

**Supplementary Table 1.** Absolute changes<sup>a</sup> from baseline of the mean daily intakes (mg/day) of total dietary polyphenols and their classes in the study groups

	High-polyphenol diets (n = 39)		Low-polyphenol diets (n = 39)	
	mg/day	%*	mg/day	%*
Total polyphenols	2025 ± 574	+ 305	– 239 ± 294	– 39
Phenolic acids	628 ± 322	+ 125	– 216 ± 300	– 40
Total flavonoids	1360 ± 303	+ 1782	– 22.6 ± 39	– 35
Anthocyanidins	78.2 ± 47	+ 844	13.0 ± 15	+ 124
Flavones	4.50 ± 2.5	+ 227	0.60 ± 1.7	+ 33
Flavan-3-ols	1007 ± 266	+ 4698	– 20.5 ± 16	– 99
Flavonols	208 ± 78	+ 990	– 4.5 ± 7.9	– 39
Flavanones	62.1 ± 46	+ 277	– 11.2 ± 28	– 51

Data are expressed as mean ± SD

\*Percentage increase/decrease from baseline calculates as: [(8-week value minus baseline value)/baseline value] × 100

<sup>a</sup> Calculated as 8-week value minus baseline value