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**Supplementary Table 1.** Composition of the two test meals.

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	<b>MUFA diet</b>	<b>Multifactorial diet</b>
Energy (kcal)	843	821
Protein (% TEI)	18	18
Fat (% TEI)	42	42
SFA (% TEI)	7	7
MUFA (%TEI)	28	28
PUFA n-3 (g)	0.36 (0.4%)	1.20 (1.31%)
PUFA n-6 (g)	2.87 (3.0%)	2.91 (3.2%)
Carbohydrates (% TEI)	40	40
Sugars (% TEI)	7.6	7.9
Fiber (g/1000 kcal)	7.7	14.2
Glycemic index (%)	84	39
Glycemic Load	70	32
Vitamin E (mg)	8.3	8.53
Vitamin D (µg)	1.83	2.72
Vitamin C (mg)	33	167.5
Total ORAC (µmolT)	1584	4441
Polyphenols (mg)	15.6	758.3

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TEI, total energy intake; SFA, saturated fatty acid; MUFA, monounsaturated fatty acid.

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**Supplementary Table 2.** Baseline characteristics of the participants.

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	<b>MUFA diet (n=21)</b>	<b>Multifactorial diet (n=18)</b>
Sex (male/female)	12/9 (57%/43 %)	10/8 (56 %/44%)
Age (years)	64 (5)	64 (6)
BMI (kg/m <sup>2</sup> )	31 (3)	32 (4)
HbA1c (%)	6.5 (0.6)	6.5 (0.4)
HbA1c (mmol/mol)	48 (7)	48 (4)
Diabetes therapy:		
Diet	5 (24%)	5 (28%)
Glucose lowering drugs	16 (76%)	13 (72%)

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Data are n (%) or mean (SD). BMI, body mass index; HbA1c, glycated hemoglobin.