

Table S1. Regression analyses of liver fat percentage at 6 months as dependent variable and selected dietary components after the dietary intervention as independent variables.

6-month Liver Fat (%)		β	p	Adjusted R^2	p -model
Unadjusted model	6-month TAC (mmol/1000kcal)	-0.351	0.028	0.061	0.027
Model 1	6-month TAC (mmol/1000kcal)	-0.351	0.037	0.305	<0.001
	Weight loss (%)	-0.262	<0.001		
Model 2	6-month TAC (mmol/1000kcal)	-0.297	0.056	0.398	<0.001
	Weight loss (%)				
	5-10%	-3.410	0.001		
	>10%	-5.009	<0.001		
Unadjusted model	6-month fiber (g/1000kcal)	-0.189	0.084	0.031	0.084
Model 1	6-month fiber (g/1000kcal)	-0.075	0.170	0.272	<0.001
	Weight loss (%)	-0.237	0.001		
Model 2	6-month fiber (g/1000kcal)	-0.037	0.469	0.360	<0.001
	Weight loss (%)				
	5-10%	-3.281	0.002		
	>10%	-4.826	<0.001		
Unadjusted model	6-month Proteins (% TEV)	-0.145	0.175	0.013	0.175
Model 1	6-month Proteins (% TEV)	0.029	0.827	0.246	0.002
	Weight loss (%)				
Model 2	6-month Proteins (% TEV)	-0.004	0.970	0.354	<0.001
	Weight loss (%)				
	5-10%	-3.411	0.001		
	>10%	-5.026	<0.001		
Unadjusted model	6-month Lipids (% TEV)	0.090	0.097	0.028	0.096
Model 1	6-month Lipids (% TEV)	0.090	0.127	0.278	<0.001
	Weight loss (%)	-0.231	0.001		
Model 2	6-month Lipids (% TEV)	0.046	0.417	0.362	<0.001
	Weight loss (%)				
	5-10%	-3.202	0.003		
	>10%	-4.758	<0.001		
Unadjusted model	6-month MUFA (% TEV)	0.146	0.069	0.037	0.069
Model 1	6-month MUFA (% TEV)	0.097	0.272	0.262	0.001
	Weight loss (%)	-0.228	0.002		
Model 2	6-month MUFA (% TEV)	0.052	0.534	0.359	<0.001
	Weight loss (%)				
	5-10%	-3.300	0.002		
	>10%	-4.801	<0.001		
Unadjusted model	6-month PUFA (% TEV)	-0.101	0.300	0.001	0.300
Model 1	6-month PUFA (% TEV)	-0.060	0.590	0.249	0.001
	Weight loss (%)	-0.250	0.001		
Model 2	6-month PUFA (% TEV)	-0.144	0.172	0.377	<0.001
	Weight loss (%)				
	5-10%	-3.740	0.001		
	>10%	-5.173	<0.001		
Unadjusted model	6-month SFA (% TEV)	0.305	0.032	0.056	0.032
Model 1	6-month SFA (% TEV)	0.219	0.100	0.283	<0.001
	Weight loss (%)	-0.249	<0.001		

Model 2	6-month SFA (% TEV)	0.167	0.179	0.376	<0.001
	Weight loss (%)				
	5-10%	-3.340	0.001		
	>10%	-4.887	<0.001		

Model 1 and model 2 were adjusted by dietary group (group of intervention), age, sex, 6-month physical activity and 6-month energy intake. Total energy value (TEV). Monounsaturated fatty acid (MUFA). Polyunsaturated fatty acid (PUFA). Saturated (SFA). Total antioxidant capacity (TAC).