**Supplemental Table 1: Effects of pistachio inclusion on traditional markers of cardiometabolic syndrome (N = 28).**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Variable (units) | Control | 1PD | 2PD | *P* (Diet) | *P* (Control vs 1PD†) | *P* (1PD† vs 2PD‡) | *P* (Control vs 2PD‡) |
| Total cholesterol\* (mmol/L) | 5.47 ± 0.12 | 5.05 ± 0.12 | 4.96 ± 0.12 | <0.0001 | 0.0002 | 0.783 | <0.0001 |
| TG\* ( mmol/L) | 1.40 ± 0.09 | 1.28 ± 0.09 | 1.20 ± 0.09 | 0.0005 | 0.213 | 0.478 | 0.005 |
| LDL\* (mmol/L) | 3.45 ± 0.11 | 3.11 ± 0.11 | 3.01 ± 0.11 | <0.0001 | 0.0005 | 0.652 | <0.0001 |
| HDL\* (mmol/L) | 1.44 ± 0.08 | 1.43 ± 0.08 | 1.50 ± 0.08 | 0.011 | 0.894 | 0.038 | 0.178 |

\*These results have been previously reported (29). **†** 1 serving (32g - 63g or 1.5 oz) of pistachios per day represents 10% energy from pistachios**; ‡** 2 servings (63g - 126g or 3.0 oz) of pistachios per day represents 20% energy from pistachios. Tukey adjustments were used for comparisons between diets.