

Table S1. Intervention Schedule and Components

	Low GL Treatment Group	Low Fat Treatment Group
1. Dietary composition	Low GL 40-45% C, 30-35% F, 20-25% P <i>Ad libitum</i> intake of low GI foods	Low fat 50-55% C, 25-30% F, 20- 25%P <i>Ad libitum</i> intake of low fat foods
2. Intervention schedule	<p style="text-align: center;">5 Weekly Telephone Sessions</p> <ol style="list-style-type: none"> 1. Diet introduction, Create a healthy home environment, Grocery shopping 2. Dietary review, counseling, and support 3. Portion size, Reading labels, Hunger and satiety, Meal planning 4. Dietary review, counseling, and support 5. Snacks, Beverages, Eating Out 	
3. Behavioral approach	<p style="text-align: center;">Nutrition education (printed) Patient-centered counseling (registered dietitian)</p>	
4. Printed educational curriculum	<p style="text-align: center;">New materials for Sessions 1, 3 and 5: Session Education Sheet Food Choice Lists Menu/Snack Ideas Shopping List Games for kids</p>	

Table S2. Parent Experience*

	Low GL (n=11)	Low Fat (n=9)	P†
Scheduling of the telephone counseling sessions	9.4 ± 1.0	9.9 ± 0.3	0.14
What was discussed with the dietitian on the telephone	9.9 ± 0.3	9.9 ± 0.3	0.89
Printed nutritional education materials for parents	9.4 ± 0.8	9.7 ± 0.5	0.34
Printed nutritional education materials for children	9.0 ± 0.9	9.4 ± 1.0	0.31
Overall satisfaction	9.4 ± 0.7	10.0 ± 0	0.01
Child's interest in the study§	3.0 ± 1.3	2.8 ± 0.4	0.63

Mean ± standard deviation *Scale of 1 to 10 where 1 is not at all satisfied and 10 is extremely satisfied

† P-value for comparison between groups

§ As reported by the parent. Scale of 0 to 4 where 0 is not at all and 4 is extremely