### Statistical analysis

Data are presented as mean ± standard deviation or median (interquartile range) depending on the distribution. Data were checked for normality using Shapiro-Wilk and Kolmogorov-Smirnov values. Independent samples t tests were used to determine differences between subjects with type 1 and type 2 diabetes for continuous variables and chi squared tests were used for categorical variables. Pearson’s correlation was used to determine clinical and dietary predictors of mean and mean maximum CCA IMT. Clinical variables that were correlated (p<0.1) with CCA IMT were entered into stepwise linear regression (includes both forwards and backwards selection) to determine predictors. For inclusion in the model p<0.05. Bivariate correlations adjusted for age, sex and weight were used to determine the dietary predictors of CCA IMT. Serum carotenoids and serum lipid concentrations were normalised to their respective interquartile ranges to account for the variation in relative abundance in serum. P values for the serum lipid species were corrected for multiple comparisons using the Benjamini Hochberg approach [[18](file:///C%3A%5CUsers%5Cpeter%5CDropbox%5Cmanuscript%20nutrients.docx#_ENREF_21)]. Analysis was performed using SPSS (version 19, 2010, SPSS Inc, Chicago, IL). Statistical significance was set at p<0.05.