

**Supplemental Table 3. Energy, Nutrients, Fiber, and Alcohol after 6 weeks of intervention**

|                            | White Apple | P            | Aronia      | P            | Red Apple   | P     | P for difference <sup>b</sup> |
|----------------------------|-------------|--------------|-------------|--------------|-------------|-------|-------------------------------|
| <i>Energy, kcal/day</i>    |             |              |             |              |             |       |                               |
| Baseline                   | 2144 ± 480  |              | 2148 ± 570  |              | 2158 ± 446  |       |                               |
| 6-week                     | 1978 ± 424  | <b>0.014</b> | 2033 ± 460  | <b>0.079</b> | 2073 ± 554  | 0.329 | 0.729                         |
| <i>CHO, % energy</i>       |             |              |             |              |             |       |                               |
| Baseline                   | 37.3 ± 8.3  |              | 37.5 ± 8.4  |              | 37.1 ± 6.5  |       |                               |
| 6-week                     | 35.0 ± 8.2  | <b>0.037</b> | 38.5 ± 7.9  | 0.377        | 36.2 ± 6.8  | 0.344 | <b>0.061<sup>t</sup></b>      |
| <i>CHO, grams</i>          |             |              |             |              |             |       |                               |
| Baseline                   | 206 ± 60    |              | 209 ± 73    |              | 201 ± 51    |       |                               |
| 6-week                     | 179 ± 57    | <b>0.001</b> | 201 ± 60    | 0.236        | 190 ± 62    | 0.192 | 0.134                         |
| <i>Protein, % energy</i>   |             |              |             |              |             |       |                               |
| Baseline                   | 16.0 ± 3.8  |              | 15.7 ± 3.5  |              | 17.3 ± 3.8  |       |                               |
| 6-week                     | 17.0 ± 4.2  | <b>0.066</b> | 16.7 ± 3.8  | <b>0.070</b> | 16.8 ± 3.5  | 0.442 | 0.113                         |
| <i>Protein, grams</i>      |             |              |             |              |             |       |                               |
| Baseline                   | 85.3 ± 21.5 |              | 81.8 ± 24.1 |              | 88.0 ± 17.5 |       |                               |
| 6-week                     | 84.0 ± 20.6 | 0.737        | 86.9 ± 23.5 | 0.193        | 85.3 ± 20.3 | 0.530 | 0.381                         |
| <i>Total fat, % energy</i> |             |              |             |              |             |       |                               |
| Baseline                   | 40.2 ± 8.4  |              | 41.1 ± 8.2  |              | 42.2 ± 6.0  |       |                               |
| 6-week                     | 42.2 ± 8.7  | <b>0.051</b> | 40.1 ± 6.7  | 0.364        | 42.6 ± 7.3  | 0.643 | <b>0.086<sup>t</sup></b>      |

|                         |             |              |             |              |             |              |                          |
|-------------------------|-------------|--------------|-------------|--------------|-------------|--------------|--------------------------|
| 6-week                  |             |              |             |              |             |              |                          |
| Total fat, <i>grams</i> |             |              |             |              |             |              |                          |
| Baseline                | 99.3 ± 30.0 |              | 101 ± 33.6  |              | 103 ± 23.3  |              |                          |
| 6-week                  | 94.7 ± 26.8 | 0.274        | 93.8 ± 25.5 | 0.197        | 101 ± 29.5  | 0.197        | 0.727                    |
| SFA, % <i>energy</i>    |             |              |             |              |             |              |                          |
| Baseline                | 10.8 ± 3.0  |              | 11.5 ± 3.0  |              | 11.6 ± 2.0  |              |                          |
| 6-week                  | 10.9 ± 2.9  | 0.937        | 11.3 ± 2.7  | 0.515        | 12.3 ± 3.5  | 0.241        | 0.331                    |
| SFA, <i>grams</i>       |             |              |             |              |             |              |                          |
| Baseline                | 26.8 ± 9.2  |              | 28.7 ± 11.6 |              | 28.0 ± 6.7  |              |                          |
| 6-week                  | 24.7 ± 8.6  | 0.132        | 26.6 ± 9.2  | 0.235        | 29.7 ± 11.4 | 0.405        | 0.212                    |
| MUFA, % <i>energy</i>   |             |              |             |              |             |              |                          |
| Baseline                | 18.7 ± 4.4  |              | 19.2 ± 5.0  |              | 19.7 ± 2.9  |              |                          |
| 6-week                  | 19.9 ± 5.1  | <b>0.098</b> | 17.9 ± 4.8  | 0.147        | 19.9 ± 3.9  | 0.696        | <b>0.050<sup>1</sup></b> |
| MUFA, <i>grams</i>      |             |              |             |              |             |              |                          |
| Baseline                | 46.0 ± 14.3 |              | 47.2 ± 17.2 |              | 47.9 ± 10.9 |              |                          |
| 6-week                  | 45.0 ± 15.0 | 0.632        | 41.0 ± 13.5 | <b>0.040</b> | 46.7 ± 12.5 | 0.573        | 0.270                    |
| PUFA, % <i>energy</i>   |             |              |             |              |             |              |                          |
| Baseline                | 7.3 ± 2.4   |              | 7.6 ± 2.4   |              | 7.7 ± 2.2   |              |                          |
| 6-week                  | 8.3 ± 2.8   | <b>0.015</b> | 7.8 ± 3.5   | 0.557        | 7.0 ± 1.9   | <b>0.097</b> | <b>0.022<sup>2</sup></b> |

PUFA, *grams*

|          |            |       |            |       |            |       |       |
|----------|------------|-------|------------|-------|------------|-------|-------|
| Baseline | 17.9 ± 7.1 |       | 18.6 ± 7.4 |       | 18.7 ± 6.6 |       |       |
| 6-week   | 18.6 ± 6.3 | 0.482 | 17.9 ± 7.5 | 0.603 | 16.8 ± 6.9 | 0.142 | 0.339 |

Fiber, *g/day*

|          |            |              |             |              |            |              |       |
|----------|------------|--------------|-------------|--------------|------------|--------------|-------|
| Baseline | 23.4 ± 9.0 |              | 24.1 ± 10.4 |              | 23.2 ± 7.5 |              |       |
| 6-week   | 20.2 ± 7.5 | <b>0.036</b> | 21.1 ± 7.0  | <b>0.012</b> | 20.9 ± 7.9 | <b>0.080</b> | 0.885 |

Alcohol, *g/day*<sup>a</sup>

|        |                 |       |                |       |                 |              |                           |
|--------|-----------------|-------|----------------|-------|-----------------|--------------|---------------------------|
| Basal  | 7.2 (0.96-11.2) |       | 8.0 (2.9-12.4) |       | 8.9 (2.5-26.3)  |              |                           |
| 6-week | 5.3 (0.96-10.6) | 0.819 | 4.4 (1.3-11.7) | 0.285 | 10.3 (5.4-26.8) | <b>0.082</b> | <b>0.065</b> <sup>3</sup> |

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Data expressed as mean ± standard deviation or <sup>a</sup> median (25<sup>th</sup>-75<sup>th</sup>percentile).

CHO, carbohydrates; SFA, saturated fatty acids; MUFA, monounsaturated fatty acids; PUFA, polyunsaturated fatty acids.

Intra-treatment comparisons by Student's t test and Wilcoxon test for related samples.

<sup>b</sup>P value for differences among treatments. ANOVA and Man Whitney test.<sup>1</sup>Between White Apple and Aronia treatments; <sup>2</sup>Between White Apple and Red Apple treatments;

<sup>3</sup>Between Aronia and Red Apple treatments; Significant differences in **bold** and borderlines ones in *italic bold*