

Table S4. Correlation analyses between dietary intake and biomarkers of glycemic control

| | Prediabetic | | | | | | T2DM | | | | | |
|----------------------------|-------------|----------|-----------|----------|-------------|----------|-------------|----------|-----------|----------|-------------|----------|
| | FPG (mg/dL) | | HbA1c (%) | | SI (μIU/mL) | | FPG (mg/dL) | | HbA1c (%) | | SI (μIU/mL) | |
| | r | p | r | p | r | p | r | p | r | p | r | p |
| Potatoes (g) | 0.151 | 0.000 | 0.040 | 0.520 | 0.013 | 0.839 | 0.061 | 0.274 | 0.066 | 0.237 | 0.073 | 0.079 |
| Soups & sauces (g) | 0.086 | 0.048 | 0.029 | 0.644 | 0.115 | 0.062 | 0.079 | 0.066 | 0.033 | 0.562 | 0.102 | 0.068 |
| Meat and meat products (g) | 0.099 | 0.111 | 0.119 | 0.042 | 0.034 | 0.591 | 0.002 | 0.964 | 0.043 | 0.300 | 0.001 | 0.975 |
| Milk and milk products (g) | 0.073 | 0.240 | 0.076 | 0.237 | 0.237 | 0.000 | 0.190 | 0.002 | 0.032 | 0.463 | 0.006 | 0.916 |
| Nuts and seeds (g) | -0.034 | 0.588 | -0.016 | 0.039 | 0.115 | 0.062 | -0.026 | 0.536 | -0.031 | 0.465 | 0.062 | 0.267 |
| Fruit (g) | 0.105 | 0.089 | 0.097 | 0.118 | 0.068 | 0.287 | 0.184 | 0.003 | 0.057 | 0.310 | 0.023 | 0.579 |
| Fats and oils (g) | -0.053 | 0.395 | -0.097 | 0.116 | -0.039 | 0.547 | -0.012 | 0.764 | -0.167 | 0.007 | -0.011 | 0.791 |

FPG, fasting plasma glucose; HbA1c, glycated hemoglobin; SI, serum insulin.