

Table S1. Analysis of macronutrients from 24-h dietary recalls in all subjects ($n = 30$).

	Carbohydrates (g)		Fats (g)		Proteins (g)	
	Mean \pm SD	<i>p</i> Value ¹	Mean \pm SD	<i>p</i> Value ¹	Mean \pm SD	<i>p</i> Value ¹
Baseline	185.28 \pm 37.86	-	64.21 \pm 11.43	-	59.76 \pm 11.02	-
Week 4	191.30 \pm 36.89	0.841	63.67 \pm 10.70	0.995	57.27 \pm 10.90	0.689
Week 8	183.48 \pm 38.36	0.994	62.11 \pm 10.43	0.785	55.52 \pm 11.07	0.286
Week 12	182.18 \pm 23.54	0.973	62.26 \pm 9.94	0.819	56.6 \pm 9.34	0.520

Data were expressed as mean \pm SD

¹*p* value: Statistical analysis was performed to test difference between each follow-up versus baseline by repeated-measures one-way ANOVA

Table S2. Analysis of macronutrients from 24-h dietary recalls in the hypercholesterolemia group ($n = 26$).

	Carbohydrates (g)		Fats (g)		Proteins (g)	
	Mean \pm SD	<i>p</i> Value ¹	Mean \pm SD	<i>p</i> Value ¹	Mean \pm SD	<i>p</i> Value ¹
Baseline	188.13 \pm 38.11	-	65.19 \pm 10.92	-	60.69 \pm 10.96	-
Week 4	190.7 \pm 35.88	0.987	63.26 \pm 11.42	>0.999	57.90 \pm 11.53	0.681
Week 8	184.78 \pm 38.72	0.973	62.19 \pm 10.59	>0.999	57.12 \pm 11.20	0.503
Week 12	181.67 \pm 25.16	0.844	62.78 \pm 10.24	>0.999	57.14 \pm 9.90	0.507

Data were expressed as mean \pm SD

¹*p* value: Statistical analysis was performed to test difference between each follow-up versus baseline by repeated-measures one-way ANOVA

Table S3. Analysis of macronutrients from 24-h dietary recalls in the high LDL group ($n = 22$).

	Carbohydrates (g)		Fats (g)		Proteins (g)	
	Mean \pm SD	<i>p</i> Value ¹	Mean \pm SD	<i>p</i> Value ¹	Mean \pm SD	<i>p</i> Value ¹
Baseline	189.15 \pm 36.86	-	64.49 \pm 11.64	-	62.17 \pm 10.93	-
Week 4	192.85 \pm 38.38	0.975	63.67 \pm 12.70	0.991	58.62 \pm 11.36	0.563
Week 8	188.39 \pm 41.25	>0.999	62.79 \pm 12.16	0.929	57.85 \pm 11.81	0.408
Week 12	178.7 \pm 27.79	0.660	63.03 \pm 9.17	0.953	56.25 \pm 8.80	0.175

Data were expressed as mean \pm SD

¹*p* value: Statistical analysis was performed to test difference between each follow-up versus baseline by repeated-measures one-way ANOVA

Table S4. Analysis of macronutrients from 24-h dietary recalls in the low HDL group ($n = 11$).

	Carbohydrates (g)		Fats (g)		Proteins (g)	
	Mean \pm SD	<i>p</i> Value ¹	Mean \pm SD	<i>p</i> Value ¹	Mean \pm SD	<i>p</i> Value ¹
Baseline	167.42 \pm 39.69	-	60.62 \pm 10.01	-	54.52 \pm 9.22	-
Week 4	177.88 \pm 35.57	0.803	65.17 \pm 4.74	0.394	55.00 \pm 5.65	0.998
Week 8	166.68 \pm 29.04	>0.999	60.41 \pm 9.29	>0.999	55.96 \pm 9.84	0.953
Week 12	173.36 \pm 26.99	0.954	60.4 \pm 6.07	>0.999	55.23 \pm 6.86	0.994

Data were expressed as mean \pm SD

¹*p* value: Statistical analysis was performed to test difference between each follow-up versus baseline by repeated-measures one-way ANOVA