Supplemental Table 1. Pre-trial Energy and Macronutrient Intake

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| --- | --- | --- | --- | --- |
|  | **Pre-Trial Intake¹** | | | |
| **Bar Type** | **Energy (kcal)** | **Fat (g)** | **CHO (g)** | **PRO (g)** |
| Reference | 2280 ± 490 | 85 ± 27 | 261 ± 63 | 117 ± 30 |
| Black Raspberry Low | 2380 ± 740 | 92 ± 34 | 255 ± 87 | 131 ± 44 |
| Black Raspberry High | 2360 ± 710 | 88 ± 34 | 260 ± 94 | 134 ± 35 |
| Cranberry Low | 2400 ± 690 | 93 ± 31 | 263 ± 85 | 130 ± 39 |
| Cranberry High | 2300 ± 620 | 87 ± 32 | 252 ± 65 | 126 ± 32 |
|  | **Pre-Trial Evening Meal** | | | |
| **Bar Type** | **Energy (kcal)** | **Fat (g)** | **CHO (g)** | **PRO (g)** |
| Reference | 970 ± 120 | 29 ± 4 | 125 ± 16 | 54 ± 7 |
| Black Raspberry Low | 990 ± 170 | 30 ± 4 | 128 ± 17 | 54 ± 7 |
| Black Raspberry High | 990 ± 110 | 30 ± 4 | 130 ± 5 | 54 ± 7 |
| Cranberry Low | 980 ± 120 | 30 ± 5 | 127 ± 16 | 54 ± 7 |
| Cranberry High | 1000 ± 170 | 31 ± 7 | 130 ± 22 | 54 ± 7 |
| All data is mean ± SD. |  |  |  |  |
| 1Indicates average daily intake in the two days prior to each trial. | | |  |  |

Supplemental Table 2. Baseline body weight, glucose and insulin

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|  |  | Black raspberry | | | Cranberry | |
|  | Reference | | Low1 | High2 | Low3 | High4 |
| Body Weight (kg) | 82.0 ± 13.9 | | 81.9 ± 14.1 | 81.7 ± 13.8 | 82.1 ± 14.0 | 82.1 ± 13.9 |
| Glucose (mg/dL) | 90.6 ± 8.0 | | 88.8 ± 7.9 | 88.6 ± 7.9 | 89.8 ± 7.3 | 90.6 ± 9.7 |
| Insulin (uIU/mL) | 6.8 ± 5.5 | | 7.3 ± 6.5 | 6.3 ± 6.2 | 5.9 ± 4.7 | 6.2 ± 5.5 |

# Values are mean ± SD; there were no significant difference between treatments at baseline (p > 0.3).

# 1Contains 10% freeze-dried black raspberry powder per total weight

# 2Contains 20% freeze-dried black raspberry powder per total weight

# 3Contains 0.5% cranberry extract per total weight

# 4Contains 1% cranberry extract per total weight