

Supplementary Table S1

Characteristics of participants by study population at baseline (8 weeks) and 26 weeks (diet and lifestyle outcomes).

	Sydney + Helsinki	Nottingham
<i>N</i>	343	171
Females (%)	70.0	56.1
Age (years)	58 (50, 64)	55 (43, 63)
Ethnicity, (%)		
Caucasian	94.5	85.4
Asian	2.0	4.7
African		9.4
Arabic	1.2	0.6
Hispanic		
Other	2.3	
Height (m)	1.68 ± 0.08	1.67 ± 0.09
BW (kg)	82.2 (73.4, 94.0)	84.3 (76.0, 96.1)
BMI (kg/m²)	29.0 (26.1, 33.1)	29.8 (27.2, 33.6)
FM (kg)	29.9 (22.9, 39.9)	32.9 (25.9, 41.3)
WC (cm)	101.6 ± 12.0	101.2 ± 13.0
Fasting insulin (pmol/L)	7.5 (5.5, 10.1)	8.5 (5.9, 12.1)
HbA1c (mmol/mol)	35.3 ± 3.1	34.8 ± 3.2
FPG (mmol/L)	5.8 ± 0.5	5.7 ± 0.6
C-peptide (pmol/L)	690 ± 240	729 ± 281
Energy intake (kcal)	1670 ± 394	1555 ± 415
GI	55.4 ± 7.1	53.1 ± 5.4
Dietary fiber (g/d)	25.1 ± 7.8	21.6 ± 7.2
Protein (E%)	21.5 ± 4.8	20.8 ± 4.3
Fat (E%)	15.0 ± 2.9	13.1 ± 2.8
Saturated fat (E%)	5.0 ± 1.5	4.3 ± 1.4
Carbohydrate (E%)	39.3 ± 6.9	47.1 ± 8.9
Total sugars, g/d	71.6 ± 24.6	77.5 ± 35.8
Total sugars, en%	17.5 ± 4.6	20.1 ± 6.7
Added sugars[^], g/d	17.5 ± 13.5	
Added sugars, en%	4.2 ± 2.9	
Free sugars[#], g/d		22.5 ± 17.3
Free sugars, en%		5.6 ± 3.6

Data are mean ± SD, median (25th, 75th percentiles), or the number of participants (%). *Data were collected at 8 weeks. †Data were collected at 26 weeks. ^Added sugars from Sydney and Helsinki sites. #Free sugars from Nottingham site only. *BW*, body weight; *BMI*, body mass index; *FM*, fat mass; *WC*, waist circumference; *HbA1c*, glycated hemoglobin; *FPG*, fasting plasma glucose; *GI*, glycemic index