

Patients with type 2 diabetes
screened for eligibility (n=66)

Excluded (n=17):
- declined to participate (n=10)
- contraindication to H¹-MRS (n=6)
- BMI <27 kg/m² (n=1)

Enrolled and randomly assigned to treatment (n=49)

MUFA diet (n=26)

Multifactorial diet (n=23)

Discontinued treatment (n=4):
- unwilling to comply with diet (n=2)
- withdrew for personal reasons (n=2)

Discontinued treatment (n=2):
- withdrew consent (n=1)
- unwilling to comply with diet (n=1)

Completed the trial (n=22)

Completed the trial (n=21)

Fatty acids, serum
triglycerides
available (n=20)

Fatty acids, serum
triglycerides
available (n=17)