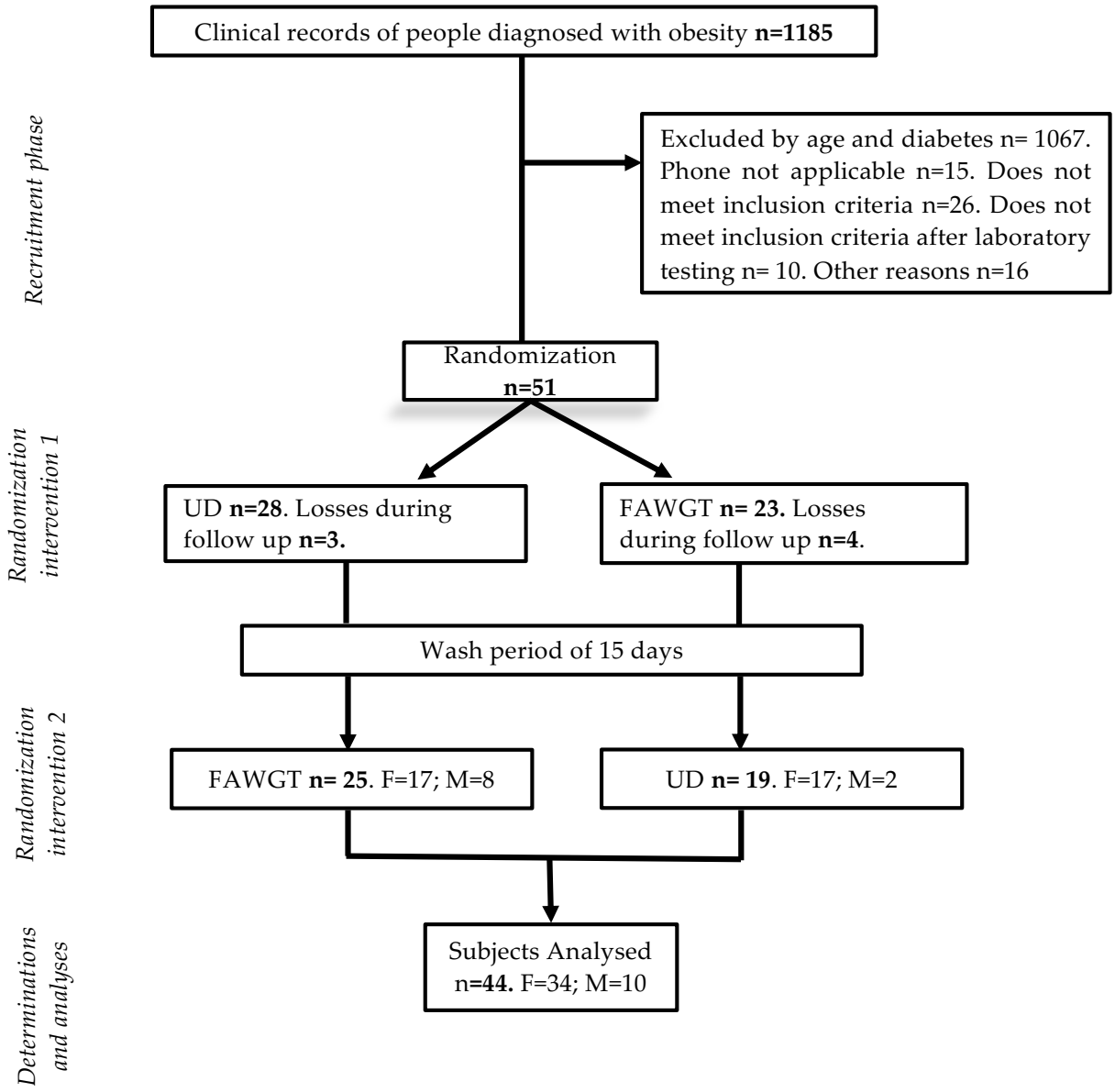

Figure S1. Flow chart of study participants. Source CONSORT 2010. F, Female; M, Males; **UD**, Usual diet; **FAWGT**, Diet composed of fruit, avocado, whole grains and trout.