

Supplementary Table S1. Dietary assessment at 1-week before and 11-week after the avocado extract or placebo intervention in adults with obesity¹

	Avocado extract group (n=25)		Placebo group (n=25)		
	W-1 to 0	W 11 to 12	W-1 to 0	W11 to 12	p Value (Between group)
Diet intake					
Energy intake (kj)	9025 ± 620	8382 ± 432	8556 ± 462	8832 ± 5.83	0.231
Carbohydrates (g)	227 ± 15	213 ± 14	218 ± 15.2	226± 18	0.203
Protein (g)	91.7 ± 6.0	87 ± 5.1	89.7 ± 5.27	95.1± 5.56	0.420
Total fat (g)	88.0 ± 8.0	81.7 ± 4.8	82.3 ± 5.25	82.9± 6.58	0.690
Saturated fat (g)	34.2 ± 3.5	29.5 ± 1.95	31.4 ± 2.12	30.6 ± 2.71	0.346
Trans fats (g)	1.49 ± 0.176	1.21± 1.08	1.29 ± 0.145	1.21 ± 0.139	0.510
Polyunsaturated fats (g)	12.1 ± 1.19	12.2 ± 1.35	11.1 ± 0.875	12.5 ± 1.34	0.851
Monounsaturated fats (g)	29.6 ± 3.22	27.9 ± 2.17	27.4 ± 2.21	28.1 ± 2.52	0.745
Fibre (g)	22.5 ± 1.56	21.7 ± 1.32	21.5 ± 1.58	24.3 ± 2.97	0.454
Sleep and physical activity					
Total sleep time (hours)	7.96 ± 0.23	7.91 ± 0.18	8.39 ± 0.22	8.43 ± 0.22	0.712
Steps/day	7920 ± 659	7842 ± 789	7221 ± 922	7262 ± 729	0.944

¹ Data are presented as mean ± SEM. AvX, Avocado extract group. Between-group analysis for the change from Week 0 to Week 12 for each variable was performed using one-way ANCOVA, adjusted for baseline value and sex.

Figure S1

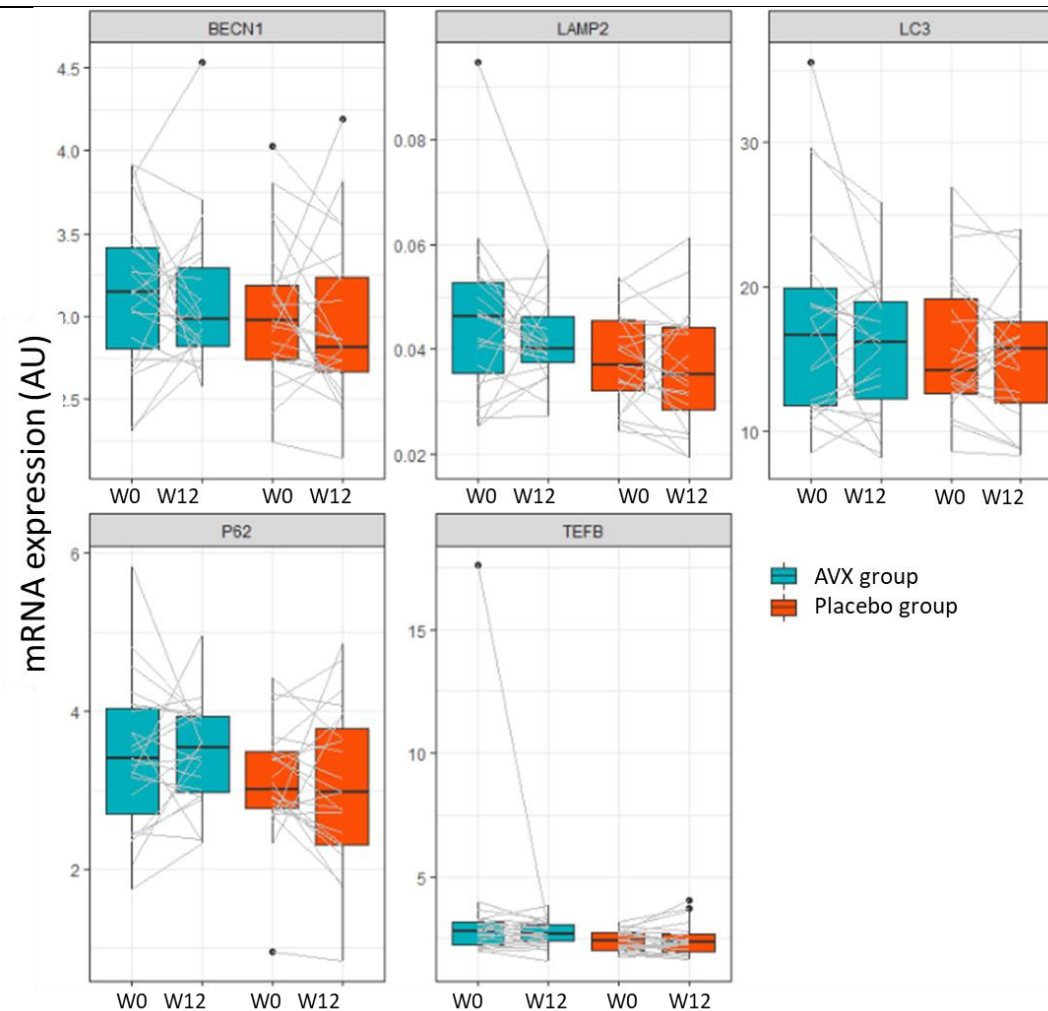


Figure S1 Autophagy genes expression before and after the 12-wk avocado extract (AvX) or placebo intervention in adults with obesity. Data are means \pm SEMs; $n = 23$ and 23 for AvX and Placebo groups, respectively. Between-group analysis for the change from Week 0 to Week 12 for each variable was performed using one-way ANCOVA, adjusted for baseline value and sex.