year 3	5.8 (4.1)	-1.4 (1.2)	7.2 (4 to 11.7)
Year 6	6.2 (3.3)	-1.0 (0.9)	7.2 (3 to 11.2)
Polyunsaturated			
Baseline	8.9 (2.1)	8.7 (2.4)	-0.2 (-0.6 to 0.2)
Year 1	2.4 (1.7)	-1.4 (1.2)	3.8 (1.5 to 5.5)
Year 3	2.3 (1.9)	-1.3 (1.1)	3.6 (1.3 to 5.8)
Year 6	2.1 (1.9)	-1.0 (1.0)	3.1 (1.8 to 6)
Physical activity, min/w			
Baseline	45 (12)	43 (13)	-2 (-4 to 2)
Year 1	135 (43)	128 (40)	-7 (-12 to 5)
Year 3	127 (41)	119 (43)	-8 (-13 to 5)
Year 6	118 (42)	112 (44)	-6 (-11 to 5)

*The actual number of participants whose HbA1c remained $\leq 7\%$ each year were: year 1, n = 102 Med diet/97 Low-fat Diet; year 3, n = 72/50; year 6, n = 20/9, respectively.

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Supplementary Figure 1. Trial Profile. After the end of the trial, the intervention was continued until each participant reached the primary endpoint. Participants who were lost to follow-up were treated as censored observations in the analysis.

Randomization

*January 2004 -
December 2004*

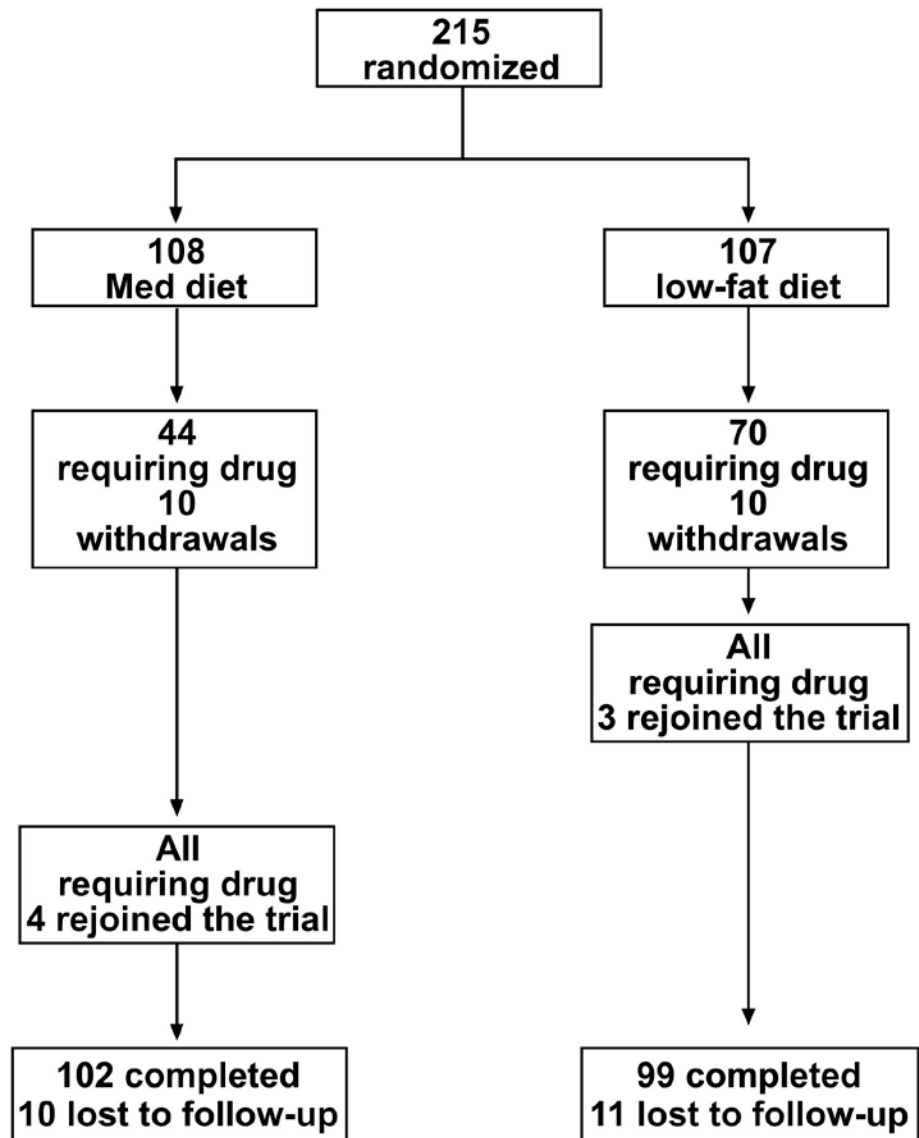
End of intervention

September 2008

December 2010

Follow-up

September 2012



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Supplementary Figure 2. Duration of any remission by intervention and duration of sustained remission. Data are estimates and 95% CIs. Estimates at any single year were as follows: for Med diet, year 1: 19.6% (95% CI, 18%-21.1%) (20/102); year 2: 10.5% (9.4%-11.6%) (9/85); year 3: 9.7% (8.6%-10.7%) (7/72); year 4: 5.7% (4.9%-6.6%) (3/52); and year 5: 2.9% (2.3%-3.5%) (1/34); for low-fat diet, year 1: 5.1% (4.1%-6.1%) (5/97); year 2: 3.1% (2.4%-3.8%) (2/64); and year 3: 2% (1.4%-2.6%) (1/50).

