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| **Supplemental Table 1: Mean Daily Dietary Inflammatory Index Parameter Values by Intervention Status and Time Point** |
| Outcome | Intervention | Control |
| Baseline(n=15) | Post-Intervention(n=11) | Baseline(n=8) | Post-Intervention(n=7) |
| Total Fat (g) | 74.4 ± 41.3 | 59.3 ± 39.8 | 118.3 ± 78.8 | 93.0 ± 54.8 |
| Total Carbohydrate (g) | 192.9 ± 141.0 | 219.0 ± 164.9 | 263.7 ± 179.0 | 204.1 ± 120.2 |
| Total Protein (g) | 71.9 ± 50.4 | 61.4 ± 44.4 | 125.0 ± 84.5 | 96.3 ± 52.5 |
| Alcohol (g) | 1.6 ± 3.4 | 1.9 ± 3.8 | 8.4 ± 8.7 | 3.8 ± 3.3 |
| Cholesterol (mg) | 238.4 ± 146.5 | 217.5 ± 159.8 | 444.4 ± 309.1 | 369.5 ± 164.9 |
| Saturated Fat (g) | 21.8 ± 11.5 | 17.3 ± 11.3 | 41.1 ± 30.0 | 30.3 ± 17.4 |
| Monounsaturated Fat (g) | 28.5 ± 14.9 | 23.0 ± 16.3 | 44.1 ± 30.9 | 34.8 ± 21.5 |
| Polyunsaturated Fat (g) | 17.8 ± 12.7 | 13.5 ± 9.1 | 23.2 ± 12.9 | 20.0 ± 12.3 |
| Fiber (g) | 15.4 ± 10.0 | 20.4 ± 14.4 | 30.7 ± 20.4 | 24.8 ± 16.8 |
| Beta Carotene (mcg) | 3240 ± 2497 | 5353 ± 6083 | 5951 ± 4081 | 6227 ± 5586 |
| Vitamin D (mcg) | 2.5 ± 1.6 | 3.2 ± 2.5 | 5.7 ± 3.0 | 4.9 ± 2.7 |
| Vitamin E (mg) | 9.5 ± 6.6 | 9.1 ± 6.3 | 14.7 ± 8.7 | 13.9 ± 10.4 |
| Vitamin C (mg) | 92.5 ± 52.2 | 121.1 ± 86.2 | 144.0 ± 100.6 | 104.7 ± 65.1 |
| Vitamin B1: Thiamin (mg) | 1.2 ± 0.8 | 1.3 ± 1.0 | 1.9 ± 1.4 | 1.5 ± 1.1 |
| Vitamin B2: Riboflavin (mg) | 1.3 ± 0.8 | 1.5 ± 1.0 | 2.6 ± 1.8 | 2.3 ± 1.5 |
| Niacin (mg) | 20.2 ± 16.2 | 17.5 ± 12.5 | 31.9 ± 20.7 | 25.8 ± 19.6 |
| Vitamin B6 (mg) | 1.7 ± 1.3 | 1.8 ± 1.3 | 2.8 ± 1.8 | 2.3 ± 1.5 |
| Vitamin B12 (mcg) | 3.3 ± 2.2 | 4.1 ± 4.8 | 6.4 ± 3.6 | 5.5 ± 3.4 |
| Vitamin A (mcg) | 559.5 ± 381.0 | 832.3 ± 974.4 | 1110 ± 705.9 | 992.3 ± 591.9 |
| Folate (mcg) | 321.0 ± 235.0 | 404.0 ± 307.8 | 539.9 ± 325.4 | 425.6 ± 294.1 |
| Magnesium (mg) | 218.8 ± 137 | 252.1 ± 169.7 | 412.8 ± 278.1 | 333.1 ± 219.2 |
| Iron (mg) | 12.0 ± 9.5 | 13.4 ± 10.0 | 20.3 ± 13.1 | 16.3 ± 13.1 |
| Zinc (mg) | 9.2 ± 6.0 | 8.4 ± 5.6 | 16.2 ± 11.5 | 13.0 ± 8.6 |
| Selenium (mcg) | 94.6 ± 64.4 | 82.9 ± 63.8 | 155.2 ± 99.5 | 121.1 ± 62.3 |
| Caffeine (g) | 0.1 ± 0.1 | 0.1 ± 0.1 | 0.1 ± 0.1 | 0.2 ± 0.2 |
| Trans Fat (g) | 4.8 ± 3.6 | 4.2 ± 3.7 | 6.7 ± 4.7 | 5.2 ± 2.8 |
| Omega 3 (g) | 1.9 ± 1.3 | 1.4 ± 1.0 | 2.6 ± 1.4 | 2.1 ± 1.0 |
| Omega 6 (g) | 15.8 ± 11.3 | 12.0 ± 8.1 | 20.5 ± 11.5 | 17.8 ± 11.3 |
| Onion (g) | 23.0 ± 25.0 | 27.7 ± 24.9 | 32.1 ± 21.0  | 12.7 ± 10.8 |
| Garlic (g) | 0.4 ± 0.8 | 0.5 ± 0.6 | 0.8 ± 0.5 | 0.3 ± 0.2 |
| Tea (g) | 0.4 ± 0.6 | 0.5 ± 0.8 | 1.4 ± 1.6 | 2.1 ± 2.5 |
| Ginger (g) | 0.2 ± 0.4 | 0.3 ± 0.6 | 0.7 ± 1.5 | 0.4 ± 0.7 |
| Isoflavones (mg) | 2.7 ± 4.8 | 4.8 ± 7.9 | 4.8 ± 10.3 | 2.2 ± 3.3 |
| Thyme/Oregano (mg) | 23.2 ± 24.0 | 39.1 ± 45.3 | 322.8 ± 231.0 | 273.9 ± 414.6 |
| Turmeric (mg) | 344.3 ± 868.9 | 591.1 ± 1788 | 687.9 ± 1180 | 685.5 ± 1181 |
| Rosemary (mg) | 2.7 ± 6.2 | 10.4 ± 11.2 | 58.6 ± 83.3 | 168.4 ± 228.1 |
| Total Energy | 1716 ± 1020  | 1627 ± 1048 | 2625 ± 1681 | 2012 ± 1111 |