

Table 1. online. Country of origin of Hispanic participants.

	RCT			Real World Group	
	CG = 142	IG = 143	P	RW = 315	<i>p</i>
COUNTRY					
ARGENTINA	0	3		8	
BOLIVIA	16	16		34	
BRAZIL	5	2		8	
CHILE	2	1		1	
COLOMBIA	11	14		25	
CUBA	1	2		3	
ECUADOR	39	39		70	
HONDURAS	6	8	0.054	21	0.093
MEXICO	1	1		1	
NICARAGUA	0	1		3	
PARAGUAY	22	7		45	
PERU	14	27		44	
DOMINICAN REPUBLIC	21	8		38	
URUGUAY	1	0		1	
VENEZUELA	3	7		13	

Abbreviations: RCT, Randomized Controlled Trial; CG, Control Group; IG, Intervention Group; RW, Real World group;

Table 2 online. Nutrition and Physical Activity score derived from Diabetes Nutrition and Complications Trial (DNCT)

		Score		
		+1	0	-1
Physical Activity Score				
1.	Daily walks (≥ 5 days/week)	>1 h	At least 30 minutes	<30 minutes
2.	Stair climbing (no floors/day, ≥ 5 day a week)	>16	4–16	<4
3.	At least 30 minutes of more than moderate intensity	>3 day/week	2 or 3 day/week	<2 day/week
Nutrition Score				
Servings per week				
1.	Vegetables	>12	6–12	<6
2.	Fruits (pieces)	>12	6–12	<6
3.	Nuts	>3	1–3	<1
4.	Extra Virgin Olive oil	daily	≥ 3 day	<3 day
5.	High-fat fish or Iberian ham	>3	1–3	<1
6.	Bread and cereals (high fiber content)	>6	3–6	<3
7.	Legumes	>2	1–2	<1
8.	Low-fat milk and cheeses	>6	3–6	<3
9.	Red meat and/or processed meat	<3	3–6	>6
10.	Sauces (except homemade “sofritos”)	<2	2–4	>4
11.	Juices and sugar-sweetened beverages	<2	2–4	>4
12.	Cookies	<2	2–4	>4

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