

Supplementary data

Table 1. Data of exercise and total calories intake during the study

Lifestyle factors	Baseline	Week 1-6	Week 7-12	Week 13-14
<i>Total calories intake (kcal/day)</i>				
Taiken9 rice	2,025.05 ± 589.77 ^{Aa}	1,832.03 ± 495.57 ^{Aa}	1,936.66 ± 501.43 ^{Aa}	1,998.89 ± 419.11 ^{Aa}
RD43 rice	1,973.32 ± 620.94 ^{Aa}	1,808.14 ± 442.45 ^{Aa}	1,896.12 ± 381.07 ^{Aa}	1,932.38 ± 542.52 ^{Aa}
<i>Exercise (hours/week)</i>				
Taiken9 rice	0.91 ± 0.45 ^{Aa}	1.03 ± 0.52 ^{Aa}	0.85 ± 0.44 ^{Aa}	0.82 ± 0.40 ^{Aa}
RD43 rice	0.82 ± 0.56 ^{Aa}	0.88 ± 0.49 ^{Aa}	0.76 ± 0.41 ^{Aa}	0.91 ± 0.42 ^{Aa}

Values are mean ± SEM, (n=17). Means in the same column with different upper-case superscript (treatment effects) are significantly different ($P < 0.05$). Means in the same row with different lower-case superscript (time effects) are significantly different ($P < 0.05$) when compared to baseline.

Table 2. Changes in biochemical parameters at week 12

Biochemical parameters	Taiken9 rice	RD43 rice	<i>P</i> -values
Fasting plasma glucose (mg/dl)			
Baseline	109.12 ± 2.11	112.41 ± 5.43	
Week 12	112.65 ± 3.15	105.47 ± 4.68	
Change	3.53 ± 1.04	-6.94 ± 0.75	0.015
HbA1c (%)			
Baseline	5.85 ± 0.12	5.95 ± 0.23	
Week 12	5.98 ± 0.11	5.81 ± 0.20	
Change	0.13 ± 0.01	-0.14 ± 0.03	0.184
Fasting plasma insulin (mIU/ml)			
Baseline	13.21 ± 1.71	12.93 ± 2.14	
Week 12	12.49 ± 2.11	7.82 ± 0.82	
Change	-0.72 ± 0.4	-5.11 ± 1.32	0.168
HOMA-IR			
Baseline	3.55 ± 0.48	3.68 ± 0.63	
Week 12	3.61 ± 0.67	2.08 ± 0.26	
Change	0.06 ± 0.19	-1.60 ± 0.37	0.143
Total cholesterol (mg/dl)			
Baseline	188.35 ± 6.01	186.06 ± 8.69	
Week 12	199.00 ± 11.14	185.18 ± 9.73	
Change	10.65 ± 5.1	-0.88 ± 1.04	0.397
Triglycerides (mg/dl)			
Baseline	133.33 ± 21.69	127.18 ± 18.86	
Week 12	130.00 ± 32.14	110.94 ± 14.14	
Change	-3.33 ± 10.45	-16.24 ± 4.72	0.954
HDL-C (mg/dl)			
Baseline	47.11 ± 2.23	49.16 ± 2.90	
Week 12	48.94 ± 2.91	50.02 ± 2.82	
Change	1.83 ± 0.68	0.86 ± 0.08	0.994
LDL-C (mg/dl)			
Baseline	114.53 ± 6.56	108.85 ± 7.91	
Week 12	123.16 ± 11.21	109.38 ± 7.12	
Change	8.63 ± 4.56	0.53 ± 0.79	0.765

Values are mean ± SEM. *P*-values < 0.05 derived from independent *t*-test which considered the different between group.

Table 3. Changes in body composition at week 12

Biochemical parameters	Taiken9 rice	RD43 rice	<i>P</i> -values
Body weight (kg)			
Initial	69.32 ± 2.93	74.98 ± 3.91	
Week 12	68.42 ± 3.16	72.64 ± 3.47	
Baseline	-0.9 ± 2.77	-2.34 ± 0.44	0.670
BMI (kg/m ²)			
Baseline	26.26 ± 0.98	27.68 ± 0.94	
Week 12	26.07 ± 1.00	26.84 ± 0.83	
Change	-0.19 ± 0.02	-0.84 ± 0.64	0.644
Body fat (%)			
Baseline	32.31 ± 1.50	31.95 ± 1.22	
Week 12	32.14 ± 1.30	31.32 ± 1.20	
Change	-0.17 ± 0.2	-0.63 ± 0.02	0.871
Waist circumference (cm)			
Baseline	88.47 ± 2.26	91.91 ± 2.83	
Week 12	87.09 ± 2.24	88.18 ± 2.51	
Change	-1.38 ± 0.02	-3.73 ± 1.68	0.435

Values are mean ± SEM. *P*-values < 0.05 derived from independent *t*-test which considered the different between group.