

| | Responders | Non- Responders | <i>p value</i> |
|--|-------------------|------------------------|----------------|
| | (n=73) | (n=110) | |
| 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/m ²) | 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 (x10 ²) | 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.