

Semi-structured interview guide

1. How were you diagnosed with type 2 diabetes?
2. How has your diabetes progressed since diagnosis?
3. Describe your lifestyle leading up to your diagnosis.
 - Probe on diet;
 - Exercise;
 - Smoking, alcohol, stress, sleep.
4. Did you make any lifestyle changes when you were diagnosed with T2D?
 - Probe on diet;
 - Exercise;
 - Smoking, drinking, etc.
5. How would you describe your diabetes now?
6. Describe your current diet?
 - Probe on foods chosen;
 - Foods avoided;
 - Portion control (How do you decide how much to eat?);
 - Timing of meals and snacks (When do you eat during the day?).
7. When did you start following your current diet?
8. How did you find out about your current diet?
9. How did you learn about how to follow your current diet?
10. Has your diet changed from when you first started until now?
11. How sustainable is your diet?
12. How has your diet influenced your diabetes?
 - Probe on glucose control;
 - Medications.

13. Have you tried other diets to manage your diabetes?

- Probe on impact on diabetes;
- Which diets?

14. Has your diet affected any other aspects of your life?

- Probe on other medical conditions;
- Exercise;
- Social settings;
- Negatives (What negative effects has your diet had?);
- Medical negatives (Any medical conditions related to your diet?).

15. How has your doctor responded to your diet?

- Probe (When you first started the diet?);
- How does your doctor feel currently?
- How were medications managed?

16. Do you consult a dietitian?

- How did your dietitian respond to your diet?

17. Anything else from your experience that you would like to share?