

Supplement Table 4 Results of Sensitivity Analysis Following Multiple Imputation

Treatment group	Baseline		1-year follow-up		Absolute treatment effect [#]		Proportional treatment effect(%) [†]	
	Mean ± SD	<i>P</i> -value‡	Mean ± SD	<i>P</i> -value‡	Mean ± SD	<i>P</i> -value‡	Mean ± SD	<i>P</i> -value‡
BMI (kg/m ²)		0.400		0.006		<0.001		<0.001
QG	24.30±2.50		23.62±2.28		-0.63±1.00		-2.41±4.05	
WGG	24.89±2.54		24.98±2.61		0.16±0.95		0.73±3.85	
CG	24.39±3.10		24.70±3.07		0.31±0.36		1.31±1.53	
WC(cm)		0.484		0.046		<0.001		<0.001
QG	83.48±7.14		82.15±6.97		-1.06±1.74		-1.19±2.04	
WGG	85.18±7.99		85.19±7.26		0.13±1.72		0.25±2.04	
CG	84.71±9.42		84.55±9.00		-0.16±1.57		-0.12±1.79	
SBP(mmHg)		0.626		0.298		0.218		0.120
QG	124±13		121±12		-1.08±6.11		-0.67±5.16	
WGG	122±15		123±15		1.43±11.69		1.73±10.08	
CG	125±17		124±14		-0.57±8.31		0.05±6.94	
DBP(mmHg)		0.298		0.052		0.185		0.171
QG	72±9		71±9		-0.84±5.67		-0.82±8.43	

WGG	74±10		73±10		-0.12±7.82		0.44±11.28	
CG	75±11		74±11		-0.81±5.00		-0.65±7.81	
FBG(mmol/L)		0.919		0.123		0.145		0.242
QG	5.99±0.78		5.86±0.74		-0.07±0.64		-0.44±10.86	
WGG	5.96±0.57		5.92±0.69		-0.04±0.69		-0.20±11.50	
CG	6.01±0.59		6.13±0.57		0.12±0.24		2.12±3.83	
2hPG(mmol/L)		0.939		0.005		0.017		0.010
QG	9.21±0.94		8.71±1.36		-0.47±1.37		-4.56±14.88	
WGG	9.19±0.88		9.07±1.53		-0.11±1.55		-0.73±16.40	
CG	9.16±0.96		9.57±1.42		0.41±1.61		5.46±17.94	
HbA1c(%)		0.863		0.027		<0.001		<0.001
QG	5.93±0.47		5.80±0.52		-0.12±0.40		-1.97±6.68	
WGG	5.95±0.32		5.85±0.42		-0.10±0.40		-1.65±6.60	
CG	5.92±0.43		6.03±0.40		0.12±0.35		2.21±6.15	
FINS(mmol/L)		0.511		0.030		0.037		0.134
QG	10.50±4.13		8.91±4.06		-1.46±3.40		-10.14±37.85	
WGG	10.99±3.98		10.78±4.48		-0.15±2.87		0.75±34.35	

CG	10.21±3.80	10.07±4.25	-0.15±3.39	2.04±34.99	
HOMA-IR	0.626	0.037	0.018	0.073	
QG	2.81±1.26	2.37±1.13	-0.43±1.05	-10.27±40.13	
WGG	2.94±1.20	2.89±1.37	-0.03±0.91	-0.99±37.47	
CG	2.75±1.13	2.77±1.21	0.02±0.89	4.04±34.05	
TC(mmol/L)	0.066	0.096	0.774	0.632	
QG	5.71±1.02	5.51±0.97	-0.10±0.78	-0.55±15.48	
MG	5.47±0.86	5.35±0.88	-0.09±0.76	-0.66±16.47	
CG	5.35±0.87	5.20±0.91	-0.14±0.62	-2.23±12.70	
TG(mmol/L)	0.924	0.517	0.371	0.064	
QG	1.61±1.17	1.58±1.11	0.05±1.00	34.76±131.20	
WGG	1.62±0.84	1.79±1.22	0.18±0.92	15.66±68.95	
CG	1.56±0.84	1.49±0.93	-0.07±0.63	-0.20±38.75	
LDL(mmol/L)	0.310	0.585	0.989	0.984	
QG	3.31±0.85	3.18±0.82	-0.08±0.62	-0.49±20.23	
WGG	3.54±0.88	3.41±0.85	-0.11±0.67	-0.81±25.76	
CG	3.38±0.85	3.29±0.80	-0.09±0.53	-0.83±20.72	

HDL(mmol/L)	0.340	<0.001	<0.001	<0.001
QG	1.40±0.34	1.58±0.33	0.19±0.19	15.25±15.30
WGG	1.33±0.25	1.30±0.26	-0.03±0.12	-2.00±9.52
CG	1.34±0.26	1.33±0.29	-0.00±0.14	-0.08±10.32

QG: Quinoa Group, WGG: Multi Whole Grain Group, CG: Control Group.

Values are presented as mean ± SD; BMI, body mass index; WC, waist circumference; FBG, fasting blood glucose; 2hPG, 2-hour postprandial blood glucose; HbA1c, glycated hemoglobin; FINS, fasting insulin; HOMA-IR, homeostasis model assessment of insulin resistance; TG, triglycerides; TC, total cholesterol; LDL-C, low density lipoprotein cholesterol; HDL-C, high density lipoprotein cholesterol. [#]Absolute treatment effect = Treatment group follow-up –Treatment group baseline; [†]Proportional treatment effect = (Absolute treatment effect/Treatment group baseline) × 100%; [‡] *P*-values for baseline characteristics were derived from one-way ANOVA, while other *P*-values were derived from ANCOVA.