

Table 1S. Differences in anthropometrics, BP, US, EUS and NFS within Currant and Control arm of NAFLD patients who regulated their BW and completed the 24-wk trial

Variable	Arm	Week 0	Week 24	P value	*P value
BW (kg)	Control	80.6±14.0	76.7±13.2	<0.001	0.391
	Currant	82.3±12.7	79.4±11.5	<0.001	
BMR (Kcal/24h)	Control	1620.5±299.1	1577.8±284.9	0.002	0.633
	Currant	1616.8±341.3	1588.5±331.1	0.042	
BMI (kg/m ²)	Control	28.5±4.1	27.1±3.7	<0.001	0.508
	Currant	29.0±3.8	28.1±3.8	<0.001	
Fat (%)	Control	32.3±7.8	30.2±8.7	0.005	0.039
	Currant	34.8±7.2	33.4±8.5	0.009	
Trunk fat (%)	Control	31.3±7.0	29.2±8.2	0.020	0.053
	Currant	33.2±5.5	32.0±6.4	0.063	
WC (cm)	Control	97.4±11.5	94.5±12.8	0.035	0.549
	Currant	99.3±11.0	96.9±11.0	0.015	
HC (m)	Control	107.7±10.3	105.5±9.9	0.003	0.955
	Currant	111.0±8.1	107.6±6.8	0.001	
WHR	Control	0.90±0.08	0.9±0.08	0.448	0.691
	Currant	0.9±0.09	0.9±0.09	1.000	
SBP (mmHg)	Control	131.8±14.0	121.7±11.5	0.001	0.364
	Currant	127.2±14.0	123.1±11.9	0.097	
DBP (mmHg)	Control	82.7±9.1	76.2±8.7	<0.001	0.025
	Currant	78.7±8.5	77.5±8.9	0.380	
HF (bpm)	Control	67.5±10.3	67.0±8.7	0.788	0.327

	Currant	69.4±6.8	67.4±6.8	0.209	
US (Hz)	Control	1.6±0.4	1.4±0.4	0.034 [#]	0.250 [#]
	Currant	2.0±4.2	1.8±0.9	0.014 [#]	
EUS (kPa)	Control	5.6±1.7	4.9±0.8	0.059	0.377
	Currant	5.2±0.9	4.7±0.9	0.013	
NFS	Control	-2.1±1.2	-1.9±1.2	0.041	0.104
	Currant	-2.2±0.9	-2.1±0.9	0.185	

Data are mean values ± standard deviation (SD).

BW, body weight; BMR, basic metabolic rate; BMI, body mass index; WC, waist circumference; HC, hip circumference; WHR, waist to hip ratio; SBP, systolic blood pressure; DBP, diastolic blood pressure; HF, heart frequency; US, ultrasound; EUS, elastography ultrasound stiffness; NFS, NAFLD Fibrosis Score

P values: comparison with the baseline values by the paired samples t test # or the Wilcoxon test, Difference was considered significant at $P < 0.05$.

* P values indicate significant differences in change of risk factors in the raisin group as compared with the change in the control group, applying the independent samples t test # or the Mann-Whitney test, Difference was considered significant at $P < 0.05$.

Table 2S. Differences in biochemical, inflammatory and oxidative stress indices within Currant and Control arm of NAFLD patients who regulated their BW and completed the 24-wk trial

Variable	Arm	Week 0	Week 24	P value	* P value
Glucose (mg/dL)	Control	92.5±18.5	92.5±18.5	1.000	0.005
	Currant	94.6±9.3	86.4±9.3	<0.001	
TC (mg/dL)	Control	202.7±35.0	209.7±37.1	0.306	0.735
	Currant	209.5±34.3	210.6±33.1	0.713	
HDL-C (mg/dL)	Control	56.9±13.8	52.7±13.6	0.038	0.818
	Currant	55.9±14.0	52.8±15.3	0.187	
LDL-C (mg/dL)	Control	121.4±33.0	137.2±34.2	0.011	0.437
	Currant	122.3±39.3	130.1±37.2	0.171	
TG (mg/dL)	Control	107.1±45.7	99.5±42.4	0.394 [#]	0.624
	Currant	150.4±106.0	141.9±86.1	0.356 [#]	
SGOT (U/L)	Control	23.7±6.6	21.4±6.6	0.183	0.542
	Currant	22.4±5.9	22.3±7.2	0.942	
SGPT (U/L)	Control	29.2±14.8	23.9±12.0	0.209 [#]	0.456 [#]
	Currant	28.4±14.0	25.9±12.3	0.541 [#]	
SGOT/SGPT	Control	0.9±0.4	1.0±0.4	0.366	0.064
	Currant	0.9±0.4	0.9±0.4	0.100	
γGT (U/L)	Control	32.0±29.3	36.0±52.3	0.287 [#]	0.608 [#]
	Currant	32.1±34.3	34.8±42.0	0.856 [#]	
ALP (U/L)	Control	56.6±12.4	57.1±13.6	0.790	0.558

	Currant	69.8±26.3	67.3±25.0	0.109	
TBIL (mg/dL)	Control	0.6±0.4	0.7±0.4	0.550	0.813
	Currant	0.6±0.4	0.6±0.4	0.971	
DBIL (mg/dL)	Control	0.2±0.4	0.2±0.4	0.052	0.122
	Currant	0.2±0.4	0.2±0.0	0.364	
HbA _{1C} (%)	Control	5.6±0.14	5.4±0.4	0.019	0.990
	Currant	5.8±0.4	5.6±0.4	<0.001	
Insulin (μIU/mL)	Control	11.9±3.7	11.4±6.2	0.689	0.030
	Currant	15.5±6.8	16.4±8.5	0.590	
Urea (mg/dL)	Control	26.8±7.0	32.1±9.1	0.012	0.871
	Currant	30.3±6.8	31.7±7.2	0.225	
Uric acid (mg/dL)	Control	4.7±0.8	5.0±1.2	0.289	0.143
	Currant	4.7±1.3	4.6±1.7	0.544	
CRP (ng/mL)	Control	2283.9±2966.8	899.9±1180.8	0.084 [#]	0.553
	Currant	2338.9±1720.2	872.9±696.6	0.002 [#]	
Visfatin (ng/mL)	Control	8.4±2.1	5.0±3.3	0.031	0.112
	Currant	9.1±5.1	9.9±3.4	0.470	
Leptin (ng/mL)	Control	68.2±52.0	57.7±41.2	0.076	0.611
	Currant	98.5±76.3	78.6±57.7	0.036	
IL-6 (pg/mL)	Control	1.9±3.7	1.5±1.7	0.136 [#]	0.035 [#]
	Currant	1.3±0.9	0.8±0.4	0.031 [#]	
oxLDL (U/L)	Control	126.7±28.8	114.9±27.6	0.080	0.270
	Currant	138.0±31.4	123.1±37.7	0.165	
TNF-α (pg/mL)	Control	1.3±0.8	0.9±0.4	0.031	0.711

	Currant	0.6±0.4	1.2±0.9	0.036	
Serum Oxidiz (sec)	Control	5861.1±881.7	6136.2±1037.4	0.153	0.248
	Currant	5563.6±760.2	5798.4±936.2	0.405	

Data are mean values ± standard deviation (SD).

TC, total cholesterol; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol; TG, triglycerides; SGOT, serum glutamic oxalacetic transaminase; SGPT, serum glutamic pyruvic transaminase; SGOT/SGPT, SGOT to SGPT ratio; γ GT, γ -glutamyl transpeptidase; ALP, alkaline phosphatase; TBIL, total bilirubin; DBIL, direct bilirubin; HbA_{1C}, glycated hemoglobin; CRP, C-reactive protein; IL-6, interleukin-6; oxLDL, oxidized LDL; TNF- α , tumor necrosis factor α ; Serum Oxidiz, serum oxidizability

P values: comparison with the baseline values by the paired samples t test # or the Wilcoxon test, Difference was considered significant at $P < 0.05$.

* P values indicate significant differences in change of risk factors in the raisin group as compared with the change in the control group, applying the independent samples t test # or the Mann-Whitney test, Difference was considered significant at $P < 0.05$.

Table 3S. Change in energy and in nutrient intakes in NAFLD patients participating in the Currant or Control arm who regulated their BW after 24-wk in the trial protocol. Nutritional data were derived from food records; MedDiet score is also presented.

Variable	Arm	Week 0	Week 24	P value (within group)	* P value (between groups)
MedDietScore	Control	31.9±4.51	34.8±5.4	0.015	0.818
	Currant	30.1±4.7	35.2±5.5	<0.001	
Energy (Kcal)	Control	2044.9±538.1	1735.0±503.5	0.097	0.673
	Currant	1898.0±685.2	1752.8±653.8	0.390	
Carbohydrates (g)	Control	210.8±67.6	193.1±75.8	0.403	0.981
	Currant	200.1±70.0	178.7±61.5	0.219	
Sugars (g)	Control	62.8±23.5	64.0±35.0	0.900	0.225
	Currant	64.2±28.8	61.5±27.1	0.562	
Protein (g)	Control	89.4±29.7	74.3±23.1	0.086	0.085
	Currant	76.8±34.3	74.8±31.4	0.819	
Fat total (g)	Control	105.2±39.6	96.0±23.1	0.003	0.305
	Currant	87.9±44.9	84.9±46.2	0.811	
SFA (g)	Control	30.1±15.7	21.7±8.7	0.020	0.201
	Currant	31.5±13.6	21.5±11.9	0.008	
PUFA (g)	Control	15.6±7.4	12.6±6.6	0.197	0.793
	Currant	12.2±9.8	13.2±8.9	0.696	
MUFA (g)	Control	47.7±19.8	33.2±14.8	0.001	0.393
	Currant	36.1±24.2	42.6±28.0	0.366	
Insoluble fiber (g)	Control	2.2±2.9	1.1±1.2	0.158 [#]	0.217

	Currant	0.6±0.9	0.7±1.4	0.594 [#]	
Crude fiber (g)	Control	2.6±1.7	3.9±5.0	0.435 [#]	0.228
	Currant	3.2±4.24	4.2±3.4	0.184 [#]	

Data are mean values ± standard deviation of mean (SD).

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

P values: comparison with the baseline values by the paired samples t test # or the Wilcoxon test, Difference was considered significant at $P < 0.05$.

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