Supplementary table S1. Regression coefficients (B) for the associations between changes in anthropometric variables, blood pressure and metabolic factors during the weight maintenance phase and red meat protein intake (as % of animal protein intake).[1]

| Variable | B | SE | Beta | *p* value |
|---|---|---|---|---|
| Body weight (kg) | 0.040 | 0.014 | 0.129 | **0.004** |
| Body fat (%) | 0.031 | 0.013 | 0.135 | 0.015 |
| Waist circumference (cm) | 0.048 | 0.017 | 0.131 | **0.006** |
| Systolic BP (mm Hg) | 0.004 | 0.031 | 0.005 | 0.908 |
| Diastolic BP | 0.000 | 0.020 | -0.001 | 0.988 |
| Total cholesterol (mmol/L) | 0.000 | 0.002 | -0.006 | 0.890 |
| HDL cholesterol (mmol/L) | 0.000 | 0.001 | -0.025 | 0.574 |
| LDL cholesterol (mmol/L) | 0.000 | 0.002 | -0.005 | 0.896 |
| Triglycerides (mmol/L) | 0.001 | 0.001 | 0.025 | 0.567 |
| Fasting glucose (mmol/L) | 0.001 | 0.001 | 0.033 | 0.461 |
| Fasting insulin (mIU/L) | 0.032 | 0.020 | 0.087 | 0.112 |
| HOMA-IR | 0.006 | 0.006 | 0.049 | 0.336 |
| Matsuda index | -0.003 | 0.008 | -0.018 | 0.697 |
| CRP (mg/L) | 0.000 | 0.006 | 0.003 | 0.952 |
| Adiponectin (mg/L) | 0.003 | 0.009 | 0.016 | 0.701 |

[1] regression models also included BMI at randomization, changes in the dependent variables during the weight loss phase, gender, type of centre, dietary protein intake (as % of energy intake), animal protein intake (as % of total protein intake), GI, dietary fat intake (as % of energy intake) and fibre intake (g/1000 kcal).

Supplementary table S2. Regression coefficients (B) for the associations between changes in anthropometric variables, blood pressure and metabolic factors during the weight maintenance phase and dairy protein intake (as % of animal protein intake).[1]

| Variable | B | SE | Beta | *p* value |
| --- | --- | --- | --- | --- |
| Body weight (kg) | -0.022 | 0.015 | -0.067 | 0.143 |
| Body fat (%) | 0.009 | 0.014 | 0.037 | 0.511 |
| Waist circumference (cm) | -0.015 | 0.019 | -0.039 | 0.422 |
| Systolic BP (mm Hg) | 0.004 | 0.033 | 0.005 | 0.910 |
| Diastolic BP (mm Hg) | 0.026 | 0.021 | 0.054 | 0.228 |
| Total cholesterol (mmol/L) | 0.001 | 0.002 | 0.018 | 0.651 |
| HDL cholesterol (mmol/L) | 0.000 | 0.001 | -0.020 | 0.653 |
| LDL cholesterol (mmol/L) | 0.000 | 0.002 | 0.003 | 0.938 |
| Triglycerides (mmol/L) | 0.002 | 0.001 | 0.074 | 0.090 |
| Fasting glucose (mmol/L) | 0.001 | 0.001 | 0.036 | 0.410 |
| Fasting insulin (mIU/L) | -0.029 | 0.022 | -0.074 | 0.186 |
| HOMA-IR | -0.007 | 0.007 | -0.052 | 0.319 |
| Matsuda index) | 0.013 | 0.009 | 0.065 | 0.161 |
| CRP (mg/L) | 0.007 | 0.006 | 0.050 | 0.280 |
| Adiponectin (mg/L) | -0.011 | 0.010 | -0.050 | 0.242 |

[1] regression models also included BMI at randomization, changes in the dependent variables during the weight loss phase, gender, type of centre, dietary protein intake (as % of energy intake), animal protein intake (as % of total protein intake), GI, dietary fat intake (as % of energy intake) and fibre intake (g/1000 kcal).

Supplementary table S3. Regression coefficients (B) for the associations between changes in anthropometric variables, blood pressure and metabolic factors during the weight maintenance phase and poultry protein intake (as % of animal protein intake).[1]

| Variable | B | SE | Beta | *p* value |
| --- | --- | --- | --- | --- |
| Body weight (kg) | -0.028 | 0.018 | -0.070 | 0.116 |
| Body fat (%) | -0.031 | 0.017 | -0.101 | 0.068 |
| Waist circumference (cm) | -0.053 | 0.022 | -0.114 | 0.016 |
| Systolic BP (mm Hg) | -0.062 | 0.039 | -0.069 | 0.106 |
| Diastolic BP (mm Hg) | -0.056 | 0.025 | -0.098 | 0.028 |
| Total cholesterol (mmol/L) | 0.002 | 0.002 | 0.034 | 0.391 |
| HDL cholesterol (mmol/L) | 0.000 | 0.001 | 0.025 | 0.571 |
| LDL cholesterol (mmol/L) | 0.002 | 0.002 | 0.040 | 0.313 |
| Triglycerides (mmol/L) | -0.001 | 0.001 | -0.033 | 0.447 |
| Fasting glucose (mmol/L) | 0.000 | 0.002 | -0.004 | 0.935 |
| Fasting insulin (mIU/L) | 0.058 | 0.026 | 0.125 | 0.024 |
| HOMA-IR | 0.019 | 0.008 | 0.123 | 0.018 |
| Matsuda index | -0.012 | 0.011 | -0.054 | 0.244 |
| CRP (mg/L) | -0.013 | 0.007 | -0.081 | 0.076 |
| Adiponectin (mg/L) | 0.013 | 0.011 | 0.051 | 0.227 |

[1] regression models also included BMI at randomization, changes in the dependent variables during the weight loss phase, gender, type of centre, dietary protein intake (as % of energy intake), animal protein intake (as % of total protein intake), GI, dietary fat intake (as % of energy intake) and fibre intake (g/1000 kcal).

Supplementary table S4. Regression coefficients (B) for the associations between changes in anthropometric variables, blood pressure and metabolic factors during the weight maintenance phase and fish protein intake (as % of animal protein intake).[1]

| Variable | B | SE | Beta | *p* value |
|---|---|---|---|---|
| Body weight (kg) | -0.023 | 0.018 | -0.058 | 0.198 |
| Body fat (%) | -0.043 | 0.017 | -0.141 | 0.010 |
| Waist circumference (cm) | -0.034 | 0.022 | -0.072 | 0.128 |
| Systolic BP (mm Hg) | -0.010 | 0.039 | -0.011 | 0.797 |
| Diastolic BP (mm Hg) | -0.012 | 0.026 | -0.021 | 0.637 |
| Total cholesterol (mmol/L) | -0.001 | 0.002 | -0.019 | 0.629 |
| HDL cholesterol (mmol/L) | -0.001 | 0.001 | -0.043 | 0.328 |
| LDL cholesterol (mmol/L) | 0.000 | 0.002 | -0.002 | 0.968 |
| Triglycerides (mmol/L) | -0.001 | 0.001 | -0.018 | 0.667 |
| Fasting glucose (mmol/L) | -0.003 | 0.002 | -0.076 | 0.081 |
| Fasting insulin (mIU/L | -0.042 | 0.025 | -0.091 | 0.097 |
| HOMA-IR | -0.008 | 0.008 | -0.054 | 0.290 |
| Matsuda index | 0.013 | 0.010 | 0.056 | 0.217 |
| CRP (mg/L) | 0.005 | 0.007 | 0.031 | 0.501 |
| Adiponectin (mg/L) | -0.011 | 0.011 | -0.041 | 0.332 |

[1] regression models also included BMI at randomization, changes in the dependent variables during the weight loss phase, gender, type of centre, dietary protein intake (as % of energy intake), animal protein intake (as % of total protein intake), GI, dietary fat intake (as % of energy intake) and fibre intake (g/1000 kcal).