**Supplemental Table 13. Postprandial Changes in Cholesterol at the Beginning and at the End of the study**

| Intervention | Baseline (0h) | Change after intervention | | | P (trend)[a,b] |
|---|---|---|---|---|---|
| | | 2h | 4h | 6h | |
| ***Baseline*** | | | | | |
| WFA (n=8) | 241 (10.4) | 0.12 (4.38) | 3.50 (4.78) | 6.37 (6.30) | 0.302[b] |
| AI (n=9) | 207 (4.91) | -7.22 (6.02) | **-9.67 (3.95)** † | ***-5.44 (4.50)***‡ | 0.102[a] |
| RFA (n=12) | 213 (7.73) | 0.08 (2.04) | 2.25 (2.32) | 2.92 (3.05) | 0.300[b] |
| ***6 weeks*** | | | | | |
| WFA (n=8) | 236 (8.80) | -2.50 (1.63) | 3.50 (2.82) | 5.50 (3.52) | ***0.094***[b] |
| AI (n=9) | 200 (8.02) | **-6.56 (2.43)** † | **-6.56(3.69)** † | **-3.22(1.84)** † | 0.109[a] |
| RFA (n=9) | 212 (8.37) | 5.00 (1.81) | 8.33 (3.12) | 8.56 (3.58) | **0.030** [b] |

Data expressed as mean (standard error) in mmHg

Intra-treatment comparison by General Linear Model with Bonferroni correction. P for: [a] quadratic trend; [b]linear trend. No differences were observed

Inter-treatment comparisons by ANCOVA Model adjusted by age and sex. † *P<0.05*, ‡P<0.1, versus White and Red Apple treatments .Significant results in **bold**.

**Supplemental Table 14. Postprandial Changes in LDL-cholesterol at the Beginning and at the End of the study**

| Intervention | Baseline (0h) | Change after intervention | | | P (trend)[a,b] |
|---|---|---|---|---|---|
| | | 2h | 4h | 6h | |
| ***Baseline*** | | | | | |
| WFA (n=8) | 160 (6.80) | -0.50 (3.22) | -0.37 (3.77) | 3.00 (4.67) | 0.308[a] |
| AI (n=9) | 129 (5.15) | -4.00 (5.13) | ***-7.11 (3.59)*** ‡ | **-4.89 (3.56)**¥ | 0.133[b] |
| RFA (n=12) | 142 (6.28) | 2.83 (3.42) | -2.58 (1.77) | -2.50 (2.14) | 0.177[b] |
| ***6 weeks*** | | | | | |
| WFA (n=8) | 151 (6.42) | **-6.62 (1.68)***¶ | -5.62 (2.67) | -2.62 (3.93) | **0.003**[a] |
| AI (n=9) | 124 (6.20) | -4.67 (2.46) | -6.33 (2.55) | -4.33(1.58) | **0.018**[b] |
| RFA (n=9) | 139 (5.90) | 0.67 (1.67) | 0.22 (3.37) | 0.78 (3.62) | 0.880[b] |

Data expressed as mean (standard error) in mmHg. Significant results in **bold**.

Intra-treatment comparison by General Linear Model with Bonferroni correction. P for: [a] quadratic trend; [b]linear trend * P=0.033 versus its baseline.

Inter-treatment comparisons by ANCOVA Model adjusted by age and sex. ‡P<0.1, versus White and Red Apple treatments; ¥P=0.050 versus White Apple treatment; ¶P<0.05 versus Red Apple treatment.

**Supplemental Table 15. Postprandial Changes in HDL-cholesterol at the Beginning and at the End of the study**

| Intervention | Baseline (0h) | Change after intervention | | | P (trend)[a,b] |
|---|---|---|---|---|---|
| | | 2h | 4h | 6h | |
| ***Baseline*** | | | | | |
| WFA (n=8) | 55.7 (3.69) | -0.50 (1.03) | 0.00 (0.87) | -1.00 (1.39) | 0.549[b] |
| AI (n=9) | 57.7 (5.23) | -2.67 (0.96) | -1.89 (1.24) | -0.89 (1.12) | **0.013**[a] |
| RFA (n=12) | 50.1 (2.87) | -3.50 (3.79) | -0.33 (0.57) | 0.17 (0.89) | 0.325[b] |
| ***6 weeks*** | | | | | |
| WFA (n=8) | 60.1 (4.11) | -0.25 (0.86) | -0.37 (0.88) | -0.50 (0.87) | 0.539[b] |
| AI (n=9) | 58.7 (4.84) | **-2.33 (0.74)**[* ¥ ¶] | -1.44 (0.96) | -0.56(0.96) | **0.008**[b] |
| RFA (n=9) | 48.1 (3.31) | 1.33 (0.47) | 0.78 (0.72) | 0.56 (0.99) | 0.111[a] |

Data expressed as mean (standard error) in mmHg. Significant results in **bold**.

Intra-treatment comparison by General Linear Model with Bonferroni correction. P for: [a] quadratic trend; [b]linear trend * P<0.1versus its baseline.

Inter-treatment comparisons by ANCOVA Model adjusted by age and sex. ¥P<0.1 versus White Apple treatment; ¶P<0.05 versus Red Apple treatment.

**Supplemental Table 16. Postprandial Changes in VLDL-cholesterol at the Beginning and at the End of the study**

| Intervention | Baseline (0h) | Change after intervention | | | P (trend)[a,b] |
|---|---|---|---|---|---|
| | | 2h | 4h | 6h | |
| ***Baseline*** | | | | | |
| WFA (n=8) | 26.1 (4.92) | 1.12 (1.50) | 3.87 (1.47) | 4.37 (2.54) | ***0.087***[b] |
| AI (n=9) | 20.4 (2.40) | -0.56 (1.34) | **-0.67 (1.70)** ‡ | 0.33 (1.35) | 0.469[a] |
| RFA (n=12) | 21.7 (2.70) | 0.75 (0.73) | **5.16 (0.86)** * | ***5.25 (1.76)***† | **0.003** [b] |
| ***6 weeks*** | | | | | |
| WFA (n=8) | 25.1 (6.58) | **4.37 (0.98)*** | **9.50 (2.49)** * | **8.62 (1.96)** * | **0.004** [b] |
| AI (n=9) | 17.1 (2.01) | **0.44 (1.00)** ¥ ≠ | **1.22 (0.94)** ‡ | **1.67 (0.73)** ‡ | ***0.051*** [b] |
| RFA (n=9) | 24.3 (4.00) | ***3.00 (0.97)*** † | **7.33 (1.34)** * | **7.22 (1.84)** * | **0.003** [b] |

Data expressed as mean (standard error) in mmHg. Significant results in **bold**.

Intra-treatment comparison by General Linear Model with Bonferroni correction. P for: [a] quadratic trend; [b]linear trend * P<0.05, †P<0.1 versus its baseline.

Inter-treatment comparisons by ANCOVA Model adjusted by age and sex. ‡ P<0.05 versus White and Red Apple treatments; ¥P<0.01 versus White Apple treatment; ¶P<0.05 , ≠ P<0.1 versus Red Apple treatment.

**Supplemental Table 17. Postprandial Changes in Total Cholesterol/ HDL ratio at the Beginning and at the End of the study**

| Intervention | Baseline (0h) | Change after intervention | | | P (trend)[a,b] |
|---|---|---|---|---|---|
| | | 2h | 4h | 6h | |
| ***Baseline*** | | | | | |
| WFA (n=8) | 4.48 (0.40) | 0.04 (0.06) | 0.07 (0.07) | 0.19 (0.16) | 0.273[b] |
| AI (n=9) | 3.88 (0.43) | 0.07 (0.16) | **-0.09 (0.05)** ‡ | -0.05 (0.04) | 0.223[b] |
| RFA (n=12) | 4.43 (0.33) | 2.71 (2.71) | 0.06 (0.03) | 0.54 (0.10) | 0.337[a] |
| ***6 weeks*** | | | | | |
| WFA (n=8) | 4.11 (0.42) | -0.02 (0.04) | 0.10 (0.08) | 0.13 (0.07) | ***0.069*** [b] |
| AI (n=9) | 3.60 (0.32) | 0.04 (0.06) | 0.01 (0.06) | 0.04 (0.08) | 0.745 [b] |
| **RFA (n=9)** | 4.57 (0.40) | -0.04 (0.05) | 0.08 (0.05) | 7.22 (1.84) | ***0.078*** [b] |

Data expressed as mean (standard error) in mmHg. Significant results in **bold** and borderline ones in ***italic bold***.

Intra-treatment comparison by General Linear Model with Bonferroni correction. P for: [a] quadratic trend; [b]linear trend. No differences were observed

Inter-treatment comparisons by ANCOVA Model adjusted by age and sex. ‡ P<0.05 versus White and Red Apple treatments

**Supplemental Table 18. Postprandial Changes in LDL Cholesterol/ HDL ratio at the Beginning and at the End of the study**

| Intervention | Baseline (0h) | Change after intervention | | | P (trend)[a,b] |
|---|---|---|---|---|---|
| | | 2h | 4h | 6h | |
| ***Baseline*** | | | | | |
| WFA (n=8) | 2.96 (0.25) | 0.02 (0.04) | -0.003 (0.05) | 0.11 (0.11) | 0.236[a] |
| AI (n=9) | 2.46 (0.33) | 0.07 (0.14) | -0.08 (0.05) | ***-0.06 (0.04)*** [¥] | ***0.075***[b] |
| RFA (n=12) | 2.95 (0.24) | 2.47 (2.49) | -0.05 (0.04) | -0.05 (0.08) | 0.306[b] |
| ***6 weeks*** | | | | | |
| WFA (n=8) | 2.62 (0.24) | -0.09 (0.04) | -0.06 (0.06) | -0.01 (0.07) | **0.010** [a] |
| AI (n=9) | 2.27 (0.25) | 0.004 (0.05) | -0.04 (0.03) | -0.01 (0.05) | 0.682 [b] |
| **RFA (n=9)** | 3.01 (0.27) | -0.09 (0.05) | -0.07 (0.05) | -0.05 (0.05) | 0.140 [a] |

Data expressed as mean (standard error) in mmHg. Significant results in **bold** and borderline ones in ***italic bold***.

Intra-treatment comparison by General Linear Model with Bonferroni correction. P for: [a] quadratic trend; [b]linear trend. No differences were observed

Inter-treatment comparisons by ANCOVA Model adjusted by age and sex. [¥]P<0.1 versus White Apple treatment

**Supplemental Table 19. Postprandial Changes in Triglycerides (log) at the Beginning and at the End of the study**

| Intervention | Baseline (0h) | Change after intervention | | | P (trend)[a,b] |
|---|---|---|---|---|---|
| | | 2h | 4h | 6h | |
| ***Baseline*** | | | | | |
| WFA (n=8) | 130 (24.0) | 6.00 (7.36) | 20.0 (7.60) | 22.9 (12.8) | ***0.081*** [b] |
| AI (n=9) | 102 (11.9) | -2.33 (6.87) | **-3.11 (8.61)** ‡ | ***1.78 (6.72)*** ≠ | 0.494[a] |
| RFA (n=12) | 109 (13.4) | 2.58 (3.66) | **25.7 (4.44)** † | 26.3 (8.45) | **0.002** [b] |
| ***6 weeks*** | | | | | |
| WFA (n=8) | 127 (33.1) | **20.4 (4.99)*** | **47.0 (12.5)** * | **42.1 (9.73)** * | **0.004**[b] |
| AI (n=9) | 84.3 (10.2) | **3.33 (4.72)** ¥ ≠ | **6.89 (4.43)** ‡ | **9.44 (3.41)** ‡ | **0.029**[b] |
| RFA (n=9) | 122 (20.1) | 14.0 (4.73) | **36.5 (6.75)** † | **35.3 (9.11)** * | **0.003**[b] |

Data expressed as mean (standard error) in mmHg. Significant results in **bold** and borderline ones in ***italic bold***.

Intra-treatment comparison by General Linear Model with Bonferroni correction. P for: [a] quadratic trend; [b]linear trend. * P<0.05, †P<0.01 versus its baseline.

Inter-treatment comparisons by ANCOVA Model adjusted by age and sex. ‡ P<0.05 versus White and Red Apple treatments; ¥P<0.01 versus White Apple treatment; ¶P<0.05 , ≠ P<0.1 versus Red Apple treatment.