

**Supplemental Table 1.** Daily dose of the **anthocyanins** and other **phenolic compounds** (mg) in WFA and RFA snacks and in AI (anthocyanin control) by LC-MS/MS.

	<b>WFA</b> mg/ 80g snack/day	<b>RFA</b> mg/ 80g snack/day	<b>AI</b> mg/1 L infusion/day
Cyanidin galactoside	n.d.	30.9	28.6
Cyanidin arabinoside	n.d.	3.41	8.84
<b>Anthocyanins</b>	<b>0.0 (0%)</b>	<b>34.5 (17.5%)</b>	<b>37.4 (37.7%)</b>
<b>p-Hydroxybenzoic acid</b>	n.d.	n.d.	0.28
Hydroxyphenylacetic acid	n.d.	n.d.	1.18
Protocatechuic acid	n.d.	n.d.	7.7
Hydroxytyrosol	0.34	n.d.	0.18
Coumaric acid	n.d.	n.d.	0.30
Coumaric acid hexoside	5.49	1.14	0.13
Coumaric acid derivate	0.46	n.d.	0.35
Vanillic acid hexoside	0.86	2.55	5.77
Vanillic acid	n.d.	n.d.	0.41
Vanillic acid derivate	n.d.	n.d.	0.08
Homogentisic acid	0.35	0.48	0.07
Gallic acid	n.d.	n.d.	0.80
Gallic acid hexoside	1.34	n.d.	0.74
Caffeic acid	n.d.	n.d.	1.65
Caffeic acid hexoside	n.d.	n.d.	0.11
Ferulic acid	n.d.	n.d.	0.19
Ferulic acid hexoside	0.29	0.22	0.73
Ferulic acid derivate	0.07	n.d.	n.d.
<b>3-O-caffeoylquinic acid</b>	n.d.	n.d.	6.52
<b>5-O-caffeoylquinic acid</b>	27.0	69.0	28.4
Caffeoylquinic acid hexoside	n.d.	n.d.	0.58
<b>Phenolic acids</b>	<b>36.2 (18.4 %)</b>	<b>73.4 (37.3%)</b>	<b>56.1 (56.6%)</b>
Catechin	7.77	n.d.	n.d.
Epicatechin	31.5	4.93	0.6
Epigallocatechin	n.d.	n.d.	n.d.
Dimer	70.4	9.12	0.74
Trimer	10.9	n.d.	0.32
Tetramer	1.8	n.d.	n.d.
<b>Flavan-3-ols</b>	<b>121 (61.4%)</b>	<b>14.1 (7.16%)</b>	<b>1.65 (1.66%)</b>
Quercetin	0.10	n.d.	n.d.
Dihydroquercetin	0.33	0.10	1.06
Quercetin arabinoside	5.92	3.93	0.04
Quercetin rhamnoside	5.72	9.68	n.d.
Quercetin glucoside	5.71	3.34	1.03
Quercetin rutinoside	0.49	0.16	0.13
Quercetin diglucoside	0.09	n.d.	0.13
Dihydrokaempferol	0.13	0.24	0.11
Kaempferol rhamnoside	n.d.	n.d.	0.07
Dihydrokaempferol glucoside	n.d.	0.17	0.45
Kaempferol rutinoside	0.25	0.12	n.d.
Myricetin glucoside	n.d.	n.d.	0.18
<b>Flavonols</b>	<b>18.7 (9.49%)</b>	<b>17.7 (8.98%)</b>	<b>3.19 (3.22%)</b>
Luteolin glucoside	0.17	0.06	n.d.
Apigenin glucoside	0.01	n.d.	n.d.

<b>Flavones</b>	<b>0.17 (0.09%)</b>	<b>0.06 (0.03%)</b>	<b>0 (0%)</b>
Naringenin glucoside	0.41	0.55	0.06
Eriodictyol	n.d.	n.d.	0.11
Eriodictyol hexoside	0.48	0.80	0.35
<b>Flavanones</b>	<b>0.88 (0.45%)</b>	<b>1.36 (0.69%)</b>	<b>0.53 (0.53%)</b>
Phloretin glucoside	8.32	21.4	0.12
Phloretin xylosyl glucoside	10.8	29.4	0.07
Hydroxyphloretin xylosyl glucoside	0.80	1.24	n.d.
<b>Dihydrochalcones</b>	<b>19.9 (10.1%)</b>	<b>52.0 (26.4%)</b>	<b>0.20 (0.20%)</b>
<b>TOTAL PHENOLICS</b>	<b>197</b>	<b>193</b>	<b>99.1</b>
<i>Anthocyanins</i>	0	34.5	37.4
<i>Other phenolics</i>	197	159	61.7

**Supplemental Table 2.** Daily dose of **macronutrients and other phytochemicals** (mg) in in WFA and RFA snacks and in AI (anthocyanin control)

	<b>WFA 80 g</b>	<b>RFA 80 g</b>	<b>AI 1L infusión</b>
Energy (Kcal) <sup>a</sup>	221	188	18.0
Protein (g) <sup>b</sup>	2.10	2.40	0.00
Lipids (g) <sup>b</sup>	0.66	0.69	0.00
Carbohydrats (g) <sup>b</sup>	73.9	74.9	4.50
Sugars from carbohydrats (g) <sup>b</sup>	51.4	43.0	4.50
Total fiber (g) <sup>b</sup>	11.1	13.2	0.00
Organic acids (citric, malic) (g) <sup>b</sup>	2.2	2.3	0.00
Triterpenes (mg) <sup>b</sup>	26.2	21.8	0.05

<sup>a</sup> USDA database (Green apple variety 'Granny Smith' )

<sup>b</sup> Analizado en laboratorio