

Supplemental Table 1. Example menu for a ~2350 kcal Western-style eating pattern consumed during the 3-week baseline period

| | Quantity | Unit |
|--|----------|------------------------|
| Day 1 | | |
| Breakfast | | |
| Kroger Southern Style Biscuit | 2 | each |
| Butter* | 5 | gram |
| Jimmy Dean Fully Cooked Sausage Patties | 43 | gram |
| Pineapple, canned in heavy syrup | 1/2 | cup |
| Welch's Essentials Juice Cocktail | 10 | fl oz |
| Lunch | | |
| Michelina's Authentic Cheese Manicotti with Marinara Sauce | 1 | meal (213 gram) |
| <u>Garden Salad</u> | | |
| Iceburg Lettuce, shredded | 3/4 | cup |
| Cucumber, sliced with peel | 2 | slices (1/4 inch each) |
| Red Cherry Tomato | 2 | each |
| Baby Carrots | 2 | each |
| Shredded Cheddar Cheese, 2% Milkfat | 8 | gram |
| Ranch Dressing | 1 | Tbsp |
| Croutons | 7 | gram |
| Strawberries, halves | 1 1/2 | cup |
| Minute Maid Lemonade | 10 | fl oz |
| Mid-Afternoon Snack | | |
| Zone Perfect Bar* | 1 | serving (37 gram) |
| Dinner | | |
| Pork Loin, raw weight | 95 | gram |
| Sweet Potato, without peel | 1 | medium |
| Mini Marshmallows* | 10 | each |
| Frozen Broccoli | 1 | cup |
| Kraft American Cheese Singles | 9.5 | gram |
| King's Hawaiian Honey Wheat Roll | 1 | each |
| Butter* | 5 | gram |
| Jello Gelatin Dessert (any flavor) | 1 | each |
| Regular Cool Whip | 1/4 | cup |
| Sprite | 1 | can (12 fl oz) |
| Day 2 | | |
| Breakfast | | |
| Grands Mini Buttermilk Biscuits* | 2 | each |
| Butter* | 10 | gram |
| Kroger Blended Yogurt (any flavor) | 1 | container (170 gram) |
| Grape Nuts Cereal | 1/4 | cup |
| Welch's Essentials Juice Cocktail | 10 | fl oz |
| Lunch | | |
| Campbell's Chunky Chicken Broccoli Cheese & Potato Soup | 320 | gram |
| Healthy Life 100% Whole Wheat Bread | 1 | slice |
| Corn | 1/2 | cup |
| Butter* | 15 | gram |
| Apple Pear Fruit Crisp | 1 | each |
| Soda | 1 | can (12 fl oz) |
| Mid-Afternoon Snack | | |
| <u>Granola*</u> | | |
| Kroger 100% Whole Grain Oats | 19 | gram |
| Slivered almonds | 6 | gram |
| Vital wheat gluten | 8 | gram |
| Log Cabin NSA pancake syrup | 4 | gram |
| Splenda | 1 | gram |

| | | |
|--|-------|-------------------|
| Dried banana | 5 | gram |
| Dinner | | |
| Frozen Chicken Breast, fully cooked | 90 | gram |
| White Rice, cooked | 1/2 | cup |
| Carrots, frozen, sliced | 1/2 | cup |
| Butter* | 15 | gram |
| <u>Garden Salad</u> | | |
| Iceberg Lettuce, shredded | 3/4 | cup |
| Cucumber, sliced with peel | 2 | slices, 1/4" each |
| Red Cherry Tomatoes | 2 | each |
| Baby Carrots | 2 | each |
| Shredded Cheddar Cheese, 2% Milkfat | 20 | gram |
| Ranch Dressing | 1 1/2 | Tbsp |
| Jello-O Sugar Free Pudding | 1 | each |
| Lemonade | 16 | fl oz |
| Day 3 | | |
| Breakfast | | |
| Kroger Homestyle Frozen Waffles | 2 | each |
| Butter* | 20 | gram |
| Original Aunt Jemima Syrup | 3 | Tbsp |
| Land O Frost Canadian Bacon Natural Hickory Smoked | 43 | gram |
| Mixed Fruit, no added sugar | 1 | each (1/2 cup) |
| Welch's Essentials Juice Cocktail | 8 | fl oz |
| Lunch | | |
| Stouffer's Macaroni & Cheese (frozen) | 148 | gram |
| Campbell's Kettle Soups, Tomato & Sweet Basil Bisque | 180 | gram |
| Apple Cinnamon Fruit Crisp | 1 | each |
| Soda | 1 | can (12 fl oz) |
| Mid-Afternoon Snack | | |
| Skim Milk | 12 | fl oz |
| Oreo Cookies | 2 | each |
| Dinner | | |
| Beef Tenderloin, broiled* | 80 | gram |
| Heinz Home Style Savory Beef Gravy | 1/4 | cup |
| Ore Ida Steam & Mash Cut Potatoes | 3/4 | cup |
| Cut Green Beans, No Salt Added | 1/2 | cup |
| King's Hawaiian Whole Wheat Roll | 1 | each |
| Vividly Vanilla Ice Cream, no added sugar | 1/3 | cup |
| Butter* | 5 | gram |
| Jellybeans* | 15 | each |
| Day 4 | | |
| Breakfast | | |
| Grands Mini Buttermilk Biscuits* | 2 | each |
| Butter* | 10 | gram |
| | | container (170 |
| Kroger Blended Yogurt (any flavor) | 1 | gram) |
| Grape Nuts | 1 | Tbsp |
| Apple Pear Fruit Crisp | 1 | each |
| Welch's Essentials Juice Cocktail | 10 | fl oz |
| Lunch | | |
| Campbell's Chunky Chicken Corn Chowder | ~1 | cup (266 gram) |
| Healthy Life 100% Whole Wheat Bread | 1 | slice |
| Shredded Cheese, 2% Milkfat | 16 | gram |
| Pimento* | 6 | gram |
| Heinz Real Mayonnaise* | 2 | Tbsp |
| Carrots, sliced frozen | 1/2 | cup |
| Butter* | 15 | gram |
| Teddy Grahams* | 5 | each |

| | | |
|--|-------|-------------------|
| Vanilla Frosting* | 10 | gram |
| Jellybeans* | 8 | each |
| Pepsi | 1 | can (12 fl oz) |
| Mid-Afternoon Snack | | |
| Zone Perfect Bar* | 1 | serving (37 gram) |
| Dinner | | |
| Barilla Plus Rotini Pasta, dry weight | 20 | gram |
| Prego Meatless Spaghetti Sauce | 1/2 | cup |
| Ground Beef, 90% lean, raw weight | 85 | gram |
| Parmesan Cheese | 3 | Tbsp |
| Coles Sliced Garlic Bread | 1/2 | slice |
| Lettuce, shredded | 3/4 | cup |
| Croutons* | 7 | gram |
| Ken's Steakhouse Light Creamy Caesar Dressing | 1 | Tbsp |
| Jello Gelatin Dessert | 1 | each |
| Cool Whip Topping | 3 1/2 | Tbsp |
| Lemonade | 6 | fl oz |
| Day5 | | |
| Breakfast | | |
| Kroger Southern Style Biscuit | 2 | each |
| Butter* | 10 | gram |
| Jimmy Dean Fully Cooked Sausage Patties | 1 | patty (43 gram) |
| Welch's Essentials Juice Cocktail | 8 | fl oz |
| Lunch | | |
| Michelina's Authentic Cheese Manicotti with Marinara Sauce | 1 | meal (213 gram) |
| <u>Garden Salad</u> | | |
| Iceberg Lettuce, shredded | 3/4 | cup |
| | | slices (1/4 inch |
| Cucumber, sliced with peel | 2 | each) |
| Red Cherry Tomato | 2 | each |
| Baby Carrots | 2 | each |
| Shredded Cheddar Cheese, 2% Milkfat | 9 | gram |
| Croutons* | 7 | gram |
| Ranch Dressing | 1 | Tbsp |
| Watermelon, cubed | 1/2 | cup |
| Jell-O Sugarfree Pudding | 1 | each |
| Jellybeans* | 10 | each |
| Soda | 1 | can (12 fl oz) |
| Mid-Afternoon Snack | | |
| <u>Granola*</u> | | |
| Kroger 100% Whole Grain Oats | 19 | gram |
| Slivered almonds | 6 | gram |
| Vital wheat gluten | 8 | gram |
| Log Cabin NSA pancake syrup | 4 | gram |
| Splenda | 1 | gram |
| Dried banana | 5 | gram |
| Dinner | | |
| Kentucky Legend Hickory Smoked Hamsteak | 112 | gram |
| Kroger Roasted Redskin Potatoes, frozen | 1/2 | cup |
| King's Hawaiian Whole Wheat Roll | 1 | each |
| Butter* | 10 | gram |
| Peas, frozen | 1 | cup |
| Lemonade | 8 | fl oz |
| Jellybeans* | 8 | each |
| Day 6 | | |
| Breakfast | | |
| Kroger Homestyle Frozen Waffles | 10 | gram |
| Butter* | 10 | gram |

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|--|--------|------------------------|
| Original Aunt Jemima Syrup | 2 1/2 | Tbsp |
| Land O Frost Canadian Bacon Natural Hickory Smoked | 43 | gram |
| Mixed Fruit, no added sugar | 1 | each |
| Welch's Essentials Juice Cocktail | 8 | fl oz |
| Lunch | | |
| Stouffers Macaroni & Cheese (frozen) | 1/2 | cup (118 gram) |
| Campbell's Kettle Soups, Tomato & Sweet Basil Bisque | ~1 1/2 | cup (330 gram) |
| Pineapple, canned in heavy syrup | 1/2 | cup |
| Pepsi | 1 | can (12 fl oz) |
| Mid-Afternoon Snack | | |
| Skim Milk | 10 | fl oz |
| Oreo Cookies | 3 | each |
| Dinner | | |
| <u>Beef Burrito</u> | | |
| Ole Extreme Wellness Whole Wheat Tortilla | 1 | each |
| Tyson Grilled & Ready Seasoned Steak Strips | 88 | gram |
| Lettuce, shredded | 1/2 | cup |
| Shredded Cheddar cheese, 2% Milkfat | 12 | gram |
| Heinz Real Mayonnaise* | 1 | Tbsp |
| Southwestern Ranch Dressing* | 16 | gram |
| Tostitos Scoops | 10 | each |
| Salsa | 2 | Tbsp |
| Orange, fresh | 1 | each |
| Sprite | 1 | can (12 fl oz) |
| Day 7 | | |
| Breakfast | | |
| Grands Mini Buttermilk Biscuits* | 1 | each |
| Butter* | 5 | gram container (170 |
| Kroger Blended Yogurt (any flavor) | 1 | gram) |
| Grape Nuts | 1/4 | cup |
| Apple Pear Fruit Crisp | 1 | container |
| Welch's Essentials Juice Cocktail | 12 | fl oz |
| Lunch | | |
| Campbell's Chunky Chicken Corn Chowder | 360 | gram |
| Kraft American Cheese | 19 | gram |
| Cut Green Beans, No Added Salt | 1 | cup |
| Butter* | 15 | gram |
| Watermelon, raw | 1/2 | cup |
| Lemonade | 12 | fl oz |
| Mid-Afternoon Snack | | |
| Soy Nuts* | 28 | gram |
| Diet Soda | 1 | can (12 fl oz) |
| Dinner | | |
| Frozen Grilled Chicken Breast, fully cooked | 80 | gram |
| Potato, small baked | 1 | each |
| Oscar Mayer Turkey Bacon | 1 | slice |
| Sour Cream | 1 | Tbsp |
| Shredded Cheddar Cheese, 2% Milkfat | 9 | gram |
| Coles Sliced Garlic Bread | 1/2 | slice |
| Carrots, slice, frozen | 1/2 | cup |
| Butter* | 15 | gram |
| Vividly Vanilla Ice Cream, No Added Sugar | 1/3 | cup |
| Hot Fudge or Hot Caramel | 1/2 | Tbsp |
| Jellybeans* | 8 | each |
| Lemonade | 8 | fl oz |

*Indicates foods were provided to participant

Supplemental Table 2. Example menu for a 1600 kcal Western-style eating pattern consumed during the 16-week intervention period

| | Quantity | Unit |
|---|----------|--------------------|
| Day 1 | | |
| Breakfast | | |
| Biscuit [#] | 2 | each |
| Gravy [#] | 178 | gram |
| Jimmy Dean Fully Cooked Sausage Links | 21 | gram |
| Skim milk | 6 | fl oz |
| Lunch | | |
| <u>Pepperoni Pizza</u> | | |
| Pizza Crust [#] | 1 | each |
| Rago Pizza Sauce | 1/2 | cup |
| Pepperoni | 14 | gram |
| Mozzarella Cheese | 22 | gram |
| <u>Garden Salad</u> | | |
| Shredded lettuce, iceberg | 3/4 | cup |
| Cucumber, sliced with peel | 2 | slices, 1/4" each |
| Red Cherry Tomatoes | 2 | each |
| Baby Carrots | 2 | each |
| Ranch Dressing, fat free | 1 | Tbsp |
| Fruit Smoothie [#] | 1 | serving (250 gram) |
| Mid-Afternoon Snack | | |
| Cliff Builder Bar [*] | 1 | serving (36 gram) |
| Dinner | | |
| Pork Loin, raw weight | 103 | gram |
| Sweet Potato, boiled with no skin | 1 | medium |
| Mini-Marshmallows [*] | 10 | each |
| Frozen Broccoli | 1 | cup |
| Kraft American Cheese | 10 | gram |
| King's Hawaiian Honey Wheat Dinner Roll | 1 | each |
| Butter [*] | 5 | gram |
| Day 2 | | |
| Breakfast | | |
| Blueberry Muffin [*] | 2 | each |
| Kroger Carbmaster Yogurt (any flavor) | 1 | each (170 gram) |
| Almonds, Blanched [*] | 4 | gram |
| Quaker Kretschmer Wheat Germ [*] | 10 | gram |
| Vanilla Drink [#] | ~12 | fl oz (297 gram) |
| Chocolate Flavoring Syrup [*] | 10 | gram |
| Lunch | | |
| Corn Chowder [#] | 1 | serving |
| Healthy Life 100% Whole Wheat Bread | 1 | slice |
| Honey Ham | 21 | gram |
| American Cheese | 19 | gram |
| Diet Pepsi [*] | 1 | can (12 fl oz) |
| Mid-Afternoon Snack | | |
| <u>Granola[*]</u> | | |
| Kroger 100% Whole Grain Oats | 19 | gram |
| Slivered almonds | 6 | gram |
| Vital wheat gluten | 8 | gram |
| Log Cabin NSA pancake syrup | 4 | gram |
| Splenda | 1 | gram |
| Dried banana | 5 | gram |
| Dinner | | |
| Frozen Chicken Breast, fully cooked | 103 | gram |
| White Rice, cooked | 1/2 | cup |

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|--|-----|--------------------|
| Peas, frozen | 1/4 | cup |
| Butter* | 5 | gram |
| <u>Garden Salad</u> | | |
| Iceburg Lettuce, shredded | 3/4 | cup |
| Cucumber, sliced with peel | 2 | slices, 1/4" each |
| Red Cherry Tomatoes | 2 | each |
| Baby Carrots | 2 | each |
| Shredded Cheddar Cheese, 2% Milkfat | 14 | gram |
| Ranch Dressing, fat free* | 1/2 | Tbsp |
| Day 3 | | |
| Breakfast | | |
| Pancakes# | 4 | each |
| Butter* | 5 | gram |
| Syrup, No Added Sugar Log Cabin | 2 | Tbsp |
| Land O Frost Canadian Bacon Natural Hickory Smoked | 49 | gram |
| Lunch | | |
| Cheesy Turkey Noodle Casserole# | 1 | serving |
| Pasta, corn, cooked | 74 | gram |
| Mid-Afternoon Snack | | |
| Skim Milk | 8 | fl oz |
| Snackwell's Fat Free Devil's Food Cookie | 3 | each |
| Dinner | | |
| Beef Tenderloin, broiled* | 90 | gram |
| Mushrooms, raw, sliced | 1/2 | cup |
| Heinz Home Style Savory Beef Gravy | 2 | Tbsp |
| Ore Ida Steam & Mash Cut Potatoes | 1/2 | cup |
| Cut Green Beans, No Salt Added | 1/2 | cup |
| King's Hawaiian Honey Wheat Roll | 1 | each |
| Butter* | 5 | gram |
| Day 4 | | |
| Breakfast | | |
| Triple Berry Muffin* | 2 | each |
| Kroger Carbmaster Yogurt (any flavor) | 1 | each (170 gram) |
| Almonds, Blanched* | 7 | gram |
| Quaker Kretschmer Wheat Germ* | 7 | gram |
| Vanilla Drink# | ~12 | fl oz (297 gram) |
| Chocolate Flavoring Syrup* | 10 | gram |
| Lunch | | |
| Potato Chowder# | 1 | serving |
| Healthy Life 100% Whole Wheat Bread | 1 | slice |
| Pimento* | 6 | gram |
| Shredded Cheddar Cheese, 2% Milkfat | 28 | gram |
| Fat Free Mayonnaise* | 1 | Tbsp |
| Baby Carrots | 6 | each |
| Diet Pepsi | 1 | can (12 fl oz) |
| Mid-Afternoon Snack | | |
| Clif Builders Bar | 1 | serving (36 gram) |
| Dinner | | |
| Barilla Plus Rotini Pasta, dry weight | 28 | gram |
| Prego Meatless Spaghetti Sauce | 1/2 | cup |
| Honeysuckle White Breast of Turkey, raw | 83 | gram |
| Parmesan Cheese | 3 | Tbsp |
| <u>Caesar Salad</u> | | |
| Lettuce, shredded | 3/4 | cup |
| Ken's Steakhouse Light Creamy Caesar Dressing | 1 | Tbsp |
| Day 5 | | |
| Breakfast | | |
| Gravy# | 1 | serving (178 gram) |

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|--|-----|--------------------|
| Jimmy Dean Fully Cooked Sausage Links | 1 | link (21 gram) |
| Pears, juice pack | 1/2 | cup |
| Skim Milk | 8 | fl oz |
| Lunch | | |
| <u>Pepperoni Pizza</u> | | |
| Pizza Crust# | 1 | each |
| Rago Pizza Sauce | 1/2 | cup |
| Pepperoni | 14 | gram |
| Mozzarella Cheese | 20 | gram |
| <u>Garden Salad</u> | | |
| Shredded lettuce, iceberg | 3/4 | cup |
| Cucumber, sliced with peel | 2 | slices, 1/4" each |
| Red Cherry Tomatoes | 2 | each |
| Baby Carrots | 2 | each |
| Ranch Dressing, fat free* | 1 | Tbsp |
| Fruit Smoothie# | 1 | serving (250 gram) |
| Peaches, canned, water packed | 1 | cup |
| Mid-Afternoon Snack | | |
| <u>Granola*</u> | | |
| Kroger 100% Whole Grain Oats | 19 | gram |
| Slivered almonds | 6 | gram |
| Vital wheat gluten | 8 | gram |
| Log Cabin NSA pancake syrup | 4 | gram |
| Splenda | 1 | gram |
| Dried banana | 5 | gram |
| Dinner | | |
| Kentucky Legend Ham | 149 | gram |
| Kroger Roasted Redskin Potatoes, frozen | 1/2 | cup |
| Olive Oil | 2 | tsp |
| Parmesan Cheese | 2 | Tbsp |
| Peas, frozen | 1/2 | cup |
| Day 6 | | |
| Breakfast | | |
| Pancakes# | 4 | each |
| Butter* | 5 | gram |
| Syrup, No Added Sugar Log Cabin | 2 | Tbsp |
| Land O Frost Canadian Bacon Natural Hickory Smoked | 49 | gram |
| Lunch | | |
| Cheesy Tuna Casserole# | 1 | serving |
| Pasta, corn, cooked | 74 | gram |
| Mid-Afternoon Snack | | |
| Skim Milk | 8 | fl oz |
| Snackwell's Fat Free Devil's Food Cookie | 3 | each |
| Dinner | | |
| <u>Beef Burrito</u> | | |
| Ole Extreme Wellness Whole Wheat Tortilla | 1 | each |
| Tyson Grilled & Ready Beef Fajita | 88 | gram |
| Lettuce, shredded | 1/2 | cup |
| Shredded Cheddar cheese, 2% Milkfat | 22 | gram |
| Southwestern Ranch Dressing* | 1 | Tbsp (16 gram) |
| Tostitos Scoops, Baked | 10 | each |
| Salsa | 1/4 | cup |
| Day 7 | | |
| Breakfast | | |
| Blueberry Muffin* | 2 | each |
| Kroger Carbmaster Yogurt (any flavor) | 1 | each (170 gram) |
| Almonds, Blanched* | 6 | gram |
| Quaker Kretschmer Wheat Germ* | 9 | gram |

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|--|-----|------------------|
| Vanilla Drink# | ~12 | fl oz (297 gram) |
| Chocolate Flavoring Syrup* | 10 | gram |
| Lunch | | |
| Ham & Cheese Hashbrown Casserole# | 1 | serving |
| Cut Green Beans, No Added Salt | 1 | cup |
| Butter* | 5 | gram |
| Mid-Afternoon Snack | | |
| Soy Nuts* | 28 | gram |
| Diet Soda | 1 | can (12 fl oz) |
| Dinner | | |
| Kroger Frozen Grilled Chicken Breast, fully cooked | 95 | gram |
| Potato, small baked | 1 | each |
| Oscar Mayer Turkey Bacon | 1 | slice |
| Sour Cream, fat free | 1 | Tbsp |
| Shredded Cheddar Cheese, 2% Milkfat | 14 | gram |
| Carrots, slice, frozen | 1/2 | cup |
| Butter* | 10 | gram |

* Indicates foods were provided to participant

Indicates that foods that were provided contained either the maltodextrin or milk protein isolate

Supplementary Table 3. The ingredient list and gram weights for the select foods and beverages that contained milk protein isolate or maltodextrin during the intervention for a 1600 kcal menu.

| Foods | Weight (g) |
|--|------------|
| Gravy¹ | |
| MPI | |
| Milk protein isolate | 20 |
| Peppered Gravy Mix | 21 |
| Pepper | 0.2 |
| Water | 136 |
| Total | 178 |
| CON | |
| Polycose | 16 |
| Peppered Gravy Mix | 21 |
| Pepper | 0.1 |
| Molly McButter | 3 |
| Water | 137 |
| Total | 179 |
| Biscuit² | |
| MPI | |
| Milk protein isolate | 17 |
| Bisquick, Heart Smart | 33 |
| Water | 50 |
| Total | 100 |
| CON | |
| Thick It | 9 |
| Polycose | 6 |
| Heart Smart Bisquick | 34 |
| Molly McButter | 2 |
| Water | 49 |
| Total | 100 |
| Vanilla drink¹ | |
| MPI | |
| Milk protein isolate | 22 |
| Coffeemate French Vanilla FAT FREE | 24 |
| Splenda | 1.5 |
| Vanilla Powder | 1 |
| Water | 249 |
| Total | 297 |
| CON | |
| Thick-it | 9 |
| Coffeemate French Vanilla FAT FREE | 36 |
| Water | 250 |
| Total | 296 |
| Blueberry and triple berry muffin² | |
| MPI | |
| Milk protein isolate | 15 |
| Triple Berry Muffin Mix (Betty Crocker) | 46 |
| Water | 42 |
| Total | 103 |
| CON | |
| Thick It | 7 |
| Polycose | 7 |
| Triple Berry Muffin Mix (Betty Crocker) | 46 |
| Water | 43 |
| Total | 103 |
| Pancake¹ | |
| MPI | |
| Milk protein isolate | 37 |

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|--|-----|
| Bisquick Heart Smart | 47 |
| Egg yolk | 7.5 |
| Water | 156 |
| Total | 248 |
| CON | |
| Bisquick Heart Smart | 104 |
| Egg yolk | 7.5 |
| Water | 136 |
| Total | 247 |
| Corn chowder¹ | |
| MPI | |
| Milk protein isolate | 37 |
| Minor's Low-Sodium Vegetable Base | 10 |
| Minor's White Wine Cream Sauce Concentrate | 39 |
| Pictsweet Seasoning Blend | 59 |
| Spices, pepper, black | 0.5 |
| Corn | 34 |
| Water | 220 |
| Total | 400 |
| CON | |
| Thick It | 11 |
| Polycose | 2 |
| Minor's Low-Sodium Vegetable Base | 10 |
| Minor's White Wine Cream Sauce Concentrate | 39 |
| Pictsweet Seasoning Blend | 59 |
| Spices, pepper, black | 0.5 |
| Corn | 34 |
| Water | 221 |
| Total | 400 |
| Potato Chowder¹ | |
| MPI | |
| Milk protein isolate | 37 |
| Minor's Low-Sodium Vegetable Base | 10 |
| Minor's White Wine Cream Sauce Concentrate | 39 |
| Pictsweet Seasoning Blend | 59 |
| Spices, pepper, black | 0.5 |
| O'Brian potatoes | 85 |
| Water | 220 |
| Total | 451 |
| CON | |
| Thick It | 11 |
| Polycose | 2 |
| Minor's Low-Sodium Vegetable Base | 10 |
| Minor's White Wine Cream Sauce Concentrate | 39 |
| Pictsweet Seasoning Blend | 59 |
| Spices, pepper, black | 0.5 |
| O'Brian potatoes | 85 |
| Water | 221 |
| Total | 450 |
| Cheesy turkey casserole¹ | |
| MPI | |
| Milk protein isolate | 37 |
| Minor's Low-Sodium Vegetable Base | 10 |
| Minor's White Wine Cream Sauce Concentrate | 39 |
| Pictsweet Seasoning Blend | 59 |
| Spices, pepper, black | 0.5 |
| Pasta, corn, cooked | 73 |
| Turkey luncheon meat | 25 |

| | |
|--|------|
| Cheddar cheese | 18 |
| Peas | 17 |
| Water | 220. |
| Total | 426 |
| CON | |
| Thick It | 10 |
| Polycose | 26 |
| Minor's White Wine Cream Sauce Concentrate | 39 |
| Minor's Low-Sodium Vegetable Base | 10 |
| Pictsweet Seasoning Blend | 59 |
| Spices, pepper, black | 0.5 |
| Turkey luncheon meat | 19 |
| Cheddar cheese | 23 |
| Peas | 17 |
| Water, tap | 221 |
| Total | 417 |
| Cheesy tuna casserole¹ | |
| MPI | |
| Milk protein isolate | 37 |
| Minor's Low-Sodium Vegetable Base | 10 |
| Minor's White Wine Cream Sauce Concentrate | 39 |
| Pictsweet Seasoning Blend | 59 |
| Spices, pepper, black | 0.5 |
| Canned tuna | 18 |
| Cheddar cheese | 16 |
| Peas | 17 |
| Water | 220. |
| Total | 425 |
| CON | |
| Thick It | 10 |
| Polycose | 26 |
| Minor's White Wine Cream Sauce Concentrate | 39 |
| Minor's Low-Sodium Vegetable Base | 10 |
| Pictsweet Seasoning Blend | 59 |
| Spices, pepper, black | 0.5 |
| Canned tuna | 17 |
| Cheddar cheese | 19 |
| Peas | 17 |
| Water, tap | 221 |
| Total | 417 |
| Pizza crust¹ | |
| MPI | |
| Milk protein isolate | 25 |
| Bisquick, Heart Smart | 17 |
| Egg Yolk | 3 |
| spices | 0.1 |
| Water | 21 |
| Total | 67 |
| CON | |
| Thick It | 11 |
| Polycose | 14 |
| Bisquick, Heart Smart | 17 |
| Egg Yolk | 3 |
| spices | 0.1 |
| Water | 22 |
| Total | 67 |
| Fruit smoothie² | |
| MPI | |

| | |
|---|-----|
| Milk protein isolate | 12 |
| Jamb Razzmataz Smoothie Mix | 106 |
| Trop 50 Pomegranite Blueberry Juice | 108 |
| Splenda | 1 |
| Strawberries, frozen unsweetened | 23 |
| Total | 250 |
| CON | |
| Polycose | 12 |
| Jamb Razzmataz Smoothie Mix | 106 |
| Trop 50 Pomegranite Blueberry Juice | 108 |
| Splenda | 1 |
| Strawberries, frozen unsweetened | 23 |
| Total | |
| Ham and cheese hashbrown casserole¹ | |
| MPI | |
| Milk protein isolate | 3 |
| Cream of Celery Soup | 68 |
| Hashbrowns | 178 |
| Cream Cheese, light | 25 |
| Kentucky legend | 17 |
| Cheddar cheese | 17 |
| Water | 78 |
| Total | 419 |
| CON | |
| Thick It | 16 |
| Polycose | 18 |
| Cream of Celery Soup | 68 |
| Hashbrowns | 178 |
| Cream Cheese, light | 25 |
| Kentucky legend | 13 |
| Cheddar cheese | 20 |
| Water | 78 |
| Total | 417 |

¹These foods were manipulated based on the participants body weight

²These foods were kept constant regardless of participants body weight

Abbreviations: CON, control intervention group consuming a Western-style eating pattern including 0.7 g carbohydrate/kg/d from maltodextrin; MPI, intervention group consuming a Western-style eating pattern including 0.7 g protein/kg/d from milk protein isolate

Supplemental Table 4. Average daily nutrient intake over 7 days for an 88 kg female during the 3-week weight maintenance baseline period and the 16-week weight loss intervention period*

| | Baseline | Intervention | |
|-----------------------------------|------------------|------------------|------------------|
| | | CON | MPI |
| Energy (kcal) | 2358 ± 7 | 1612 ± 13 | 1614 ± 13 |
| Total fat (g) (% energy) | 81 ± 3 (31 ± 1) | 50 ± 1 (28 ± 0) | 50 ± 1 (28 ± 1) |
| Saturated fat (g) (% energy) | 34 ± 3 (13 ± 1) | 14 ± 3 (8 ± 2) | 14 ± 3 (8 ± 2) |
| Monounsaturated fat (g) | 16 ± 2 | 9 ± 2 | 9 ± 3 |
| Polyunsaturated fat (g) | 10 ± 3 | 3 ± 2 | 3 ± 2 |
| Total carbohydrate (g) (% energy) | 344 ± 6 (58 ± 1) | 225 ± 5 (56 ± 1) | 167 ± 4 (41 ± 1) |
| Total sugars (g) | 197 ± 15 | 29 ± 12 | 27 ± 14 |
| Total fiber (g) | 21 ± 3 | 13 ± 3 | 15 ± 3 |
| Protein (g) (% energy) | 70 ± 0 (12 ± 0) | 70 ± 1 (17 ± 0) | 131 ± 1 (33 ± 0) |
| Protein (g/kg) | 0.8 ± 0.0 | 0.80 ± 0.01 | 1.49 ± 0.01 |
| Total cholesterol (mg) | 167 ± 45 | 124 ± 3 | 126 ± 35 |
| Sodium (mg) | 4134 ± 632 | 1854 ± 486 | 2043 ± 436 |
| Calcium (mg) | 661 ± 116 | 749 ± 157 | 1173 ± 423 |
| Vitamin D (µg) | 77 ± 48 | 62 ± 56 | 60 ± 53 |

*Values are mean ± SD. A 1600 kcal/d intervention diet represents the mode among participants.