

Supplementary Material

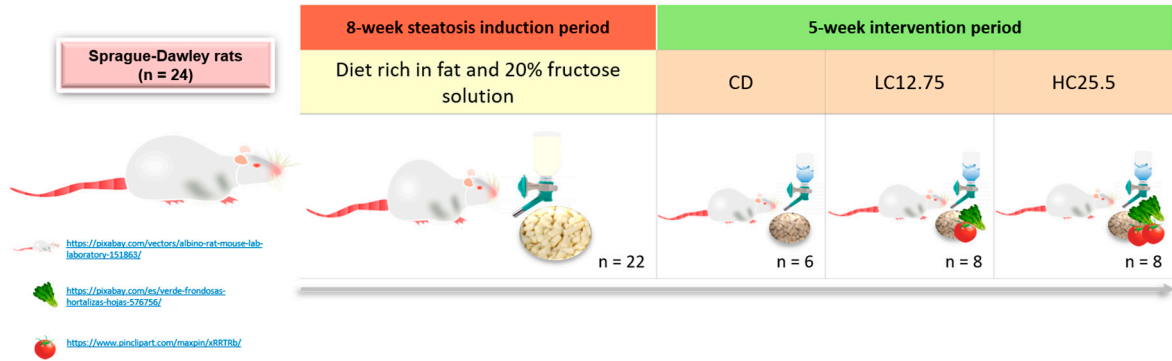


Figure S1. Experimental study design.

Table S1. Proximal composition, energy values, phenolic compounds, antioxidant capacity and carotenoid content of the diets administered in the three experimental groups.¹

Nutrient amount (per 100 g)	CD	LC12.75	HC25.5
Protein (g)	14.33 ± 0.15 ^b	15.79 ± 0.75 ^a	16.63 ± 0.14 ^a
Fat (g)	2.91 ± 0.06 ^b	3.28 ± 0.18 ^a	3.43 ± 0.14 ^a
Total dietary fiber (TDF) (g)	21.16 ± 1.73 ^b	21.27 ± 0.9 ^b	25.63 ± 1.01 ^a
Ash (g)	1.51 ± 0.16 ^c	1.85 ± 0.11 ^b	2.45 ± 0.03 ^a
Carbohydrate (g)	60.09 ± 1.48 ^a	57.81 ± 1.83 ^a	51.85 ± 0.99 ^b
Energetic value (kcal)	323.9 ± 6.09 ^a	323.93 ± 2.84 ^a	306.59 ± 2.73 ^b
Calories from protein (%)	17.7 ± 0.15 ^b	19.5 ± 1.08 ^b	21.68 ± 0.05 ^a
Calories from fat (%)	8.1 ± 0.29 ^b	9.12 ± 0.59 ^{ab}	10.14 ± 0.38 ^a
Calories from carbohydrate (%)	74.2 ± 0.44	71.38 ± 1.63	68.26 ± 0.45
Total phenolic (TPC) (mg GAE)	205.03 ± 1.71 ^c	243.66 ± 4.47 ^b	265.30 ± 5.69 ^a
ORAC (mmoles TE)	4.59 ± 0.35 ^c	5.59 ± 0.34 ^b	8.98 ± 0.33 ^a
Carotenoids (µg/100 g)			
Neoxanthin	-	5.64 ± 1.11 ^b	8.36 ± 0.34 ^a
Violaxanthin	-	3.24 ± 0.91 ^b	5.13 ± 0.64 ^a
Lutein	-	58.71 ± 2.39 ^b	95.05 ± 4.51 ^a
Zeaxanthin	-	4.68 ± 0.62 ^b	9.15 ± 1.27 ^a
Phytoene	-	44.02 ± 8.86 ^b	84.69 ± 7.18 ^a
α-carotene	-	8.51 ± 0.74 ^b	18.33 ± 1.05 ^a
β-carotene	-	46.76 ± 2.00 ^b	91.96 ± 1.17 ^a
Lycopene	-	113.28 ± 17.40 ^b	218.77 ± 17.28 ^a
Total	-	283.84 ± 8.46 ^b	528.65 ± 24.29 ^a

¹ Values are expressed as mean ± SD. ^{a-c} Different letters in the same row show significant statistically differences between groups after performing a one-way ANOVA ($p < 0.05$). CD: Standard diet (Teklad Global 14% Protein Rodent Maintenance Diet, 2014), LC12.75: Standard diet + 12.75% spinach and tomato mixture, HC25.5: Standard diet + 25.5% spinach and tomato mix.