

Table S1. Difference in outcomes from baseline to 16 weeks in low- and high-glucose eating patterns.

	Low-Glucose Eating Pattern		High-Glucose Eating Pattern	
	Mean Change	SD	Mean Change	SD
Weight (kg)	-7.4	3.9	-5.8	3.7
Energy intake (kcal)	-323	410	-445	440
Fasting glucose (mg/dl)	-3.3	10.7	-1.5	9.4
Fasting insulin (μ IU/ml)	-7.0	6.4	-3.5	5.5
Insulin resistance (HOMA-IR)	-0.7	0.7	-0.2	0.8
MAGE (mg/dl)	-1.8	9.4	2.2	12.6
CRP (μ g/ml)	-0.5	1.8	-1.4	2.4
Adiponectin (μ g/ml)	1.8	2.5	-0.9	2.9
IGF-1 (nM)	7.6	25.3	12.8	16.0