

Supplemental Figure 1. Flow-chart of patient recruitment and study design. Two patients interrupted the study at 6 weeks on diet, and data collected at that time point was calculated together with data from patients with 12 weeks of intervention.

Recruitment of patients with type 2 diabetes at a primary health care center

Inclusion criteria:

Age span: 18–70 years
Both parents born in Scandinavia
Type 2 diabetes

Exclusion criteria:

Inability to understand the Swedish language
Severe food allergy
Severe heart, pulmonary, cardiovascular, malignant or psychiatric diseases
Severe liver disease (spontaneous prothrombin complex (INR) > 1.1)
Severe renal disease (glomerular filtration rate (GFR) < 30 mL/min/1.73 m²)
Pregnancy
Already on ongoing weight-reducing diet
Major prior gastrointestinal surgery
Alcohol and/or drug abuse

45 available patients contacted by mail and phone

30 patients included at baseline

Anthropometry
Blood sampling
Study and nutrition questionnaires
Study protocol

15 patients excluded or unwilling to participate:

Unwillingness (n = 11)
Late autoimmune diabetes in adult (n = 1)
Gastric by-pass surgery (n = 1)
Pregnancy (n = 1)
Already on another diet (n = 1)

30 patients examined at week 2 and 6 after dietary intervention

Anthropometry
Study protocol

28 patients examined at week 12 and 2 patients at week 6 after dietary intervention

Anthropometry
Blood sampling
Study and nutrition questionnaires
Study protocol

2 drop outs at week 6:

Work-related time constraints (n = 1)
Family-related problems (n = 1)

23 patients at 28-week follow-up

Anthropometry
Blood sampling
Study and nutrition questionnaires
Study protocol

5 drop outs at week 28:

Unwillingness to continue (n = 2)
Depression (n = 2)
Family-related problems (n = 1)