

Supplementary Table S1. Baseline Demographics of the Study Drop-Outs

Variable	Specifics	Intervention Group (n=11)	Portion-Controlled Group (n=11)	P-Value
Mean Age, Years (SD)		38.5 (13.6)	47.6 (12.7)	0.12
Age Range		24-70	28-70	
Gender	Male	2 (18%)	2 (18%)	1
	Female	9 (82%)	9 (82%)	
Race and Ethnicity				0.004
	Black, Non-Hispanic	4 (36%)	0 (0%)	
	Asian, Pacific Islander	1 (9%)	0 (0%)	
	Native American, Non-Hispanic	0 (0%)	0 (0%)	
	White, Non-Hispanic	4 (36%)	11 (100%)	
	White, Hispanic	2 (18%)	0 (0%)	
Marital Status				0.66
	Not Married	5 (45%)	3 (27%)	
	Married	6 (55%)	8 (73%)	
Education				1
	High School, Partial or Graduate	1 (9%)	0 (0%)	
	College, Partial or Graduate	7 (64%)	8 (73%)	
	Graduate Degree	3 (27%)	3 (27%)	
Body Mass Index in kg/m ² (SD)		23.3 (4.1)	27.6 (6.3)	0.08

Supplementary Table S2. Nutrient Intake, Food Acceptability, Physical Activity, Body Weight, Insulin Use, Laboratory Tests, and Insulin Sensitivity at Baseline and 12 Weeks

	Vegan Group			Portion-Controlled Group			Effect Size	P
	Week 0	Week 12	Change	Week 0	Week 12	Change		
<i>Dietary intake</i>								
Energy, kcal/day	1,548 (1,410–1,687)	1,415 (1,205–1,624)	−134 (−367 to +99)	1,898 (1,487–2,308)	1,548 (1,364–1,733)	−350 (−768 to +68)	+216 (−249 to +681)	0.35
Total fat, g/day	64.0 (56.0–72.0)	21.0 (16.7–25.3)	−43.0 (−53.7 to −32.4)*	82.1 (60.2–104.0)	64.1 (56.5–71.6)	−18.1 (−39.6 to +3.5)	−25.0 (−48.4 to −1.5)	0.04
Saturated fat, g/day	20.9 (16.7–25.0)	4.2 (3.1–5.2)	−16.7 (−21.1 to −12.3)*	23.5 (15.2–31.7)	19.8 (14.8–24.8)	−3.7 (−12.4 to +5.1)	−13.0 (−22.6 to −3.5)	0.009
Monounsaturated fat, g/day	20.4 (17.4–23.3)	6.3 (4.6–8.1)	−14.0 (−18.0 to −10.0)*	28.7 (20.8–36.6)	24.5 (20.9–28.1)	−4.2 (−12.8 to +4.4)	−9.8 (−19.1 to −0.5)	0.04
Polyunsaturated fat, g/day	15.1 (11.9–18.2)	8.6 (6.4–10.8)	−6.5 (−10.6 to −2.4)†	24.1 (16.9–31.2)	18.5 (15.8–21.3)	−5.5 (−13.4 to +2.3)	−0.96 (−9.6 to +7.7)	0.82
Carbohydrates, g/day	182 (156–208)	293 (221–365)	+111 (+40 to +183)†	230 (181–280)	192 (156–228)	−38 (−95 to +19)	+149 (+61 to +238)	0.002
Protein, g/day	63.3 (53.9–72.7)	47.0 (41.8–52.1)	−16.3 (−25.1 to −7.6)†	69.4 (58.3–80.4)	65.6 (56.2–75.0)	−3.7 (−17.2 to +9.7)	−12.6 (−27.8 to +2.7)	0.10
Cholesterol, mg/day	210 (149–271)	3.3 (0.0–8.1)	−207 (−268 to −146)*	187 (100–273)	148 (86–210)	−39 (−116 to +38)	−168 (−262 to −75)	<0.001
Fiber, g/day	22.6 (18.5–26.6)	41.0 (35.1–46.9)	+18.4 (+12.5 to +24.4)*	28.4 (20.8–36.0)	28.0 (22.2–33.8)	−0.4 (−6.8 to +6.0)	+18.8 (+10.4 to +27.3)	<0.001
Soluble fiber, g/day	7.3 (5.9–8.7)	9.4 (8.0–10.8)	+2.1 (+0.5 to +3.6)‡	7.1 (5.1–9.0)	8.0 (6.0–10.0)	+0.9 (−1.9 to +3.8)	+1.2 (−2.0 to +4.3)	0.46
Insoluble fiber, g/day	15.1 (12.1–18.2)	31.5 (26.2–36.7)	+16.3 (+10.9 to +21.8)*	21.3 (15.1–27.6)	20.0 (15.2–24.8)	−1.3 (−6.3 to +3.7)	+17.7 (+10.6 to +24.8)	<0.001
<i>Food acceptability</i>								
Likeability	4.2 (3.7–4.6)	6.2 (5.8–6.6)	+2.0 (+1.4 to +2.6)*	4.5 (3.9–5.0)	4.3 (3.8–4.8)	−0.2 (−0.6 to +0.2)	+2.2 (+1.5 to +2.9)	<0.001
Taste	3.9 (3.4–4.5)	6.1 (5.7–6.5)	+2.2 (+1.4 to +2.9)*	4.4 (3.7–5.0)	4.2 (3.8–4.7)	−0.1 (−0.6 to +0.3)	+2.3 (+1.4 to +3.1)	<0.001
Appeal	4.3 (3.9–4.7)	5.9 (5.5–6.4)	+1.7 (+1.0 to +2.4)*	4.3 (3.6–4.9)	4.2 (3.7–4.7)	−0.1 (−0.7 to +0.5)	+1.8 (+0.9 to +2.7)	<0.001
Not boring	4.1 (3.5–4.6)	6.1 (5.7–6.5)	+2.0 (+1.2 to +2.8)*	4.4 (3.8–4.9)	4.2 (3.8–4.6)	−0.2 (−0.6 to +0.2)	+2.2 (+1.3 to +3.0)	<0.001
Ease of preparation	4.3 (3.9–4.8)	4.8 (4.3–5.3)	+0.5 (−0.1 to +1.1)	4.6 (3.9–5.3)	4.2 (3.7–4.7)	−0.4 (−0.9 to +0.1)	+0.9 (+0.2 to +1.6)	0.02
Ease of purchase	4.2 (3.9–4.6)	4.7 (4.4–5.0)	+0.5 (+0.1 to +0.9)‡	4.4 (3.8–4.9)	4.5 (4.0–5.0)	+0.1 (−0.2 to +0.4)	+0.4 (−0.1 to +0.9)	0.14
Ease of dining out	4.4 (4.0–4.8)	4.7 (4.3–5.1)	+0.3 (−0.1 to +0.6)	4.5 (3.9–5.1)	4.1 (3.5–4.6)	−0.4 (−1.0 to +0.2)	+0.7 (−0.0 to +1.4)	0.05
Effort (7 = no effort)	4.2 (3.8–4.7)	4.9 (4.5–5.4)	+0.7 (+0.2 to +1.2)†	4.2 (3.7–4.7)	4.2 (3.7–4.6)	0.0 (−0.4 to +0.4)	+0.7 (+0.1 to +1.4)	0.03
Satisfaction after meals	4.3 (3.9–4.7)	6.1 (5.7–6.5)	+1.8 (+1.2 to +2.5)*	4.3 (3.8–4.8)	4.1 (3.5–4.6)	−0.2 (−0.9 to +0.4)	+2.1 (+1.2 to +2.9)	<0.001
Satisfaction with the diet	4.3 (3.9–4.8)	6.2 (5.7–6.6)	+1.8 (+1.3 to +2.4)*	4.4 (4.0–4.9)	4.2 (3.6–4.8)	−0.2 (−0.7 to −0.2)	+2.1 (+1.4 to +2.8)	<0.001
Cost (7= much less expensive)	4.2 (3.7–4.6)	6.1 (5.7–6.5)	+1.9 (+1.4 to +2.5)*	4.5 (4.0–5.0)	4.1 (3.6–4.6)	−0.4 (−0.9 to +0.0)	+2.4 (+1.7 to +3.0)	<0.001
<i>Physical activity</i>								
Metabolic equivalent, minutes/day	2,564 (1,656–3,472)	2,497 (1,577–3,416)	−67.7 (−194.4 to +59.0)	1,338 (766–1,909)	1,324 (756–1,891)	−14.0 (−55.7 to +27.7)	−53.7 (−185.3 to +77.9)	0.41
<i>Weight</i>								
Body weight, kg	68.4 (62.4–74.4)	63.2 (57.9–68.6)	−5.2 (−6.6 to −3.7)*	77.8 (66.9–88.8)	76.9 (66.3–87.6)	−0.9 (−2.1 to +0.3)	−4.3 (−6.1 to −2.4)	<0.001
BMI, kg/m²	25.3 (23.9–26.8)	23.4 (22.1–24.8)	−1.9 (−2.4 to −1.4)*	27.1 (24.1–30.1)	26.8 (23.9–29.6)	−0.3 (−0.8 to +0.1)	−1.6 (−2.2 to −0.9)	<0.001
<i>Insulin use and insulin sensitivity</i>								
TDD, units/day	43.7 (28.9–58.5)	31.6 (21.7–41.4)	−12.1 (−20.6 to −3.7)†	46.2 (34.7–57.7)	44.8 (33.3–56.3)	−1.4 (−8.1 to +5.3)	−10.7 (−21.3 to −0.2)	0.046
Total insulin dose per kg of body weight, units/kg	0.62 (0.43–0.78)	0.47 (0.36–0.58)	−0.15 (−0.25 to −0.05)†	0.58 (0.48–0.68)	0.57 (0.47–0.66)	−0.01 (−0.10 to +0.08)	−0.14 (−0.27 to −0.01)	0.03
Bolus insulin, units/day	23.6 (15.2–32.0)	19.2 (11.5–26.9)	−4.4 (−11.0 to +2.2)	22.9 (15.7–30.1)	22.8 (15.7–29.9)	−0.1 (−7.2 to +7.0)	−4.3 (−13.6 to +5.0)	0.36
Basal insulin, units/day	20.1 (12.6–27.7)	12.4 (9.3–15.5)	−7.7 (−13.3 to −2.2)†	26.5 (18.2–34.9)	22.0 (14.8–29.2)	−4.5 (−8.4 to −0.6)‡	−3.2 (−9.9 to +3.5)	0.34
Insulin sensitivity, (grams of carbohydrate to units of insulin per day)	5.2 (4.2–6.3)	11.9 (7.5–16.2)	+6.6 (+2.8 to +10.4)†	6.9 (3.8–10.1)	5.3 (3.7–7.0)	−1.6 (−4.5 to +1.3)	+8.2 (+3.6 to +12.8)	0.001
<i>Laboratory tests</i>								
Fasting plasma glucose, mg/dL	148.3 (126.1–170.5)	141.3 (112.3–170.3)	−6.9 (−41.5 to +27.6)	156.1 (125.2–187.1)	136.1 (100.4–171.9)	−19.1 (−62.0 to +23.9)	+12.1 (−40.3 to +64.5)	0.64
A1C, %	7.1 (6.6–7.7)	6.3 (6.0–6.7)	−0.8 (−1.1 to −0.4)*	6.9 (6.4–7.5)	6.4 (6.0–6.8)	−0.6 (−0.9 to −0.2)**	−0.22 (−0.68 to +0.24)	0.34
C-peptide, ng/mL	0.4 (0.0–0.9)	0.4 (0.0–1.0)	+0.0 (−0.4 to +0.4)	0.4 (0.0–1.0)	0.3 (0.0–0.5)	−0.2 (−0.7 to +0.3)	+0.19 (−0.42 to +0.79)	0.52
Total cholesterol, mg/dL	181.3 (162.5–200.1)	149.0 (129.9–168.1)	−32.3 (−43.4 to −21.2)*	169.0 (159.8–178.2)	159.1 (143.2–174.9)	−10.9 (−20.4 to −1.5)*	−21.4 (−35.6 to −7.2)	0.004

HDL cholesterol, mg/dL	72.9 (63.3–82.6)	60.6 (50.2–70.9)	−12.4 (−16.9 to −7.9)*	58.0 (49.8–66.2)	53.9 (46.0–61.7)	−3.4 (−6.9 to +0.0)	−9.0 (−14.5 to −3.4)	0.003
LDL cholesterol, mg/dL	93.2 (76.3–110.1)	74.7 (60.5–88.8)	−18.6 (−28.3 to −8.9)*	96.7 (87.4–106.1)	88.6 (74.6–102.6)	−9.5 (−19.7 to +0.7)	−9.1 (−22.6 to +4.5)	0.18
VLDL cholesterol, mg/dL	15.9 (12.4–19.3)	15.4 (13.6–17.1)	−0.5 (−3.4 to +2.4)	15.1 (12.0–18.3)	16.9 (13.7–20.2)	+1.8 (−0.8 to +4.4)	−2.3 (−6.0 to +1.4)	0.22
Triglycerides, mg/dL	82.7 (62.0–103.3)	77.3 (66.7–87.8)	−5.4 (−22.5 to +11.7)	81.8 (63.5–100.2)	87.8 (69.0–106.5)	+5.9 (−9.0 to +20.8)	−11.3 (−33.4 to +10.8)	0.30
BUN, mg/dL	13.6 (10.7–16.5)	8.5 (7.0–10.0)	−5.1 (−7.3 to −2.9)*	13.3 (11.5–15.1)	13.3 (11.4–15.3)	+0.1 (−1.4 to +1.7)	−5.2 (−7.9 to −2.5)	<0.001
Creatinine, mg/dL	0.8 (0.7–1.0)	0.8 (0.7–0.9)	−0.0 (−0.1 to +0.0)	0.8 (0.7–0.9)	0.8 (0.7–0.9)	+0.0 (−0.1 to +0.1)	−0.02 (−0.09 to +0.05)	0.55
BUN-to-creatinine ratio	16.6 (12.9–20.2)	10.6 (8.5–12.6)	−6.0 (−9.2 to −2.8)*	16.3 (13.9–18.7)	16.9 (13.9–20.0)	+0.7 (−2.1 to +3.4)	−6.7 (−10.7 to −2.6)	0.002
Total protein, g/dL	6.6 (6.4–6.8)	6.7 (6.4–6.9)	+0.1 (−0.0 to +0.2)	6.8 (6.6–7.0)	6.7 (6.6–6.9)	−0.1 (−0.2 to −0.0)‡	+0.21 (+0.05 to +0.38)	0.01
Albumin, g/dL	4.4 (4.2–4.5)	4.4 (4.2–4.6)	0.0 (−0.2 to +0.2)	4.3 (4.2–4.5)	4.3 (4.2–4.4)	−0.0 (−0.1 to +0.1)	+0.06 (−0.15 to +0.27)	0.56
Globulin, g/dL	2.2 (2.0–2.4)	2.3 (2.1–2.5)	0.1 (−0.1 to +0.2)	2.5 (2.2–2.7)	2.4 (2.2–2.6)	−0.1 (−0.2 to +0.0)	+0.17 (−0.02 to +0.35)	0.07
Albumin-to-globulin ratio	2.0 (1.8–2.2)	2.0 (1.8–2.2)	−0.0 (−0.2 to +0.2)	1.8 (1.6–2.1)	1.8 (1.6–2.0)	0.0 (−0.1 to +0.2)	−0.07 (−0.32 to +0.19)	0.60
Total bilirubin, mg/dL	0.6 (0.4–0.8)	0.6 (0.4–0.8)	0.0 (−0.1 to +0.2)	0.6 (0.4–0.7)	0.5 (0.4–0.7)	−0.0 (−0.1 to +0.1)	+0.05 (−0.10 to +0.21)	0.50
Alkaline phosphatase, IU/L	73.6 (62.9–84.4)	76.8 (66.2–87.5)	3.2 (−1.9 to +8.4)	75.1 (65.0–85.1)	74.3 (64.9–83.6)	−0.8 (−4.9 to +3.3)	+4.0 (−2.4 to +10.5)	0.21
AST, IU/L	24.4 (15.4–33.5)	22.3 (19.1–25.4)	−2.2 (−9.5 to +5.2)	22.4 (12.5–32.3)	18.4 (14.3–22.4)	−3.6 (−11.1 to +3.9)	+1.46 (−8.67 to +11.59)	0.77
ALT, IU/L	24.9 (11.8–38.1)	17.4 (11.9–22.8)	−7.6 (−16.6 to +1.5)	24.2 (8.4–40.1)	18.2 (12.3–24.1)	−6.3 (−17.8 to +5.1)	−1.24 (−15.08 to +12.60)	0.86
<i>CGM data</i>								
Glucose, mmol/L	8.5 (7.5–9.6)	8.1 (7.3–8.9)	−0.4 (−1.4 to +0.6)	7.9 (7.0–8.7)	7.7 (7.0–8.4)	−0.2 (−0.7 to +0.4)	−0.25 (−1.34 to +0.84)	0.64
Glucose, mg/dL	153.5 (134.7–172.3)	146.1 (132.3–160.0)	−7.4 (−24.8 to +10.1)	141.5 (126.2–156.7)	138.6 (125.8–151.3)	−2.9 (−13.0 to +7.2)	−4.47 (−24.05 to +15.12)	0.65
Glucose SD, mmol/L	2.9 (2.4–3.4)	2.7 (2.1–3.3)	−0.2 (−0.6 to +0.2)	2.6 (2.1–3.1)	2.6 (2.2–3.0)	−0.0 (−0.4 to +0.3)	−0.15 (−0.63 to +0.33)	0.52
Glucose SD, mg/dL	51.9 (43.3–60.6)	48.8 (37.4–60.2)	−3.2 (−9.9 to +3.5)	47.3 (38.2–56.3)	46.8 (39.6–53.9)	−0.5 (−6.5 to +5.4)	−2.67 (−11.24 to +5.90)	0.53
Coefficient of variability, %	33.7 (29.5–37.9)	32.2 (27.5–37.0)	−1.4 (−4.2 to +1.3)	32.4 (28.7–36.1)	33.2 (29.5–36.9)	+0.8 (−2.6 to +4.1)	−2.17 (−6.37 to +2.03)	0.30
Amplitude of glycemic excursion, mmol/L	6.5 (5.6–7.4)	6.3 (5.1–7.5)	−0.2 (−1.0 to +0.7)	6.2 (5.0–7.5)	5.9 (5.0–6.7)	−0.4 (−1.2 to +0.5)	+0.20 (−0.94 to +1.34)	0.72
Time in range, %	70.7 (60.1–81.3)	76.5 (68.4–84.6)	+5.8 (−1.1 to +12.7)	76.8 (67.9–85.7)	77.6 (71.1–84.1)	+0.8 (−5.4 to +7.1)	+5.00 (−3.99 to +13.93)	0.27

Data are mean (95% CI). ‡ $P < 0.05$. † $P < 0.01$. * $P < 0.001$.