

Table S1. Composition of dried prune product

Macronutrients (g/100g)	Prune product	Whole prune [1]	Prune juice [1]	Fresh plum [1]
Water	29.9	32.4	81.2	78.0
Total carbohydrate	61.2	62.7	17.5	21.0
Total dietary fiber	8.9	6.1	0.01	1.5
Insoluble fiber	1.1	4.1	-	0.5
Soluble fiber	6.4	2.1	-	0.76
Total sugars	35.4	36.8		
Glucose	20.8	23.1	9.6	6.1
Fructose	13.8	13.1	6.2	3.4
Sucrose	0.9	0.6	-	4.5
Sorbitol	15.1	14.7	6.1	5.4
Protein	2.4	2.6	0.6	0.8
Fat	0.1	0.5	0.03	0.2

1. Stacewicz-Sapuntzakis M, Bowen PE, Hussain EA, Damayanti-Wood BI, Farnsworth NR: **Chemical composition and potential health effects of prunes: a functional food?** *Crit Rev Food Sci Nutr* 2001, **41**:251-286.