

**Supplemental Table S1:** Baseline food-intake of the participants

| Baseline Food-Intake            | Standard Group<br>Mean (SD) | Enriched Group<br>Mean (SD) | p-Value |
|---------------------------------|-----------------------------|-----------------------------|---------|
| Total Energy (kcal)             | 2224.5 (548.9)              | 2025.6 (587.7)              | 0.09    |
| Proteins (g)                    | 85.6 (26.4)                 | 79.7 (20.9)                 | 0.23    |
| Carbohydrates (g)               | 231.2 (64.1)                | 213.6 (75.3)                | 0.22    |
| Sugar (g)                       | 74.1 (28.5)                 | 72.3 (30.1)                 | 0.76    |
| Total fats (g)                  | 90.6 (29.7)                 | 80.9 (28.7)                 | 0.11    |
| Saturated fatty acids (g)       | 27.1 (10.4)                 | 25.3 (9.2)                  | 0.35    |
| Monounsaturated fatty acids (g) | 22.6 (8.6)                  | 22.3 (8.6)                  | 0.87    |
| Polyunsaturated fatty acids (g) | 9.9 (6.3)                   | 9.1 (4.5)                   | 0.46    |
| DHA (g)                         | 0.018 (0.04)                | 0.015 (0.04)                | 0.72    |
| Total cholesterol (mg)          | 301.9 (147.5)               | 297.1 (121.9)               | 0.86    |
| Fibers (g)                      | 18.8 (23.2)                 | 15.6 (6.2)                  | 0.35    |
| Carotenoids                     |                             |                             |         |
| Lutein + Zeaxanthin (µg)        | 275.4 (257.5)               | 384.4 (486.7)               | 0.18    |
| β-carotène (µg)                 | 2013.2 (1511.8)             | 2060.6 (1783.4)             | 0.89    |
| Vitamins                        |                             |                             |         |
| Vitamin A (µg)                  | 356.8 (421.7)               | 367.6 (352.9)               | 0.89    |
| Vitamin E (mg)                  | 7.3 (3.4)                   | 7.5 (3.6)                   | 0.76    |
| Vitamin D (µg)                  | 2.2 (1.6)                   | 1.7 (1.2)                   | 0.11    |
| Sodium (mg)                     | 2170.7 (820.3)              | 2024.9 (746.2)              | 0.36    |
| Calcium (mg)                    | 676.1 (299.4)               | 640.1 (262.9)               | 0.54    |
| Magnesium (mg)                  | 235.8 (94.2)                | 218.9 (70.7)                | 0.33    |
| Potassium (mg)                  | 2479.9 (946.7)              | 2376.0 (657.9)              | 0.54    |
| Iron (mg)                       | 0.104 (0.310)               | 0.099 (0.221)               | 0.92    |
| Selenium (µg)                   | 41.2 (21.1)                 | 36.4 (13.3)                 | 0.18    |

Abbreviations: SD= standard deviation, DHA= docosahexaenoic acid.