

Supplementary Table S1. Dietary macro-nutrient content of the placebo and Haskap groups before test 1 and test 2. Dietary content was estimated from self-reported food diaries. Values are presented as means \pm SD. There were no difference between visits or between groups.

	Carbohydrate (g)	Protein (g)	Fat (g)	Total Kcal	Fruit and vegetable portions
Control					
Pre	254 \pm 97	89 \pm 23	79 \pm 26	2047 \pm 587	3 \pm 2
Post	235 \pm 101	91 \pm 49	71 \pm 32	1819 \pm 682	3 \pm 2
Haskap					
Pre	213 \pm 65	102 \pm 54	70 \pm 28	1873 \pm 442	3 \pm 1
Post	226 \pm 64	94 \pm 59	71 \pm 32	1876 \pm 658	3 \pm 2

Supplementary Table S2. Dietary micro-nutrient content of the placebo and Haskap groups before test 1 and test 2. Dietary content was estimated from self-reported food diaries. Values are presented as means \pm SD.

	K (mg)	Ca (mg)	Mg (g)	Fe (mg)	Zn (mg)	Selenium (μ g)	Thiamin – B1 (mg)	Riboflavin – B2 (mg)	Vit B6 (mg)	Vit B12 (μ g)	Vit C (mg)	Vit D (μ g)	Vit E (mg)
Control													
Pre	2530 \pm 759	904 \pm 279	281 \pm 83	11 \pm 5	10 \pm 5	71 \pm 41	2.1 \pm 1.7	1.7 \pm 0.9	1.9 \pm 1.0	4.9 \pm 2.5	95 \pm 86	8.8 \pm 13.6	4.6 \pm 4.7
Post	2490 \pm 673	859 \pm 224	257 \pm 74	12 \pm 6	8 \pm 3	58 \pm 37	1.6 \pm 1.1	1.5 \pm 0.9	1.8 \pm 0.9	4.2 \pm 3.3	105 \pm 88	8.1 \pm 13.8	4.5 \pm 5.3
Haskap													
Pre	2504 \pm 1114	864 \pm 408	277 \pm 144	9 \pm 6	8 \pm 5	86 \pm 82	1.2 \pm 0.5	1.6 \pm 1.0	1.5 \pm 1.1	6.1 \pm 5.0	92 \pm 86	4.7 \pm 8.4	3.2 \pm 3.5
Post	2472 \pm 563	745 \pm 365	242 \pm 90	8 \pm 5	7 \pm 4	67 \pm 74	1.2 \pm 0.4	1.4 \pm 0.8	1.6 \pm 0.7	5.0 \pm 5.2	98 \pm 105	4.1 \pm 5.5	3.4 \pm 5.1