

**Supplemental file 1.** Mean dietary intakes of study participants at weeks 1, 5, 9 and 12 of the study<sup>1</sup>

	Placebo group (n=30)	Probiotic group (n=30)	P <sup>2</sup>
Energy (kcal/d)	2201±282	2196±286	0.94
Carbohydrates (g/d)	298.1±47.3	290.3±54.8	0.55
Protein (g/d)	85.0±23.1	81.1±15.9	0.44
Fat (g/d)	77.8±14.5	83.1±11.9	0.12
SFA (g/d)	24.6±4.2	24.3±4.3	0.77
PUFA (g/d)	24.1±6.8	25.2±4.0	0.45
MUFA (g/d)	21.8±5.8	23.8±5.8	0.17
Cholesterol (mg/d)	207.8±128.9	230.1±141.7	0.52
TDF (g/d)	18.0±3.9	19.3±4.6	0.24

<sup>1</sup> Data are means± SDs.

<sup>2</sup> Obtained from independent *t*-test.

MUFA, monounsaturated fatty acid; PUFA, polyunsaturated fatty acid; SFA, saturated fatty acid; TDF, total dietary fiber.