

Supplementary Table S1. Comparison of the most frequently consumed foods by patients in different diets with respect to glycemic parameters.

Category	The most frequently selected product	Median for 30% N = 15 (%)	Median for 50% N = 8 (%)	p-value	25cent for 30% N=16 (%)	25cent for 50% N=7 (%)	p-value	5cent for 30% N=18 (%)	5cent for 50% N= 16 (%)	p-value	CV (%) for 30% N=7 (%)	CV (%) for 50% N= 16 (%)	p-value	TBR70 for 30% N=6 (%)	TBR70 for 50% N=17 (%)	p-value
Sweets and snacks	Chocolate	10 (66.67%)	4 (50.00%)	0.657	11 (68.75%)	3 (42.86%)	0.363	11 (61.11%)	3 (60.00%)	1.00	4 (57.14%)	10 (62.50%)	1.00	3 (50.00%)	11 (64.71%)	0.643
Dairy products and eggs	Milk	8 (53.33%)	5 (62.50%)	1.00	8 (50.00%)	5 (71.43%)	0.405	11 (61.11%)	2 (40.00%)	0.6175	5 (71.43%)	8 (50.00%)	0.405	3 (50.00%)	10 (58.82%)	1.00
Grains	Whole meal bread	11 (73.33%)	4 (50.00%)	0.3712	12 (75.00%)	3 (42.86%)	0.1819	12 (66.67%)	3 (60.00%)	1.00	3 (42.86%)	12 (75.00%)	0.1819	4 (66.67%)	11 (64.71%)	1.00
	White bread	7 (46.67%)	7 (87.50%)	0.0858	8 (50.00%)	6 (85.71%)	0.176	10 (55.56%)	4 (80.00%)	0.6106	4 (57.14%)	10 (62.50%)	1.00	4 (66.67%)	10 (58.82%)	1.00
Fats	Butter	10 (66.67)	4 (50.00%)	0.657	11 (68.75%)	3 (42.86%)	0.363	11 (61.11%)	3 (60.00%)	1.00	4 (57.14%)	10 (62.50%)	1.00	4 (66.67%)	10 (58.82%)	1.00
Fruits	Apples	11 (73.33%)	7 (87.50%)	0.6214	12 (75.00%)	6 (85.71%)	1.00	13 (72.22%)	5 (100.00%)	0.5453	5 (71.43%)	13 (81.25%)	0.6214	5 (83.33%)	13 (76.47%)	1.00
Vegetables	Tomatoes	8 (53.33%)	5 (62.50%)	1.00	8 (50.00%)	5 (71.43%)	0.405	11 (61.11%)	2 (40.00%)	0.6175	6 (85.71%)	7 (43.75%)	0.0886	3 (50.00%)	10 (58.82%)	0.155
	Potatoes	8 (53.33%)	3 (37.50%)	0.6668	8 (50.00%)	3 (42.86%)	1.00	9 (50.00%)	2 (40.00%)	1.00	2 (28.57%)	9 (56.25%)	0.3707	1 (16.67%)	10 (58.82%)	1.00
Meat and Fish	Poultry meat	9 (60.00%)	4 (50.00%)	0.685	9 (56.25%)	4 (57.14%)	1.00	12 (66.67%)	1 (20.00%)	0.1269	4 (57.14%)	9 (56.25%)	1.00	3 (50.00%)	10 (58.82%)	1.00
Beverages	Fruit juices	14 (93.33%)	5 (62.50%)	0.1028	14 (87.50%)	5 (71.43%)	0.5573	17 (94.44%)	2 (40.00%)	0.0209	6 (85.71%)	13 (81.25%)	1.00	3 (50.00%)	16 (94.12%)	0.0401
	Carbonated drinks	5 (33.33%)	4 (50.00%)	0.657	6 (37.50%)	3 (42.86%)	1.00	6 (33.33)	3 (60.00%)	0.3428	3 (42.86%)	6 (37.50%)	0.3428	5 (83.33%)	4 (23.53%)	0.0183

¹ Fisher exact test was performed to obtain p-values. Statistically significant data was bolded (p < 0.05).