

Supplement Table 1:

|                                   | Frequency of Starchy Food Intake Among Participants Before and During the Trial n(%) |          |        |          |              |          |          |          |
|-----------------------------------|--------------------------------------------------------------------------------------|----------|--------|----------|--------------|----------|----------|----------|
|                                   | Before Trail                                                                         |          |        |          | During Trail |          |          |          |
|                                   | <1/wk                                                                                | 1~3/wk   | 4~6/wk | ≥1/d     | <1/wk        | 1~3/wk   | 4~6/wk   | ≥1/d     |
| Quinoa Group                      | n=69                                                                                 |          |        |          | n=64         |          |          |          |
| Refined Grains                    |                                                                                      |          | 1(1.4) | 68(98.6) |              |          | 4(6.3)   | 60(93.7) |
| Whole Grains ( including Quinoa ) | 2(2.9)                                                                               | 26(37.7) | 5(8.7) |          |              |          | 15(23.4) | 49(76.6) |
| Tubes                             | 8(11.6)                                                                              | 12(17.4) |        |          |              | 10(15.6) |          |          |
| Mixed Beans                       | 15(21.7)                                                                             | 2(2.9)   |        |          | 20(31.3)     |          |          |          |
| Whole Grain Group                 | n=69                                                                                 |          |        |          | n=68         |          |          |          |
| Refined Grains                    |                                                                                      |          | 3(4.3) | 66(95.7) |              |          | 2(2.9)   | 66(97.1) |
| Whole Grains                      | 5(7.2)                                                                               | 24(34.8) | 4(5.8) |          |              | 2(2.9)   | 11(16.1) | 45(66.2) |
| Tubes                             | 11(15.9)                                                                             | 20(29.0) |        |          |              | 13(19.1) | 8(11.8)  | 10(14.7) |
| Mixed Beans                       | 10(14.5)                                                                             | 2(2.9)   |        |          | 5(7.4)       | 12(17.6) |          |          |
| Control Group                     | n=69                                                                                 |          |        |          | n=69         |          |          |          |
| Refined Grains                    |                                                                                      |          | 1(1.4) | 68(98.6) |              |          | 2(2.9)   | 67(97.1) |
| Whole Grains                      | 4(5.8)                                                                               | 12(17.4) | 1(1.4) |          | 3(4.3)       | 11(15.9) | 3(4.3)   |          |
| Tubes                             | 10(14.5)                                                                             | 5(7.2)   |        |          | 13(18.8)     | 7(10.1)  | 1(1.4)   |          |
| Mixed Beans                       | 9(13.0)                                                                              |          |        |          | 5(7.2)       | 2(2.9)   |          |          |