|                                | Responders (n=73) | Non-Responders (n=110) | p value |
|--------------------------------|------------------|------------------------|---------|
| Men/Women                      | 60/13            | 92/18                  | 0.799   |
| Age (years)                    | 60.8±1.0         | 59.3±0.9               | 0.252   |
| Weight (kg)                    | 80.2±1.3         | 88.4±1.4               | <0.001  |
| Body mass index (kg/m²)        | 29.9±0.4         | 32.1±0.4               | 0.001   |
| Waist circumference (cm)       | 101±1            | 108±1                  | <0.001  |
| Triglycerides (mmol/L)         | 1.48±0.10        | 1.69±0.07              | 0.090   |
| Total-cholesterol (mmol/L)     | 4.16±0.08        | 4.31±0.08              | 0.203   |
| HDL-cholesterol (mmol/L)       | 1.11±0.03        | 1.06±0.02              | 0.141   |
| LDL-cholesterol (mmol/L)       | 2.31±0.07        | 2.42±0.07              | 0.302   |
| C-reactive protein (nmol/L)    | 37.1±5.3         | 33.5±3.6               | 0.558   |
| HbA1c (mmol/mol)               | 47.8±0.9         | 50.7±0.9               | 0.032   |
| HbA1c (%)                      | 6.53±0.08        | 6.79±0.08              | 0.032   |
| Glucose (mmol/L)               | 5.50± 0.09       | 6.58±0.14              | <0.001  |
| Insulin (nmol/L)               | 64.4± 5.5        | 93.3±7.8               | 0.007   |
| HOMA-IR                        | 3.49±0.42        | 4.84±0.32              | 0.010   |
| Insulin sensitivity index      | 3.16±0.20        | 2.37±0.12              | <0.001  |
| Insulinogenic index            | 0.70±0.19        | 0.68±0.14              | 0.921   |
| Hepatic insulin resistance index| 1421±168      | 1970±129               | 0.009   |
| Muscle Insulin sensitivity index (x10²) | 1.93±0.22    | 2.20±0.25              | 0.452   |
| Disposition Index              | 0.68±0.06        | 0.43±0.02              | <0.001  |

Table S1. Baseline characteristics of the study population. Data are mean±SEM. Responders group: patients who reverted from type 2 diabetes after 5 years of dietary intervention follow-up. Non-Responders group: patients who remained with type 2 diabetes after 5 years of follow-up. p-values were calculated by One-way ANOVA. Gender p-value by chi square analysis.