**SUPPLEMENTARY MATERIAL**

Appendix Table 1: Post-hoc subgroup analyses on individuals with T2DM and prediabetes based on their baseline HbA1c concentrations. All data are presented as mean (SEM) with each unit listed.



Appendix Table 2: Body weight and BMI remained unchanged in both the almond group and the control group, as measured every 4 weeks. All data are presented as mean (SEM) with each unit listed. To convert body weight from kilogram to pounds, lbs = 2.204\*kg.



Appendix Table 3: Body composition measured by dual x-ray absorptiometry (DEXA). All data are presented as mean (SEM) with each unit listed.



Appendix Table 4 : Data measured by continuous glucose monitoring (CGM). All data are presented as mean (SEM) with each unit listed.



Appendix Table 5: Dietary data measured by 24-hr dietary recalls. All data are presented as mean (SEM) with each unit listed.



Appendix Table 6: Plasma α-tocopherol and γ-tocopherol levels measured week 0, 8 and 16. All data are presented as mean (SEM).



A graph of energy intake

Description automatically generated

Appendix Figure 1: Total energy intake was significantly higher at week 16 compared to week 0 within the almond group (n=39) and to the control group (n=42). Data for total energy intake are presented as mean ± SEM, with units expressed as kilocalories (kcal). To convert unit from kcal to kJ, kJ=4.18\*kcal. □ white box as almond group; ■ black box as control group. ab Different letters indicate a significant difference compared with week 0 within a group. # Symbol indicates a significant difference between groups at the same time point. Significance is defined as P<0.05.