|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Outcome measures** | **Adjusted mean difference at 3 months (95% CI)** | **P** | ***d*** | **Adjusted mean difference at 6 months (95% CI)** | **P** | ***d*** |
| **Primary Outcome** |  |
| HbA1c (%) | -0.08 (-0.31, 0.15) | 0.49 | -0.05 | -0.18 (-0.44, 0.07) | 0.16 | -0.11 |
| **Secondary Outcomes – objective measures**  |  |
| Body mass index (kg/m2) | -0.93 (-2.30, 0.43) | 0.18 | -0.12 | -1.04 (-2.50, 0.41) | 0.16 | -0.13 |
| Total Cholesterol (mmol/L) | 0.03 (-0.25, 0.32) | 0.81 | 0.01 | -0.03 (-0.32, 0.25) | 0.81 | -0.01 |
| High density lipoprotein (mmol/L) | 0.02 (-0.06, 0.10) | 0.67 | 0.03 | 0.01 (-0.06, 0.10) | 0.72 | 0.03 |
| Low density lipoprotein (mmol/L) | 0.05 (-0.30, 0.41) | 0.77 | 0.02 | -0.01 (-0.38, 0.36) | 0.94 | -0.01 |
| Triglycerides (mmol/L) | 0.10 (-0.33, 0.54) | 0.65 | 0.02 | 0.03 (-0.46, 0.53) | 0.90 | 0.01 |
| **Secondary Outcomes – self-report measures**  |  |
| Physical activity sessions per week | 0.16 (-0.40, 0.73) | 0.58 | 0.04 | 0.06 (-0.53, 0.65) | 0.85 | 0.01 |
| Vegetable serves per day | 0.62 (0.10, 1.14) | 0.02\* | 0.17 | 0.82 (0.27, 1.36) | 0.00\* | 0.22 |
| Fruit serves per day | 0.18 (-0.11, 0.47) | 0.23 | 0.06 | 0.23 (-0.08, 0.54) | 0.15 | 0.07 |
| Low GI carbohydrate serves per day | 0.05 (-0.18, 0.24) | 0.68 | 0.03 | -0.01 (-0.24, 0.21) | 0.88 | -0.01 |
| Take away, times eaten per week | -0.20 (-0.43, 0.03) | 0.09 | -0.11 | -0.03 (-0.35, 0.29) | 0.85 | -0.02 |
| Salty snack, times eaten per week | 0.08 (-0.76, 0.93) | 0.85 | 0.02 | -0.21 (-0.78, 0.37) | 0.48 | -0.04 |
| Discretionary sweet foods, times eaten per week | -1.43 (-2.63, -0.23) | 0.02\* | -0.14 | -1.01 (-2.31, 0.28) | 0.12 | -0.10 |
| Sugary drinks, cups per day | 0.14 (-0.26, 0.55) | 0.50 | 0.05 | -0.18 (-0.70, 0.32) | 0.47 | -0.06 |
| Water, cups per day | 0.64 (-0.49, 1.78) | 0.27 | 0.07 | 0.43 (-0.79, 1.65) | 0.50 | 0.05 |
| Smoking | -0.03 (-1.22, 1.16) | 0.96 | -0.01 | 0.59 (-0.63, 1.82) | 0.34 | 0.11 |
| Self-efficacy (physical activity) | -0.09 (-0.83, 0.65) | 0.80 | -0.02 | 0.24 (-0.48, 0.97) | 0.52 | 0.04 |
| Self-efficacy (nutrition) | 0.22 (-0.28, 0.72) | 0.39 | 0.06 | 0.45 (-0.06, 0.95) | 0.09 | 0.12 |
| Self-efficacy (diabetes self-management) | -0.11 (-0.71, 0.50) | 0.72 | -0.03 | -0.25 (-0.80, 0.30) | 0.38 | -0.06 |
| Medication adherence | -0.32 (-1.03, 0.39) | 0.38 | -0.09 | -0.37 (-1.07, 0.32) | 0.29 | -0.11 |
| Quality of life (mental) | 0.52 (-1.70, 2.74) | 0.65 | 0.04 | -0.48 (-2.70, 1.73) | 0.67 | -0.03 |
| Quality of life (physical) | 1.10 (-1.71, 3.92) | 0.44 | 0.05 | -0.34 (-3.15, 2.46) | 0.81 | -0.02 |

Supplementary Table S1: Sensitivity analysis for participants with a body mass index ≥30 kg/m2 (n=205)

HbA1c = glycated haemoglobin, GI = glycaemic index

\*P<0.05

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Outcome measures** | **Adjusted mean difference at 3 months (95% CI)** | **P** | ***d*** | **Adjusted mean difference at 6 months (95% CI)** | **P** | ***d*** |
| **Primary Outcome** |  |
| HbA1c (%) | -0.10 (-0.29, 0.09) | 0.30 | -0.06 | -0.09 (-0.32, 0.13) | 0.39 | -0.06 |
| **Secondary Outcomes – objective measures**  |  |
| Body mass index (kg/m2) | -0.90 (-2.15, 0.33) | 0.15 | -0.08 | -0.88 (-2.12, 0.36) | 0.16 | -0.08 |
| Total Cholesterol (mmol/L) | -0.04 (-0.28, 0.20) | 0.72 | -0.01 | -0.00 (-0.25, 0.23) | 0.94 | 0.00 |
| High density lipoprotein (mmol/L) | -0.02 (-0.09, 0.04) | 0.43 | -0.01 | -0.02 (-0.10, 0.05) | 0.46 | -0.01 |
| Low density lipoprotein (mmol/L) | 0.08 (-0.20, 0.36) | 0.58 | 0.03 | 0.00 (-0.43, 0.44) | 1.00 | 0.00 |
| Triglycerides (mmol/L) | 0.32 (-0.19, 0.84) | 0.22 | 0.08 | 0.15 (-0.26, 0.57) | 0.47 | 0.04 |
| **Secondary Outcomes – self-report measures**  |  |
| Physical activity sessions per week | 0.24 (-0.21, 0.69) | 0.31 | 0.06 | 0.07 (-0.40, 0.55) | 0.77 | 0.02 |
| Vegetable serves per day | 0.70 (0.25, 1.15) | 0.00\* | 0.20 | 0.46 (0.01, 0.92) | 0.05\* | 0.13 |
| Fruit serves per day | 0.12 (-0.10, 0.34) | 0.32 | 0.04 | 0.09 (-0.15, 0.34) | 0.46 | 0.03 |
| Low GI carbohydrate serves per day | 0.09 (-0.09, 0.28) | 0.34 | 0.06 | 0.12 (-0.06, 0.31) | 0.21 | 0.08 |
| Take away, times eaten per week | -0.00 (-0.31, 0.30) | 0.97 | 0.00 | -0.02 (-0.25, 0.21) | 0.84 | -0.01 |
| Salty snack, times eaten per week | 0.09 (-0.52, 0.71) | 0.78 | 0.02 | 0.01 (-0.45, 0.47) | 0.97 | 0.00 |
| Discretionary sweet foods, times eaten per week | -1.22 (-2.29, -0.16) | 0.02\* | -0.14 | -0.01 (-1.57, 1.54) | 0.98 | 0.00 |
| Sugary drinks, cups per day | 0.40 (-0.07, 0.88) | 0.10 | 0.12 | 0.30 (-0.24, 0.84) | 0.28 | 0.09 |
| Water, cups per day | 0.19 (-0.70, 1.09) | 0.67 | 0.03 | 0.07 (-0.82, 0.97) | 0.88 | 0.01 |
| Smoking | 0.07 (-0.84, 0.99) | 0.88 | 0.02 | 0.82 (-0.18, 1.82) | 0.11 | 0.18 |
| Self-efficacy (physical activity) | -0.43 (-1.02, 0.16) | 0.15 | -0.09 | -0.23 (-0.82, 0.37) | 0.45 | -0.05 |
| Self-efficacy (nutrition) | -0.26 (-0.67, 0.14) | 0.20 | -0.07 | -0.00 (-0.40, 0.40) | 0.99 | 0.00 |
| Self-efficacy (diabetes self-management) | -0.27 (-0.75, 0.21) | 0.27 | -0.07 | -0.26 (-0.72, 0.19) | 0.26 | -0.07 |
| Medication adherence | -0.27 (-0.82, 0.27) | 0.32 | -0.10 | -0.29 (-0.83, 0.25) | 0.30 | -0.10 |
| Quality of life (mental) | -0.45 (-2.09, 1.18) | 0.58 | -0.03 | -0.54 (-2.21, 1.12) | 0.52 | -0.04 |
| Quality of life (physical) | -0.44 (-2.59, 1.70) | 0.68 | -0.02 | -1.62 (-3.80, 0.56) | 0.15 | -0.08 |

Supplementary Table S2: Sensitivity analysis for participants with sub-optimal diabetic control at baseline HbA1c >7 (n=365)

HbA1c = glycated haemoglobin, GI = glycaemic index

\*P<0.05

Supplementary Table S3: Sensitivity analysis for participants with poor diabetic control at baseline HbA1c ≥8 (n=184)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Outcome measures** | **Adjusted mean difference at 3 months (95% CI)** | **P** | ***d*** | **Adjusted mean difference at 6 months (95% CI)** | **P** | ***d*** |
| **Primary Outcome** |  |
| HbA1c (%) | -0.03 (-0.31, 0.25) | 0.82 | -0.02 | -0.11 (-0.45, 0.23) | 0.53 | -0.07 |
| **Secondary Outcomes – objective measures**  |  |
| Body mass index (kg/m2) | -1.01 (-2.84, 0.81) | 0.27 | -0.09 | -1.14 (-3.07, 0.79) | 0.25 | -0.10 |
| Total Cholesterol (mmol/L) | -0.17 (-0.58, 0.24) | 0.41 | -0.06 | -0.09 (-0.49, 0.29) | 0.62 | -0.03 |
| High density lipoprotein (mmol/L) | -0.08 (-0.19, 0.02) | 0.12 | -0.13 | -0.11 (-0.22, -0.00) | 0.05 | -0.18 |
| Low density lipoprotein (mmol/L) | 0.12 (-0.31, 0.56) | 0.58 | 0.04 | 0.34 (-0.17, 0.85) | 0.19 | 0.12 |
| Triglycerides (mmol/L) | 0.68 (-0.27, 1.63) | 0.16 | 0.17 | 0.43 (-0.30, 1.16) | 0.25 | 0.11 |
| **Secondary Outcomes – self-report measures**  |  |
| Physical activity sessions per week | 0.30 (-0.36, 0.96) | 0.38 | 0.07 | 0.36 (-0.28, 1.00) | 0.28 | 0.09 |
| Vegetable serves per day | 0.52 (-0.11, 1.16) | 0.11 | 0.15 | 0.91 (0.27, 1.55) | 0.01\* | 0.26 |
| Fruit serves per day | 0.18 (-0.14, 0.51) | 0.27 | 0.06 | 0.27 (-0.0, 0.63) | 0.14 | 0.09 |
| Low GI carbohydrate serves per day | 0.09 (-0.17, 0.35) | 0.52 | 0.06 | 0.33 (0.05, 0.61) | 0.02\* | 0.22 |
| Take away, times eaten per week | 0.15 (-0.35, 0.66) | 0.55 | 0.06 | 0.04 (-0.35, 0.43) | 0.85 | 0.02 |
| Salty snack, times eaten per week | 0.87 (-0.11, 1.85) | 0.08 | 0.18 | 0.42 (-0.31, 1.16) | 0.27 | 0.09 |
| Discretionary sweet foods, times eaten per week | -1.18 (-2.31, -0.04) | 0.04\* | -0.13 | -0.78 (-2.05, 0.48) | 0.22 | -0.09 |
| Sugary drinks, cups per day | 0.08 (-0.32, 0.49) | 0.68 | -0.03 | 0.26 (-0.30, 0.83) | 0.35 | -0.08 |
| Water, cups per day | 0.51 (-0.78, 1.81) | 0.44 | 0.07 | 0.29 (-0.87, 1.46) | 0.62 | 0.04 |
| Smoking | 0.00 (-1.23, 1.24) | 1.00 | 0.00 | 0.59 (-0.69, 1.88) | 0.37 | 0.13 |
| Self-efficacy (physical activity) | -0.91 (-1.73, -0.09) | 0.03\* | -0.20 | -0.33 (-1.14, 0.48) | 0.42 | -0.07 |
| Self-efficacy (nutrition) | -0.62 (-1.23, -0.00) | 0.05 | -0.17 | -0.18 (-0.76, 0.41) | 0.55 | -0.05 |
| Self-efficacy (diabetes self-management) | -0.55 (-1.24, 0.13) | 0.11 | -0.15 | -0.31 (-0.97, 0.35) | 0.35 | -0.08 |
| Medication adherence | -0.38 (-1.13, 0.37) | 0.32 | -0.13 | -0.43 (-1.18, 0.32) | 0.26 | -0.15 |
| Quality of life (mental) | 0.14 (-2.25, 2.53) | 0.91 | 0.01 | -0.59 (-3.03, 1.84) | 0.63 | -0.04 |
| Quality of life (physical) | -1.08 (-4.25, 2.09) | 0.50 | -0.05 | -2.63 (-5.78, 0.52) | 0.10 | -0.12 |

HbA1c = glycated haemoglobin, GI = glycaemic index

\*P<0.05

Supplementary Table S4: Sensitivity analysis for participants who completed follow up measures within 4 weeks of scheduled date (n=383)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Outcome measures** | **Adjusted mean difference at 3 months (95% CI)** | **P** | ***d*** | **Adjusted mean difference at 6 months (95% CI)** | **P** | ***d*** |
| **Primary Outcome** |  |
| HbA1c (%) | -0.12 (-0.30, 0.06) | 0.20 | -0.08 | -0.12 (-0.33, 0.09) | 0.26 | -0.08 |
| **Secondary Outcomes – objective measures**  |  |
| Body mass index (kg/m2) | -1.10 (-2.34, 0.13) | 0.08 | -0.13 | -1.13 (-2.37, 0.10) | 0.07 | -0.14 |
| Total Cholesterol (mmol/L) | -0.04 (-0.27, 0.18) | 0.68 | -0.02 | -0.01 (-0.24, 0.21) | 0.88 | -0.01 |
| High density lipoprotein (mmol/L) | -0.01 (-0.08, 0.06) | 0.72 | -0.01 | -0.01 (-0.08, 0.06) | 0.76 | -0.01 |
| Low density lipoprotein (mmol/L) | 0.04 (-0.22, 0.31) | 0.76 | 0.01 | -0.04 (-0.45, 0.36) | 0.82 | -0.02 |
| Triglycerides (mmol/L) | 0.26 (-0.21, 0.72) | 0.28 | 0.06 | 0.13 (-0.26, 0.52) | 0.52 | 0.03 |
| **Secondary Outcomes – self-report measures**  |  |
| Physical activity sessions per week | 0.28 (-0.15, 0.71) | 0.20 | 0.07 | 0.12 (-0.34, 0.57) | 0.62 | 0.03 |
| Vegetable serves per day | 0.78 (0.35, 1.21) | 0.00\* | 0.23 | 0.46 (0.03, .89) | 0.03\* | 0.14 |
| Fruit serves per day | 0.13 (-0.08, 0.34) | 0.25 | 0.04 | 0.13 (-0.09, 0.36) | 0.27 | 0.05 |
| Low GI carbohydrate serves per day | 0.07 (-0.10, 0.25) | 0.43 | 0.05 | 0.13 (-0.05, 0.32) | 0.16 | 0.09 |
| Take away, times eaten per week | -0.03 (-0.33, 0.25) | 0.79 | -0.02 | -0.02 (-0.23, 0.19) | 0.84 | -0.01 |
| Salty snack, times eaten per week | 0.04 (-0.51, 0.60) | 0.88 | 0.01 | 0.00 (-0.41, 0.43) | 0.99 | 0.00 |
| Discretionary sweet foods, times eaten per week | -1.39 (-2.41, -0.37) | 0.01\* | -0.16 | -0.08 (-1.52, 1.36) | 0.91 | -0.01 |
| Sugary drinks, cups per day | 0.35 (-0.09, 0.79) | 0.12 | 0.10 | 0.19 (-0.32, 0.71) | 0.46 | 0.06 |
| Water, cups per day | 0.05 (-0.77, 0.88) | 0.90 | 0.01 | 0.04 (-0.78, 0.87) | 0.92 | 0.01 |
| Smoking | 0.07 (-0.82, 0.80) | 0.87 | 0.02 | 0.76 (-0.21, 1.72) | 0.13 | 0.18 |
| Self-efficacy (physical activity) | -0.33 (-0.90, 0.24) | 0.26 | -0.07 | -0.25 (-0.84, 0.33) | 0.39 | -0.06 |
| Self-efficacy (nutrition) | -0.21 (-0.59, 0.17) | 0.28 | -0.06 | -0.03 (-0.40, 0.35) | 0.87 | -0.01 |
| Self-efficacy (diabetes self-management) | -0.11 (-0.57, 0.34) | 0.62 | -0.03 | -0.13 (-0.57, 0.30) | 0.54 | -0.04 |
| Medication adherence | -0.23 (-0.77, 0.30) | 0.38 | -0.09 | 0.20 (-0.73, 0.33) | 0.46 | -0.07 |
| Quality of life (mental) | -0.35 (-1.90, 1.20) | 0.65 | -0.03 | -0.17 (-1.75, 1.40) | 0.83 | -0.02 |
| Quality of life (physical) | -0.62 (-2.68, 1.43) | 0.55 | -0.04 | -2.00 (-4.08, 0.07) | 0.06 | -0.13 |

HbA1c = glycated haemoglobin, GI = glycaemic index

\*P<0.05

Supplementary Table S5: Sensitivity analysis for participants without any missing data

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Outcome measures** | **Adjusted mean difference at 3 months (95% CI)** | **P** | ***d*** | **Adjusted mean difference at 6 months (95% CI)** | **P** | ***d*** |
| **Primary Outcome** |  |
| HbA1c (%) (n=367) | -0.12 (-0.30, 0.06) | 0.19 | -0.10 | -0.11 (-0.32, 0.10) | 0.30 | -0.09 |
| **Secondary Outcomes – objective measures**  |  |
| Body mass index (kg/m2) (n=301) | -1.02 (-2.23, 0.19) | 0.10 | -0.14 | -1.02 (-2.22, 0.17) | 0.09 | -0.14 |
| Total Cholesterol (mmol/L) (n=368) | -0.02 (-0.25, 0.20) | 0.80 | -0.03 | -0.00 (-0.23, 0.22) | 0.93 | -0.01 |
| High density lipoprotein (mmol/L) (n=368) | -0.01 (-0.08, 0.06) | 0.70 | -0.04 | -0.01 (-0.08, 0.06) | 0.75 | -0.03 |
| Low density lipoprotein (mmol/L) (n=368) | 0.05 (-0.20, 0..32) | 0.68 | 0.04 | -0.04 (-0.45, 0.36) | 0.83 | -0.03 |
| Triglycerides (mmol/L) (n=368) |  |  |  |  |  |  |
| **Secondary Outcomes – self-report measures**  |  |
| Physical activity sessions per week (n=368) | 0.28 (-0.15, 0.70) | 0.21 | 0.13 | 0.12 (-0.33, 0.57) | 0.61 | 0.06 |
| Vegetable serves per day (n=368) | 0.78 (0.36, 1.21) | 0.00\* | 0.37 | 0.49 (0.06, 0.91) | 0.03\* | 0.23 |
| Fruit serves per day (n=368) | 0.12 (-0.08, 0.33) | 0.26 | 0.12 | 0.12 (-0.10, 0.35) | 0.30 | 0.12 |
| Low GI carbohydrate serves per day (n=368) | 0.07 (-0.10, 0.25) | 0.42 | 0.09 | 0.12 (-0.06, 0.31) | 0.19 | 0.14 |
| Take away, times eaten per week (n=368) | -0.04 (-0.33, 0.24) | 0.75 | -0.01 | -0.02 (-0.24, 0.19) | 0.79 | -0.01 |
| Salty snack, times eaten per week (n=368) | 0.05 (-0.50, 0.60) | 0.87 | 0.02 | 0.01 (-0.41, 0.43) | 0.97 | 0.00 |
| Discretionary sweet foods, times eaten per week (n=368) | -1.39 (-2.40, -0.38) | 0.01\* | -0.25 | -0.09 (-1.52, 1.33) | 0.89 | -0.02 |
| Sugary drinks, cups per day (n=368) | 0.35 (-0.09, 0.79) | 0.13 | 0.16 | 0.19 (-0.32, 0.70) | 0.48 | 0.08 |
| Water, cups per day (n=368) | 0.04 (-0.78, 0.86) | 0.93 | 0.01 | 0.06 (-0.76, 0.88) | 0.88 | 0.02 |
| Smoking (n=368) | 0.09 (-0.81, 0.99) | 0.84 | 0.03 | 0.78 (-0.20, 1.76) | 0.12 | 0.21 |
| Self-efficacy (physical activity) (n=368) | -0.35 (-0.92, 0.21) | 0.22 | -0.13 | -0.26 (-0.84, 0.31) | 0.37 | -0.09 |
| Self-efficacy (nutrition) (n=368) | -0.21 (-0.60, 0.17) | 0.27 | -0.11 | -0.01 (-0.39, 0.36) | 0.93 | -0.01 |
| Self-efficacy (diabetes self-management) (n=368) | -0.15 (-0.61, 0.31) | 0.51 | -0.07 | -0.16 (-0.60, 0.27) | 0.46 | -0.07 |
| Medication adherence (n=368) | -0.27 (-0.81, 0.26) | 0.31 | -0.23 | -0.24 (-0.77, 0.29) | 0.37 | -0.20 |
| Quality of life (mental) (n=368) | -0.32 (-1.86, 1.22) | 0.68 | -0.04 | -0.12 (-1.69, 1.44) | 0.87 | -0.02 |
| Quality of life (physical) (n=368) | -0.47 (-2.51, 1.56) | 0.65 | -0.04 | -1.68 (-3.77, 0.41) | 0.11 | -0.16 |

HbA1c = glycated haemoglobin, GI = glycaemic index

\*P<0.05