

Table S7. Adherence to diets by Responders and Non-Responders participants before and after dietary intervention.

<i>Baseline</i>	Responders	Non-Responders	<i>p value</i>	Responders[†]	Non-Responders[†]	<i>p value</i>
<i>LF adherence score</i>	3.88±0.2	3.78±0.1	0.653	3.68±0.2	3.74±0.2	0.822
<i>Med adherence score</i>	9.01±0.2	8.62±0.2	0.136	8.70±0.3	8.55±0.2	0.650
<i>5-years*</i>	Responders	Non-Responders	<i>p value</i>	Responders[†]	Non-Responders[†]	<i>p value</i>
<i>LF adherence score</i>	7.39±0.3 ^a	7.24±0.2 ^b	0.646	6.86±0.4 ^a	7.42±0.3 ^b	0.209
<i>Med adherence score</i>	11.53±0.3 ^a	11.33±0.2 ^b	0.583	9.47±0.4	9.32±0.3 ^b	0.763

Our study was conducted in 183 newly-diagnosed type 2 diabetes patients, 110 from which had available feces samples and had not received antibiotic treatment within three months before sample collection. Data are mean±SEM.

Responders group: patients who reverted from type 2 diabetes after 5 years of dietary intervention follow-up. Non-

Responders group: patients who remained with type 2 diabetes after 5 years of follow-up. Responders[†]: patients who reverted from type 2 diabetes after 5 years of dietary intervention follow-up to which we have availability of fecal sample. Non-Responders[†]: patients who remained with type 2 diabetes after 5 years of follow-up to which we have availability of fecal sample. One-Way ANOVA p-values (P<0.05). ANOVA for repeated measures: ^a P<0.05 between baseline and five years in Responders; ^b P<0.05 between baseline and five years in Non-Responders. *Data at year five correspond to the patients randomized to each diet.