

**Table S1.** Total daily energy intake and nutrients consumption of the studied subjects at the beginning (baseline) and at the end (visit 3) of the study

	<u>HPO</u>		<u>EVOO</u>		<u>Overall population</u>	
	<u>Baseline</u>	<u>Visit 3</u>	<u>Baseline</u>	<u>Visit 3</u>	<u>Baseline</u>	<u>Visit 3</u>
<b>Energy (Kcal)</b>	1740 ± 502	1635 ± 388	1775 ± 465	1762 ± 536	1758 ± 484	1698 ± 472
<b>Protein (g/d)</b>	62.9 ± 21.5	57.3 ± 17.1	65.9 ± 15.9	66.6 ± 27.4	64.4 ± 20.6	62.1 ± 23.3
<b>Total Fat (g/d)</b>	48.1 ± 15.3	45.5 ± 17.4	46.8 ± 16.8	52.6 ± 21.6	47.5 ± 16.1	49.1 ± 19.7
<b>SFA (g/d)</b>	14.0 ± 6.1	12.5 ± 5.4	13.8 ± 6.6	15.3 ± 9.1	13.6 ± 6.4	13.9 ± 7.6
<b>MUFA (g/d)</b>	15.2 ± 6.5	13.9 ± 7.9	14.2 ± 7.3	17.1 ± 9.5	14.7 ± 7.1	15.4 ± 8.8
<b>PUFA (g/d)</b>	13.9 ± 3.9	13.3 ± 3.7	13.9 ± 4.3	13.7 ± 4.4	13.9 ± 4.1	13.5 ± 4.1
<b>Cholesterol (mg/d)</b>	252.2 ± 159.1	240.7 ± 161.1	266.3 ± 173.7	279.1 ± 197.9	259.3 ± 166.7	259.9 ± 181.4
<b>Carbohydrates (g/d)</b>	267.6 ± 96.1	251.4 ± 72.1	277.2 ± 84.5	261.4 ± 86.4	272.4 ± 90.6	256.4 ± 79.7

Data are expressed as mean and standard deviation

EVOO= extra-virgin olive oil

HPO= hybrid palm oil

SFA, saturated fatty acids; MUFA, monounsaturated fatty acids; PUFA, polyunsaturated fatty acids;

Significance (P < 0.05)