

Table S2 Baseline characteristics – supplementary

Characteristics	Overall (<i>n</i> = 53)	BCC (<i>n</i> = 18)	ACC (<i>n</i> = 18)	STANDARD (<i>n</i> = 17)
<u>Occupation, n (%):</u>				
Employed/self-employed	39 (74)	13 (72)	12 (67)	14 (82)
Unemployed/job seeking	6 (11)	3 (17)	3 (17)	-
Retired and other*	7 (13)	1 (6)	3 (17)	3 (18)
Unspecified	1 (2)	1 (6)	-	-
<u>Annual household income (before tax)</u>				
< 100,000 DKK (<13,500 EUR)	-	-	-	-
100,000 – 200,000 DKK (13,500 – 27,000 EUR)	4 (8)	-	2 (11)	2 (12)
200,000 – 400,000 DKK (27,000 – 54,000 EUR)	8 (15)	2 (11)	3 (17)	3 (18)
400,000 – 600,000 DKK (54,000 – 81,000 EUR)	10 (19)	4 (22)	1 (6)	5 (29)
600,000 – 800,000 DKK (81,000 – 108,000 EUR)	7 (13)	4 (22)	-	3 (18)
800,000 DKK (>108,000 EUR)	17 (32)	6 (33)	8 (44)	3 (18)
Unspecified	7 (13)	2 (11)	4 (22)	1 (6)
Waist circumference, cm (men)	100.0 (88.3, 103.5)	100.0 (90.8, 103.3)	89.8 (88.5, 97.5)	96.8 (86.8, 104.0)
Waist circumference, cm (women)	83.5 (80.3, 88.6)	85.4 (82.0, 89.5)	83.5 (79.0, 92.5)	79.5 (77.8, 86.5)
<u>Fasting plasma lipids</u>				
Total cholesterol, mmol/l	4.4 (4.0, 4.9)	4.6 (4.3, 4.9)	4.1 (4.0, 4.6)	4.5 (3.8, 4.8)
HDL cholesterol, mmol/l	1.5 (1.2, 1.8)	1.6 (1.2, 1.9)	1.5 (1.4, 1.8)	1.4 (1.2, 1.6)
Triglycerides, mmol/l	0.9 (0.6, 1.0)	0.9 (0.7, 1.3)	0.9 (0.7, 1.0)	0.8 (0.6, 1.2)
<u>Dietary intake</u>				
Total energy, kJ/day	8374 (6946, 9645)	7485 (7157, 9077)	8437 (6443, 9576)	8396 (7586, 10218)
Carbohydrates, g/day	187 (162, 225)	191 (167, 208)	187 (157, 204)	184 (172, 258)
Carbohydrates, E%	42 (39, 47)	43 (41, 47)	41 (38, 46)	42 (41, 50)
Median carbohydrate estimation errors, %	114 (100, 240)	127 (100, 237)	112 (96, 286)	129 (100, 193)
<u>Physical activity level, n (%)</u>				
Low	14 (26)	5 (28)	4 (22)	5 (29)
Moderate	17 (32)	6 (33)	4 (22)	7 (41)
High	22 (42)	7 (39)	10 (56)	5 (29)

*Other defined as on leave/studying. Data are medians (25th and 75th percentiles). Categorical data are summarized by numbers and percentages. Abbreviations: ACC, advanced carbohydrate counting; BCC, basic carbohydrate counting; E%, percentage of total energy intake; HDL, high-density lipoprotein; Standard, standard care.