

Supplement Table 2:

Mean daily intake of nutrients before and at the end of treatment (mean ± SD)									
Baseline					Month 12				
	QG	WGG	CG	<i>P</i> -value*	QG	WGG	CG	<i>P</i> -value*	
Dietary Energy intake (kcal per day)	1822±382	1739±692	1846±398	0.441	1786±348	1809±429	1805±378	0.526	
Dietary Nutrient Intake									
Protein (g per day)	105.6±23.4	94.9±49.0	101.8±23.8	0.194	112.3±25.2	102.4±37.8	99.8±24.7	0.183	
Fat (g per day)	67.2±15.2	61.3±33.6	70.3±21.9	0.105	65.7±18.9	63.8±33.6	67.3±20.8	0.233	
Carbohydrate (g per day)	206.0±53.0	209.8±67.0	206.0±48.1	0.903	206.0±53.0	200.6±63.3	208.4±52.3	0.895	
Dietary Fiber (g per day)	16.6±6.0 ^a ※	10.3±6.2 ^b ※	12.1±6.2 ^b	<0.001	22.4±7.2 ^a ※	17.3±6.7 ^b ※	13.2±6.6 ^b	<0.001	

QG: Quinoa Group, WGG: Multi Whole Grain Group, CG: Control Group. Values are presented as mean ± SD;

* Values were derived from ANOVA. Values in a row with different superscript letters are significantly different, *P* < 0.05 (Bonferroni post hoc test for pairwise comparisons).

※ Differ from Baseline, *P* < 0.05.