

Supplementary Materials

Table S1. Example of a high-carbohydrate diet plan.

	Amount	Total (g)	Energy (Kcal)	Carbohydrates (g)	Fat (g)	Protein (g)
Breakfast		1405	513	76	9	25
Oats	3 dl	105	387	61	7	14
Skimmed milk (0.1%)	3 dl	300	113	14	2	11
Coffee	5 cups (20 cl)	1000	12	1	0	1
Lunch		492	774	52	46	35
Salmon		110	195	0	12	22
Potatoes		180	147	30	1	3
Rye bread (whole grain)	1 slice	45	91	17	1	2
Cooking oil	2 tbsp	27	239	0	27	0
Vegetable garnish blend (frozen)		100	26	4	1	2
Feta (40+)		30	76	0	6	6
Afternoon		170	257	39	6	8
Rye bread (whole grain)	1 slice	45	91	17	1	2
Cheese (hard, 45+)	1 slice	20	67	0	5	5
Banana (medium size)	1	105	99	22	0	1
Dinner		875	867	55	50	46
Chicken (meat, raw)		150	193	0	8	29
Potatoes		180	147	30	1	3
Cooking oil	2 tbsp	27	239	0	27	0
Vegetable garnish blend (frozen)		100	26	4	1	2
Sun-dried tomatoes in oil	3 pcs	18	38	3	3	1
Black olives (pitted, in brine)	20 pcs	100	111	3	10	1
Skimmed milk (0.5%)	3 dl	300	113	14	2	11
Evening		230	386	40	12	26
Rye bread (whole grain)	2 slices	90	181	34	1	5
Cheese (hard, 45+)	2 slices	40	133	1	10	10
Skyr (0.2%)		100	71	6	0	11
Total		3172	2796	262	123	140
180 g potatoes alternatives		852	1183	214	8	48
Pasta (fresh, boiled)		112	147	28	1	5
Rice (boiled)		112	146	32	0	3
Rye bread (whole grain)		75	153	29	1	4
Whole-grain bread		68	148	36	2	9
Quinoa (boiled)		90	146	23	2	6
Bulgur (boiled)		180	149	25	0	6
Red lentils (boiled)		100	148	23	1	12
Kidney beans (boiled)		115	146	18	1	10

Table S2. Example of a low-carbohydrate-high-fat diet plan.

	Amount	Total (g)	Energy (Kcal)	Carbohydrates (g)	Fat (g)	Protein (g)
Breakfast		1261	358	18	26	12
Greek yogurt (10%)		250	308	11	25	10
Oats	2 tbsp	11	39	6	1	1
Coffee	5 cups (20 cl)	1000	12	1	0	1
Lunch		422	725	20	53	44
Salmon		175	310	0	19	35
Potatoes		90	74	15	0	2
Cooking oil	2 tbsp	27	239	0	27	0
Vegetable garnish blend (frozen)		100	26	4	1	2
Feta (40+)		30	76	0	6	6
Afternoon		130	392	18	25	22
Rye bread (whole grain)	1 slice	45	91	17	1	2
Butter (salted)	1 tsp	5	35	0	4	0
Cheese (hard, 45+)	4 slices	80	267	1	21	20
Dinner		600	814	30	53	51
Chicken (meat, raw)		235	302	0	13	45
Potatoes		120	98	20	0	2
Cooking oil	2 tbsp	27	239	0	27	0
Vegetable garnish blend (frozen)		100	26	4	1	2
Sun-dried tomatoes in oil	3 pcs	18	38	3	3	1
Black olives (pitted, in brine)	20 pcs	100	111	3	10	1
Evening		370	485	14	40	16
Greek yogurt (10%)		250	308	11	25	10
Cheese (hard, 45+)	1 slice	20	67	0	5	5
Black olives (pitted, in brine)	20 pcs	100	111	3	10	1
Total		2782	2774	100	197	145
120 g potatoes alternatives		570	792	143	5	32
Pasta (fresh, boiled)		75	98	19	1	4
Rice (boiled)		75	98	21	0	2
Rye bread (whole grain)		50	102	20	1	3
Whole-grain bread		45	98	24	1	2
Quinoa (boiled)		60	97	15	2	4
Bulgur (boiled)		120	100	17	0	4
Red lentils (boiled)		70	103	16	1	8
Kidney beans (boiled)		75	95	12	0	7

Table S3. Example of a low-carbohydrate-high-protein diet plan.

Amount		Total (g)	Energy (Kcal)	Carbohydrates (g)	Fat (g)	Protein (g)
Breakfast		1295	437	27	19	35
Skyr (0.2%)		200	131	9	0	22
Rye bread (whole grain)	1 slice	45	91	17	1	2
Butter (salted)	2 tsp	10	69	0	8	0
Cheese (hard, 45+)	2 slices	40	133	1	10	10
Coffee	5 cups (20 cl)	1000	12	1	0	1
Lunch		497	829	25	58	53
Salmon		220	390	0	24	44
Potatoes		120	98	20	0	2
Cooking oil	2 tsp	27	239	0	27	0
Vegetable garnish blend (frozen)		100	26	4	1	2
Feta (40+)		30	76	0	6	6
Afternoon		80	267	1	21	20
Cheese (hard, 45+)	4 slices	80	267	1	21	20
Dinner		665	897	30	57	64
Chicken (meat, raw)		300	385	0	17	58
Potatoes		120	98	20	0	2
Cooking oil	2 tbsp	27	239	0	27	0
Vegetable garnish blend (frozen)		100	26	4	1	2
Sun-dried tomatoes in oil	3 pcs	18	38	3	3	1
Black olives (pitted, in brine)	20 pcs	100	111	3	10	1
Evening		340	375	12	21	33
Skyr (0.2%)		200	131	9	0	22
Cheese (hard, 45+)	2 slices	40	133	1	10	10
Black olives (pitted, in brine)	20 pcs	100	111	3	10	1
Total		2877	2805	95.7	175	205
120 g potatoes alternatives		570	792	143	5	32
Pasta (fresh, boiled)		75	98	19	1	4
Rice (boiled)		75	98	21	0	2
Rye bread (whole grain)		50	102	20	1	3
Whole-grain bread		45	98	24	1	2
Quinoa (boiled)		60	97	15	2	4
Bulgur (boiled)		120	100	17	0	4
Red lentils (boiled)		70	103	16	1	8
Kidney beans (boiled)		75	95	12	0	7

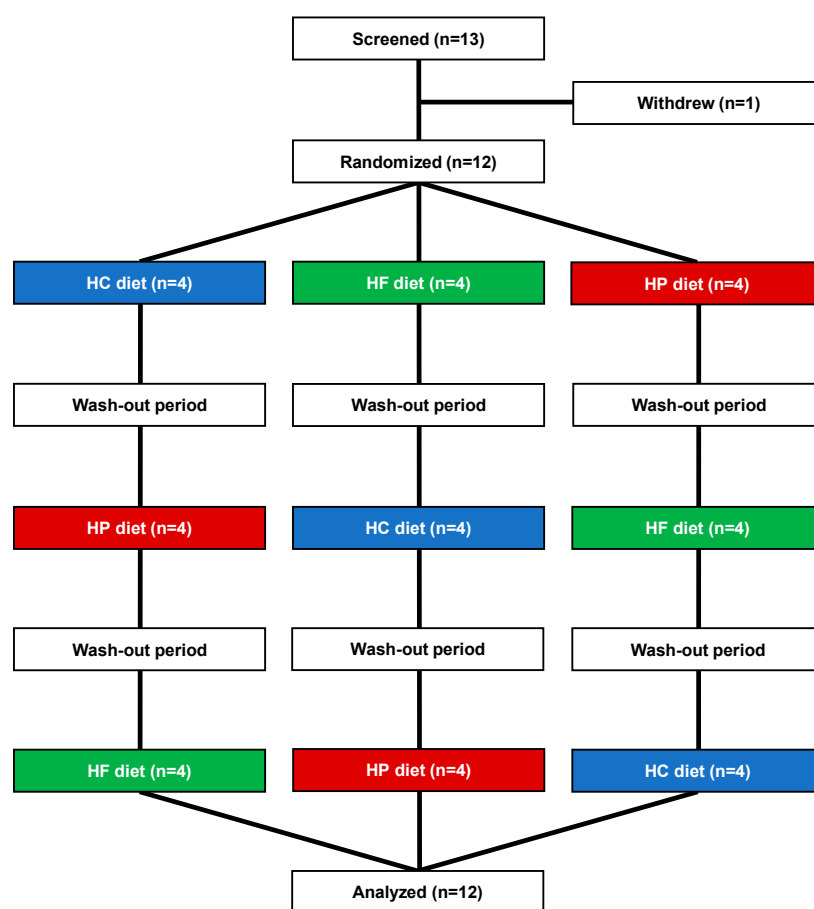


Figure S1. Flow diagram. HC, High-carbohydrate; HF, Low-carbohydrate-high-fat; HP, Low-carbohydrate-high-protein.