

Supplementary Table S1. Between-group comparison of dietary intakes at baseline and after 12 weeks.

Variable		Intervention (N=28)	Control (N=29)	P (between groups)*
Energy (kcal/day)	Baseline	2685 ± 478	2712 ± 597	0.85
	12 weeks	2760 ± 510	2800 ± 630	0.79
	P (within group)	0.52	0.56	
Carbohydrate (g/day)	Baseline	369 ± 97	348 ± 79	0.36
	12 weeks	383 ± 102	360 ± 86	0.33
	P (within group)	0.58	0.55	
Protein (g/day)	Baseline	92 ± 17	99 ± 19	0.14
	12 weeks	95.5 ± 17.8	101 ± 20.5	0.27
	P (within group)	0.42	0.68	
Fat (g/day)	Baseline	102 ± 19	109 ± 34	0.33
	12 weeks	106 ± 21.5	114 ± 37	0.35
	P (within group)	0.44	0.58	
Cholesterol (mg/day)	Baseline	271 ± 69	248 ± 79	0.24
	12 weeks	282 ± 76	258 ± 86	0.24

Variable		Intervention (N=28)	Control (N=29)	P (between groups)*
	P (within group)	0.55	0.63	
PUFA (g/day)	Baseline	33 ± 5	35 ± 7	0.21
	12 weeks	34.2 ± 5.6	36.0 ± 7.6	0.31
	P (within group)	0.37	0.59	
MUFA (g/day)	Baseline	39 ± 8	37.5 ± 11	0.55
	12 weeks	40.8 ± 8.7	39.2 ± 12.3	0.61
	P (within group)	0.39	0.57	
SFA (g/day)	Baseline	20 ± 6	21.8 ± 8	0.33
	12 weeks	21.0 ± 6.4	22.8 ± 8.7	0.38
	P (within group)	0.52	0.64	
Zinc (mg/day)	Baseline	13 ± 3	12 ± 2	0.13
	12 weeks	13.5 ± 3.1	12.3 ± 2.3	0.09
	P (within group)	0.51	0.57	
Copper (mg/day)	Baseline	2.4 ± 0.6	2.15 ± 0.5	0.09
	12 weeks	2.50 ± 0.64	2.25 ± 0.56	0.11

Variable		Intervention (N=28)	Control (N=29)	P (between groups)*
	P (within group)	0.53	0.45	
Selenium (µg/day)	Baseline	39 ± 24	37 ± 26	0.76
	12 weeks	42 ± 26.5	40 ± 28.5	0.78
	P (within group)	0.64	0.68	
Vitamin E (mg/day)	Baseline	9.6 ± 5.5	11.4 ± 6	0.23
	12 weeks	10.4 ± 6.1	12.0 ± 6.6	0.32
	P (within group)	0.59	0.71	
Vitamin C (mg/day)	Baseline	70 ± 37	73 ± 34	0.75
	12 weeks	76 ± 39	79 ± 35	0.75
	P (within group)	0.53	0.49	

*P-values for between-group comparisons at each time point were derived from independent-samples t-tests. Within-group P-values were obtained from paired-samples t-tests. All data are mean ± SD. No significant between-group or within-group differences were observed.