**Supplementary Table 1.** Dietary intake during the intervention stratified by the presence and absence of the BCAT2 polymorphism.

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| --- | --- | --- | --- | --- |
| **Diet component** | **Recommended diet** | **GG** | **GC+CC** | ***P*-value** |
| Total energy expenditure - 750 kcal, *kcal* |  | 1827 (1389, 2148) | 1837 (1732, 1964) | 0.94 |
| Kilocalories consumed, *kcal* |  | 1375 (1189-1556) | 1498 (1349 – 1821) | 0.126 |
| Kilocalories, kcal/kg body weight | 18 | 18 (16.3-21.3) | 18 (17-20) | 0.970 |
| Diet adherence, % |  | 100 (87 -100) | 100 (70-100) | 0.879 |
| Protein, g/kg | 0.8-1.0 | 0.87 (0.68-1100) | 0.88 (0.73-1.2) | 0.285 |
| Protein, % |  | 23.5 (20.8-25.8) | 23.5 (20.3-24) | 0.756 |
| Carbohydrate, % | 50 | 47.6 (42-52.1) | 51 (46-56) | 0.065 |
| Lipids, *%* | 25-30 | 31.6 (26.9-37.4) | 27.4 (25.3-31) | 0.065 |
| Saturated fatty acids, % |  | 8.1 (6.3-9) | 8.1 (7.2-8.8) | 0.796 |
| Monounsaturated fatty acids, *g* |  | 18 (9.2-24) | 19 (12.6-21.2) | 0.905 |
| Polyunsaturated fatty acids, *g* |  | 12.3 (8.1-16) | 10.5 (6.7-13.4) | 0.233 |

Data are expressed as median (P25-P75). Mann-Whitney U statistical analysis. GG n=60, GC+CC n=15.