**Supplementary Data**

Supplementary Table 1: Nutrient Profile and Ingredients in the Potato Side Dishes

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Potato Dishes1 | Energy (kcal) | Fat (g) | Saturated Fat (g) | Carbohydrates (g) | Fiber (g) | Protein (g) | Sodium (mg) | Potassium (mg) |
| Scalloped PotatoesRusset potato (141 g)White onion (17.7 g)Margarine (80% fat, 3.9 g)Flour (4.3 g)Milk, nonfat (67.8 g)Salt (0.36 g)Pepper, ground (0.16 g) | 209 | 3.6 | 0.8 | 39 | 3.5 | 6.7 | 221 | 912 |
| Smashed PotatoesGold potatoes (140 g)Garlic, minced (0.8 g)Greek nonfat yogurt (9.7 g)Vegetable broth, reduced sodium (9.7 g)Panko breadcrumbs (18.1 g)Cheddar cheese, reduced fat (3.2 g)Scallions (7.7 g)Sea salt (0.15 g)Pepper, ground (0.26 g) | 213 | 1.8 | 0.7 | 43 | 3.7 | 7.1 | 231 | 612 |
| Roasted Paprika PotatoesWhite potato (150 g)Canola oil (4.1 g)Paprika (0.61 g)Sea salt (0.48 g)Pepper, ground (0.04 g) | 177 | 4.4 | 0.4 | 32 | 3.5 | 3.8 | 200 | 816 |
| Herb Roasted PotatoesRed potato (150 g)Canola oil (4.4 g)Thyme (0.11 g)Rosemary (0.1 g)Sea salt (0.48 g)Pepper, ground (0.04 g) | 179 | 4.6 | 0.4 | 32 | 3.3 | 3.8 | 200 | 804 |
| Lemon PotatoesWhite potato (149 g)Lemon juice (17.4 g)Garlic, minced (1.8 g)Canola Oil (4.2 g)Parsley (1.8 g)Sea salt (0.54 g) | 183 | 4.5 | 0.4 | 33 | 3.4 | 4 | 226 | 834 |
| Potato SaladYellow potato (141 g)Mayonnaise, fat free (22 g)Greek yogurt, nonfat (86.6 g)Celery (17.4 g)Mustard (5.2 g)Scallions (13.8 g)Red onion (9.2 g) | 221 | 1.1 | 0.3 | 42 | 3.5 | 12.3 | 299 | 808 |
| Potato and Spinach CasseroleRusset potato (144 g)Spinach (43.0 g)Olive oil (5.5 g)Bouillon cube, reduced sodium (0.9 g)Panko breadcrumbs (6.5 g)Sea salt (0.29 g)Pepper, ground (0.16 g) | 219 | 6.2 | 0.9 | 37 | 4.5 | 5.8 | 219 | 994 |
| AVERAGE | 200 | 3.7 | 0.5 | 37 | 3.6 | 6.2 | 228 | 826 |

1 Ingredient weights based on estimated cooked weight

Supplementary Table 2: Nutrient Profile and Ingredients in the Refined Grain Dishes

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Refined Grain Dishes | Energy (kcal) | Fat (g) | Saturated Fat (g) | Carbohydrates (g) | Fiber (g) | Protein (g) | Sodium (mg) | Potassium (mg) |
| Garlic BreadArtisan roll (60 g)Margarine (60% fat, 4 g)Garlic, minced (2 g) | 193 | 4.6 | 1.2 | 33 | 1.3 | 6.4 | 318 | 25 |
| Couscous SaladCouscous (148 g)Canola oil (3.7 g)Fresh dill (0.22 g)Garlic, minced (0.32 g)Roasted pepper (14.2 g)Cilantro (2.96 g)Salt (0.55 g)Pepper, ground (0.18 g) | 204 | 4 | 0.3 | 36 | 2.4 | 5.9 | 224 | 130 |
| Spanish Rice Jasmine rice (114 g)Canola oil (2.1 g)Bouillon cube, reduced sodium (0.78 g)Onion (15.4 g)Poblano pepper (16.2 g)Canned diced tomato, unsalted (35 g)Cilantro (0.98 g)Salt (0.31g) | 194 | 2.5 | 0.3 | 38 | 1.6 | 4.0 | 234 | 297 |
| Red Pepper RiceJasmine rice (129 g)Canola oil (3.2 g)Onion (11.9 g)Red pepper (15.6 g)Salt (0.65 g) | 205 | 3.7 | 0.4 | 38 | 0.9 | 3.8 | 253 | 91 |
| Naan Flour (48.2 g)Sunflower oil (3.6 g)Greek yogurt, nonfat (10.8 g)Baking powder (1.2 g)Salt (0.43 g) | 215 | 4.1 | 0.5 | 38 | 1.3 | 5.6 | 177 | 79 |
| Parmesan OrzoOrzo (104 g)Canola Oil (3.2 g)Parmesan cheese, reduced fat (2.65 g)Salt (0.42 g)Pepper, ground (0.05 g) | 199 | 4.7 | 0.8 | 32 | 1.9 | 6.6 | 206 | 50 |
| Mac n CheeseElbow macaroni (65 g)Cheddar cheese, reduced fat (14 g)Margarine (60% fat, 5.2 g)Milk, nonfat (69 g)Flour (1.9 g)Salt (0.1 g)Pepper, ground (0.05 g) | 187 | 4.9 | 1.4 | 25 | 1.2 | 9.9 | 240 | 159 |
| AVERAGE | 200 | 4.1 | 0.7 | 34 | 1.5 | 6 | 236 | 119 |

1 Ingredient weights based on estimated cooked weight