**Online supporting material**

**Supplemental Table 1.** Dietary energy and macronutrient intake assessed by FFQ before and during 6-week consumption of SCP or Control in insulin-resistant human subjects \*

 (Mean values with their standard errors)

SFA, saturated fatty acids; MUFA, Monounsaturated fatty acids; PUFA, Polyunsaturated fatty acids; SCP, strawberry and cranberry polyphenols.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | SCP (*n* 20) |  | Control (*n* 21) |  |
|  | Pre |  | Post |  | Pre |  | Post |  |
| Variables | Mean | SEM |  | Mean | SEM |  | Mean | SEM |  | Mean | SEM | *P* Value |
|  Energy (kcal) | 2271 | 196 |  | 2284 | 179 |  | 2519 | 243 |  | 2206 | 174 | 0·27 |
|  Carbohydrate (g) |  257 |  23 |  |  270 |  26 |  |  270 |  19 |  |  247 |  18 | 0·23 |
|  Protein (g) |  96 |  9 |  |  98 |  7 |  |  118 |  16 |  |  101 |  10 | 0·12 |
|  Lipid (g) |  96 |  8 |  |  95 |  7 |  |  107 |  14 |  |  93 |  8 | 0·32 |
|  Alcohol (g) |  9 |  3 |  |  4 |  1 |  |  9 |  3 |  |  6 |  3 | 0·91 |
|  SFA (g) |  30 |  3 |  |  30 |  3 |  |  37 |  5 |  |  32 |  4 | 0·27 |
|  MUFA (g) |  39 |  3 |  |  38 |  3 |  |  43 |  6 |  |  37 |  3 | 0·35 |
|  PUFA (g) |  19 |  2 |  |  19 |  2 |  |  19 |  2 |  |  17 |  1 | 0·43 |

\* PROC GLM ANOVA test showed no significant differences in the changes from baseline (Post *vs* Pre) between the 2 groups.

**Online supporting material**

**Supplemental Table 2.** Anthropometric measures and blood pressure before and after 6-week consumption of SCP or Control in insulin-resistant human subjects\*

 (Mean values with their standard error)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | SCP (*n* 20) |  | Control (*n* 21) |  |
|  | Pre |  | Post |  | Pre |  | Post |  |
| Variables | Mean | SEM |  | Mean | SEM |  | Mean | SEM |  | Mean | SEM | P value |
| Systolic blood pressure (mmHG) | 117 | 3 |  | 116 | 3 |  | 123  | 3 |  | 120  | 3 | 0·72 |
| Diastolic blood pressure (mmHG) |  70 | 2 |  |  68 | 2 |  |  73  | 2 |  |  71  | 2 | 0·92 |
| Weight (kg)  |  85 | 3 |  |  85 | 3 |  |  85  | 3 |  |  85  | 3 | 0·62 |
| BMI (kg/m2) |  31 | 1 |  |  31 | 1 |  |  31  | 1 |  |  31  | 1 | 0·63 |
| Waist circumference (cm) | 104 | 3 |  | 103 | 3 |  | 104  | 2 |  | 103  | 2 | 0·77 |
| Hip circumference (cm) | 111 | 2 |  | 110 | 2 |  | 111  | 2 |  | 110  | 2 | 0·59 |
| Waist to hip ratio  |  0·9 |  0·0 |  |  0·9 |  0·0 |  |  0·9 |  0·0 |  |  0·9  |  0·0 | 0·61 |

SCP, strawberry and cranberry polyphenols.

\* PROC MIXED ANOVA test showed no significant differences in the changes from baseline (Post *vs* Pre ) between the 2 groups.