**SUPPLEMENTAL TABLE 1.** List of daily fruit servings provided to the participants

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Foods** | **Diet 1** | **Diet 2** | **Diet 3** | **Diet 4** | **Diet 5** | **Diet 6** |
|  |  |  |  |  |  |  |
| **Berries** | **0.12 ± 0.02** | **1.24 ± 0.16** | **2.11 ± 0.52** | **1.63 ± 0.27** | **2.28 ± 0.43** | **2.50 ± 0.35** |
| *Blueberries* | *0.12 ± 0.02* | *0.09 ± 0.01* | *0.35 ± 0.09* | *0.38 ± 0.06* | *0.11 ± 0.02* | *0.13 ± 0.02* |
| *Cranberries* | *-* | *0.09 ± 0.01* | *0.09 ± 0.02* | *-* | *0.11 ± 0.02* | *0.13 ± 0.02* |
| *Grapes* | *-* | *0.71 ± 0.09* | *0.44 ± 0.11* | *1.00 ± 0.17* | *1.82 ± 0.34* | *2.00 ± 0.28* |
| *Raspberries* | *-* | *0.18 ± 0.02* | *0.27 ± 0.06* | *0.13 ± 0.02* | *0.11 ± 0.02* | *0.13 ± 0.02* |
| *Strawberries* | *-* | *0.18 ± 0.02* | *0.97 ± 0.24* | *0.13 ± 0.02* | *0.11 ± 0.02* | *0.13 ± 0.02* |
|  |  |  |  |  |  |  |
| **Citrus** | **1.47 ± 0.22** | **0.53 ± 0.07** | **0.62 ± 0.15** | **-** | **1.82 ± 0.34** | **2.00 ± 0.28** |
| *Grapefruit* | *-* | *-* | *0.18 ± 0.04* | *-* | *0.34 ± 0.06* | *0.38 ± 0.05* |
| *Lemon* | *-* | *-* | *-* | *-* | *0.11 ± 0.02* | *0.13 ± 0.02* |
| *Mandarins* | *-* |  | *-* | *-* | *0.11 ± 0.02* | *0.13 ± 0.02* |
| *Oranges* | *1.47 ± 0.22* | *0.53 ± 0.07* | *0.44 ± 0.11* | *-* | *1.25 ± 0.23* | *1.38 ± 0.19* |
|  |  |  |  |  |  |  |
| **Drupes** | **0.12 ± 0.02** | **0.27 ± 0.03** | **-** | **0.38 ± 0.06** | **0.57 ± 0.11** | **0.63 ± 0.09** |
| *Apricots* | *-* | *-* | *-* | *-* | *0.11 ± 0.02* | *0.13 ± 0.02* |
| *Dates* | *-* | *0.09 ± 0.01* | *-* | *-* | *0.34 ± 0.06* | *0.38 ± 0.05* |
| *Mango* | *-* | *0.09 ± 0.01* | *-* | *-* | *0.11 ± 0.02* | *0.13 ± 0.02* |
| *Peaches* | *-* | *-* | *-* | *0.38 ± 0.06* | *-* | *-* |
| *Plums* | *0.12 ± 0.02* | *0.09 ± 0.01* | *-* | *-* | *-* | *-* |
| *Prunes* | *-* | *-* | *-* | *-* | *-* | *-* |
|  |  |  |  |  |  |  |
| **Melons** | **-** | **-** | **0.70 ± 0.17** | **-** | **2.17 ± 0.40** | **2.38 ± 0.34** |
| *Cantaloupe* | *-* | *-* | *0.70 ± 0.17* | *-* | *0.46 ± 0.09* | *0.50 ± 0.07* |
| *Honeydew* | *-* | *-* | *-* | *-* | *1.71 ± 0.32* | *1.88 ± 0.27* |
|  |  |  |  |  |  |  |
| **Pomes** | **0.24 ± 0.04** | **0.62 ± 0.08** | **1.23 ± 0.30** | **0.63 ± 0.11** | **0.57 ± 0.11** | **0.63 ± 0.09** |
| *Apples* | *-* | *0.44 ± 0.06* | *0.97 ± 0.24* | *0.63 ± 0.11* | *0.34 ± 0.06* | *0.38 ± 0.05* |
| *Pears* | *0.24 ± 0.04* | *0.18 ± 0.02* | *0.26 ± 0.06* | *-* | *0.23 ± 0.04* | *0.25 ± 0.04* |
|  |  |  |  |  |  |  |
| **Tropical** | **-** | **-** | **-** | **0.38 ± 0.06** | **0.11 ± 0.02** | **0.13 ± 0.02** |
| *Bananas* | *-* | *-* | *-* | *0.25 ± 0.04* | *-* | *-* |
| *Pineapple* | *-* | *-* | *-* | *0.13 ± 0.02* | *0.11 ± 0.02* | *0.13 ± 0.02* |
|  |  |  |  |  |  |  |
| **Others** | **0.37 ± 0.05** | **0.36 ± 0.05** | **0.09 ± 0.02** | **0.25 ± 0.04** | **-** | **-** |
| *Fruit salad* | *0.37 ± 0.05* | *0.36 ± 0.05* | *-* | *0.25 ± 0.04* | *-* | *-* |
| *Mixed Fruits* | *-* | *-* | *0.09 ± 0.02* | *-* | *-* | *-* |

Values are means +/- SD

Apple: includes fresh apples, apple juice and apple sauce

Grapes: includes green grapes, red grapes, grape juice, raisins

Oranges: includes fresh oranges, orange juice

**SUPPLEMENTAL TABLE 2.** List of daily vegetable servings provided to the participants

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Foods** | **Diet 1** | **Diet 2** | **Diet 3** | **Diet 4** | **Diet 5** | **Diet 6** |
| **Vegetables** | 5.4 ± 0.6 | 4.9 ± 0.6 | 4.9 ± 1.2 | 6.8 ± 1.1 | 11.6 ± 2.2 | 12.7 ± 1.8 |
|  |  |  |  |  |  |  |
| **Beans** | **-** | **0.27 ± 0.03** | **0.26 ± 0.06** | **0.38 ± 0.06** | **0.46 ± 0.09** | **0.50 ± 0.07** |
| *Green beans* | *-* | *0.27 ± 0.03* | *0.26 ± 0.06* | *0.38 ± 0.06* | *0.46 ± 0.09* | *0.50 ± 0.07* |
|  |  |  |  |  |  |  |
| **Green** | **0.61 ± 0.09** | **0.27 ± 0.03** | **1.76 ± 0.43** | **0.75 ± 0.13** | **1.25 ± 0.23** | **1.38 ± 0.19** |
| *Broccoli* | *0.12 ± 0.02* | *0.18 ± 0.02* | *0.35 ± 0.09* | *0.38 ± 0.06* | *0.57 ± 0.11* | *0.63 ± 0.09* |
| *Mesclun mix* | *-* | *-* | *0.18 ± 0.04* | *-* | *-* | *-* |
| *Roman lettuce* | *0.49 ± 0.07* | *0.09 ± 0.01* | *0.62 ± 0.15* | *0.38 ± 0.06* | *0.46 ± 0.09* | *0.50 ± 0.07* |
| *Spinach* | *-* | *-* | *0.62 ± 0.15* | *-* | *0.23 ± 0.04* | *0.25 ± 0.04* |
|  |  |  |  |  |  |  |
| **Red and orange** | **1.71 ± 0.25** | **1.95 ± 0.25** | **2.20 ± 0.54** | **2.46 ± 0.39** | **4.33 ± 0.81** | **4.75 ± 0.67** |
| *Butternut squash* | *-* | *0.18 ± 0.02* | *-* | *-* | *0.34 ± 0.06* | *0.38 ± 0.05* |
| *Carrots* | *0.37 ± 0.05* | *0.36 ± 0.05* | *0.88 ± 0.22* | *1.25 ± 0.21* | *0.34 ± 0.06* | *0.38 ± 0.05* |
| *Red peppers* | *0.24 ± 0.04* | *0.27 ± 0.03* | *0.26 ± 0.06* | *-* | *0.80 ± 0.15* | *0.88 ±0.12* |
| *Tomatoes* | *1.10 ± 0.16* | *1.07 ± 0.14* | *1.06 ± 0.26* | *1.21 ± 0.18* | *2.74 ±0.51* | *3.00 ± 0.43* |
| *Yellow peppers* | *-* | *0.09 ± 0.01* | *0.09 ± 0.02* | *-* | *0.11 ± 0.02* | *0.13 ± 0.02* |
|  |  |  |  |  |  |  |
| **Starchy** | **0.98 ± 0.14** | **0.80 ± 0.10** | **0.53 ± 0.13** | **1.35 ± 0.21** | **0.80 ± 0.15** | **0.88 ± 0.12** |
| *Corn* | *0.12 ± 0.02* | *0.18 ± 0.02* | *0.26 ± 0.06* | *-* | *-* | *-* |
| *Green peas* | *-* | *-* | *-* | *0.10 ± 0.00* | *-* | *-* |
| *Potatoes* | *0.86 ± 0.13* | *0.62 ± 0.08* | *0.26 ± 0.06* | *1.25 ± 0.21* | *0.80 ± 0.15* | *0.88 ± 0.12* |
|  |  |  |  |  |  |  |
| **Others** | **1.59 ± 0.23** | **1.43 ± 0.17** | **0.18 ± 0.04** | **1.88 ± 0.32** | **4.79 ± 0.90** | **5.25 ± 0.74** |
| *Artichoke* | *-* | *-* | *-* | *-* | *0.23 ± 0.04* | *0.25 ± 0.04* |
| *Asparagus* | *-* | *-* | *-* | *-* | *0.23 ± 0.04* | *0.25 ± 0.04* |
| *Cabbage* | *0.24 ± 0.04* | *0.10 ± 0.00* | *-* | *-* | *0.12 ± 0.02* | *0.13 ± 0.02* |
| *Celery* | *0.24 ± 0.04* | *0.27 ± 0.03* | *0.18 ± 0.04* | *0.25 ± 0.04* | *0.34 ± 0.06* | *0.38 ± 0.05* |
| *Chive* | *-* | *-* | *-* | *-* | *-* | *-* |
| *Cauliflower* | *-* | *0.27 ± 0.03* | *-* | *0.38 ± 0.06* | *0.23 ± 0.04* | *0.25 ± 0.04* |
| *Cucumber* | *0.12 ± 0.02* | *0.18 ± 0.02* | *-* | *0.13 ± 0.02* | *0.80 ± 0.15* | *0.88 ± 0.012* |
| *Eggplant* | *-* | *-* | *-* | *-* | *0.57 ± 0.11* | *0.63 ± 0.09* |
| *Green peppers* | *0.49 ± 0.07* | *0.36 ± 0.05* | *0.18 ± 0.04* | *0.38 ± 0.06* | *0.34 ± 0.06* | *0.38 ± 0.05* |
| *Green onions* | *0.12 ± 0.02* | *0.09 ± 0.01* | *-* | *0.13 ± 0.02* | *0.11 ± 0.02* | *0.13 ± 0.02* |
| *Leek* | *-* | *0.18 ± 0.02* | *0.09 ± 0.02* | *-* | *0.34 ± 0.06* | *0.38 ± 0.05* |
| *Mixed vegetables* | *0.37 ± 0.05* | *0.27 ± 0.03* | *0.26 ± 0.06* | *0.38 ± 0.06* | *-* | *-* |
| *Mushrooms* | *0.49 ± 0.07* | *0.09 ± 0.01* | *-* | *0.38 ± 0.06* | *0.68 ± 0.13* | *0.75 ± 0.11* |
| *Onions* | *0.49 ± 0.07* | *0.44 ± 0.06* | *0.09 ± 0.02* | *0.63 ± 0.11* | *0.80 ± 0.15* | *0.88 ± 0.12* |
| *Radish* | *-* | *-* | *-* | *-* | *-* | *-* |
| *Turnips* | *0.12 ± 0.02* | *0.27 ± 0.03* | *-* | *0.13 ± 0.02* | *-* | *-* |
| *Vegetable juice* | *0.24 ± 0.04* | *-* | *-* | *0.13 ± 0.02* | *-* | *-* |
| *Zucchinis* | *-* | *0.09 ± 0.01* | *-* | *0.13 ± 0.02* | *0.68 ± 0.13* | *0.75 ± 0.11* |

Values are means +/- SD

Corn: includes fresh corn and cream of corn

Onions: includes red and yellow onions

Tomatoes: includes fresh, diced and sun dried tomatoes as well as tomato paste, soup and sauce