

Supplementary Table 1. Energy intake and diet composition at baseline and at the end of dietary intervention in the Whole-grain cereals and the Refined cereals groups.

	Refined cereals (n=22)			Whole-grain cereals (n=24)			
	Baseline	12-week	P (within group)	Baseline	12-week	P (within group)	P (between groups)
Energy (kcal/day)	1739±422	1948±324	0.04	1793±473	2126±496	0.001	0.28
Carbohydrate (%)	51±5	55±5	0.02	51±5	52±5	0.36	0.21
Protein (%)	17±3	19±4	0.03	17±3	17±7	0.85	0.34
Total Fat (%)	32±5	29±5	0.09	33±4	30±5	0.03	0.87
SAFA (%)	10±2	9±2	0.25	10±2	9±2	0.15	0.76
MUFA (%)	15±2	14±2	0.46	14±3	12±3	0.005	0.06
PUFA (%)	4±1	3±0.4	0.0001	4±2	4±1	0.19	0.01
Cholesterol (mg/day)	232±92	188±59	0.02	242±96	190±53	0.01	0.77
Total Fiber (g/day)	20±5	21±6	0.54	21±6	40±10	0.0001	0.0001
Cereal Fiber (g/day)	10±4	12±2	0.01	9±3	29±9	0.0001	0.0001
Non-cereal Fiber (g/day)	10±4	10±4	0.41	12±6	11±4	0.50	0.86
Glycemic Index (%)	64±5	72±4	0.0001	64±7	46±2	0.0001	0.0001
Total Alkylresorcinols (nmol/L)	52±50	40±37	0.05	45±51	130±96	0.0001	0.0001

Data are Mean±SD