

SUPPLEMENTARY DATA

Supplementary Table 1. Nutrient intake and biomarkers of adherence according to PCSK7 rs236918 at 6 months and 2 years

	At 6 Months			At 2 Years		
	CC	CG	GG	CC	CG	GG
Dietary intake per day*						
Energy, kcal	1619±524	1636±492	1698±605	1539±492	1465±426	1541±608
Carbohydrate, %	51±10	50±11	44±11	49±11	49±10	41±7
Fat, %	30±8	30±8	33±9	31±9	30±8	34±9
Protein, %	20±4	21±6	22±4	20±5	21±5	21±4
Biomarkers of adherence						
Urinary nitrogen, g [†]	11.5±4.6	12.1±4.1	11.9±5.8	11.9±4.6	12.2±4.2	11.9±4.4
Respiratory quotient [‡]	0.84±0.04	0.84±0.04	0.84±0.03	0.83±0.04	0.83±0.05	0.83±0.04

Data are expressed as mean±SD.

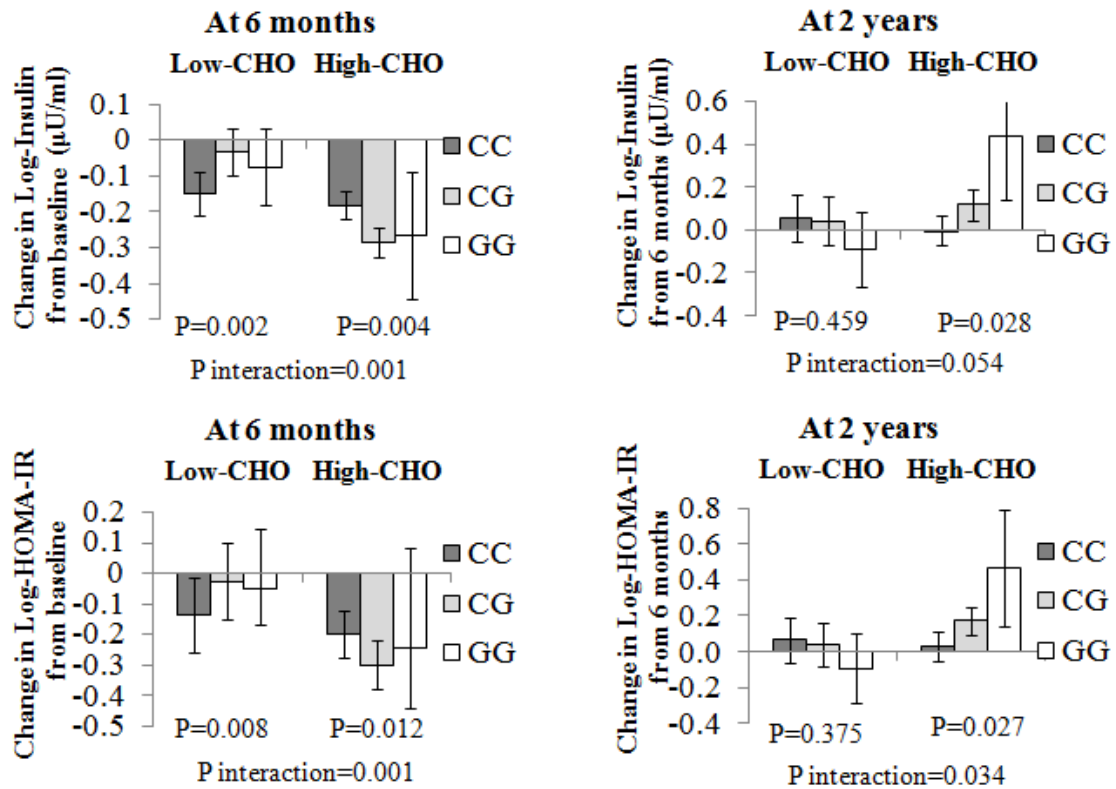
* Data were included for 5 to 268 participants per diet group at 6 mo and 4 to 140 at 2 y.

† Data were included for 8 to 420 participants per diet group at 6 mo and 9 to 362 at 2 y.

‡ Data were included for 8 to 420 participants per diet group at 6 mo and 5 to 292 at 2 y.

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Supplementary Figure 1. Effects of *PCSK7*rs236918 genotype and CHO diets on changes and reversion in fasting insulin, HOMA-IR during 2 years intervention



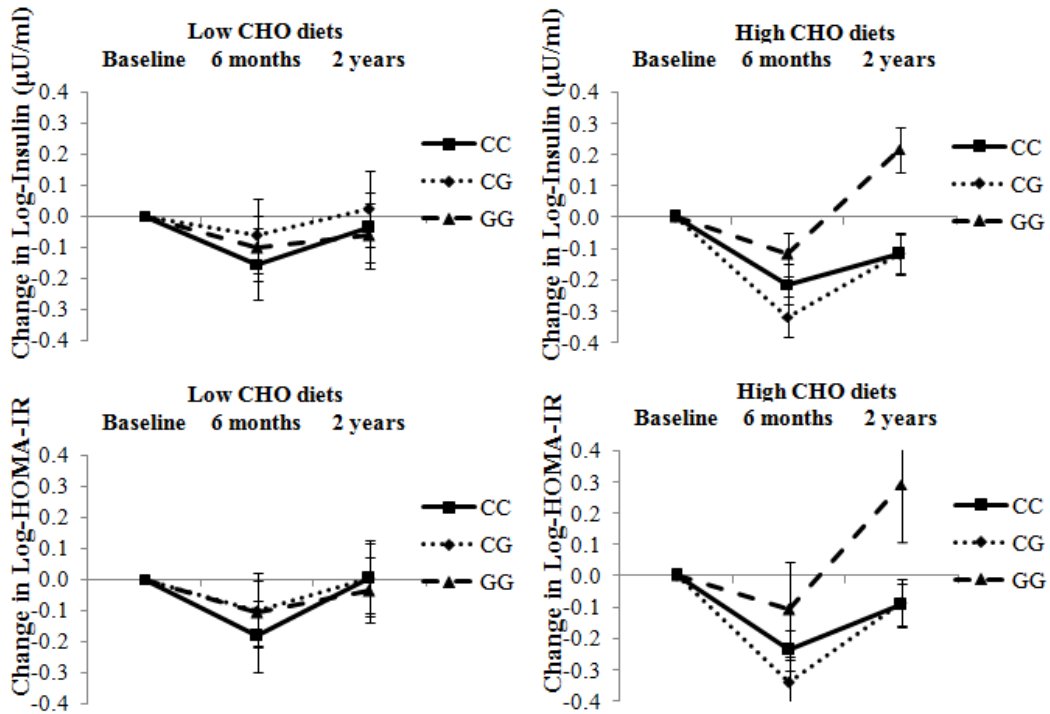
HOMA-IR indicates homeostasis model assessment of insulin resistance.

Fasting insulin and HOMA-IR were log-transformed before analysis.

P values are adjustment for age, sex, ethnicity, weight change, and baseline values for respective phenotypes.

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Supplementary Figure 2. Genotype effect of *PCSK7*rs236918 on trajectory of changes in fasting insulin, and HOMA-IR in the low dietary CHO and the high dietary CHO groups over 2 Years



Data are expressed as mean±SE after adjustment for age, sex, ethnicity, weight change, and baseline values for respective phenotypes.

P values were tested for the interaction between genotype and intervention time.