

Supplemental file 1. Dietary intakes of study participants throughout the study

	Placebo group (n=28)	Resveratrol group (n=28)	P ¹
Energy (kcal/d)	2159±253	2220±251	0.37
Carbohydrates (g/d)	290.1±46.9	296.8±42.8	0.58
Protein (g/d)	81.3±20.5	85.2±17.7	0.45
Fat (g/d)	78.4±13.8	80.6±12.6	0.53
SFAs (g/d)	23.6±4.6	25.3±3.7	0.14
PUFAs (g/d)	24.2±4.2	25.1±7.5	0.58
MUFAs (g/d)	21.3±5.9	22.3±5.1	0.51
Cholesterol (mg/d)	214.8±140.8	195.6±81.2	0.53
TDF (g/d)	17.3±4.0	17.9±3.8	0.55

Data are means± SDs.

¹ Obtained from independent t test.

MUFAs, monounsaturated fatty acids; PUFAs, polyunsaturated fatty acids; SFAs, saturated fatty acids; TDF, total dietary fiber.