

Table S3 for supplement: Nutritional Data at Baseline and End of Study (Day 28)

	Baseline Cal* End Cal	Diff Cal	Baseline Carbs† End Carbs	Diff Carb (g)	Baseline proper End proportion	Baseline Fat (g) End Fat (g)	Diff Fat (g)	Baseline Sat*** End Sat (g)	Diff Sat (g)	Baseline Protein End Protein (g)	Diff Protein (g)	Baseline Sugar End Sugar (g)	Diff Sugar (g)	Baseline Fiber† End Fiber (g)	Diff Fiber (g)	Baseline Proper End Proportion	Baseline Proper End Proportion	Baseline Proper End Proportion	Baseline Proper End Proportion										
ALL (542)	2022	-566	226	179	-56	0.36	0.35	139	105	-27	45	35	-10	219	27	-5	0.19	0.20	0.45	0.46									
Healthy (392)	2091	-2075	-615	244	184	-59	0.38	0.35	134	105	-29	47	36	-11	128	104	-24	94	63	-30	33	28	-5	0.19	0.20	0.45	0.46	0.16	0.16
Pre (103)	2428	1917	-510	266	155	-51	0.34	0.32	122	98	-23	43	36	-11	132	100	-32	77	54	-23	27	23	-4	0.22	0.21	0.45	0.46	0.16	0.15
T2D (47)	2306	2084	-281	248	208	-40	0.42	0.40	113	96	-17	39	33	-6	109	97	-14	87	71	-16	36	32	-4	0.18	0.19	0.43	0.41	0.15	0.14

* Cal indicates calories. † Carb indicates carbohydrates. ***Sat indicates saturated fat.

Losing dropped off over time, analysis only included days in which the users logged at least twice and caloric intake was more than 1600 per day