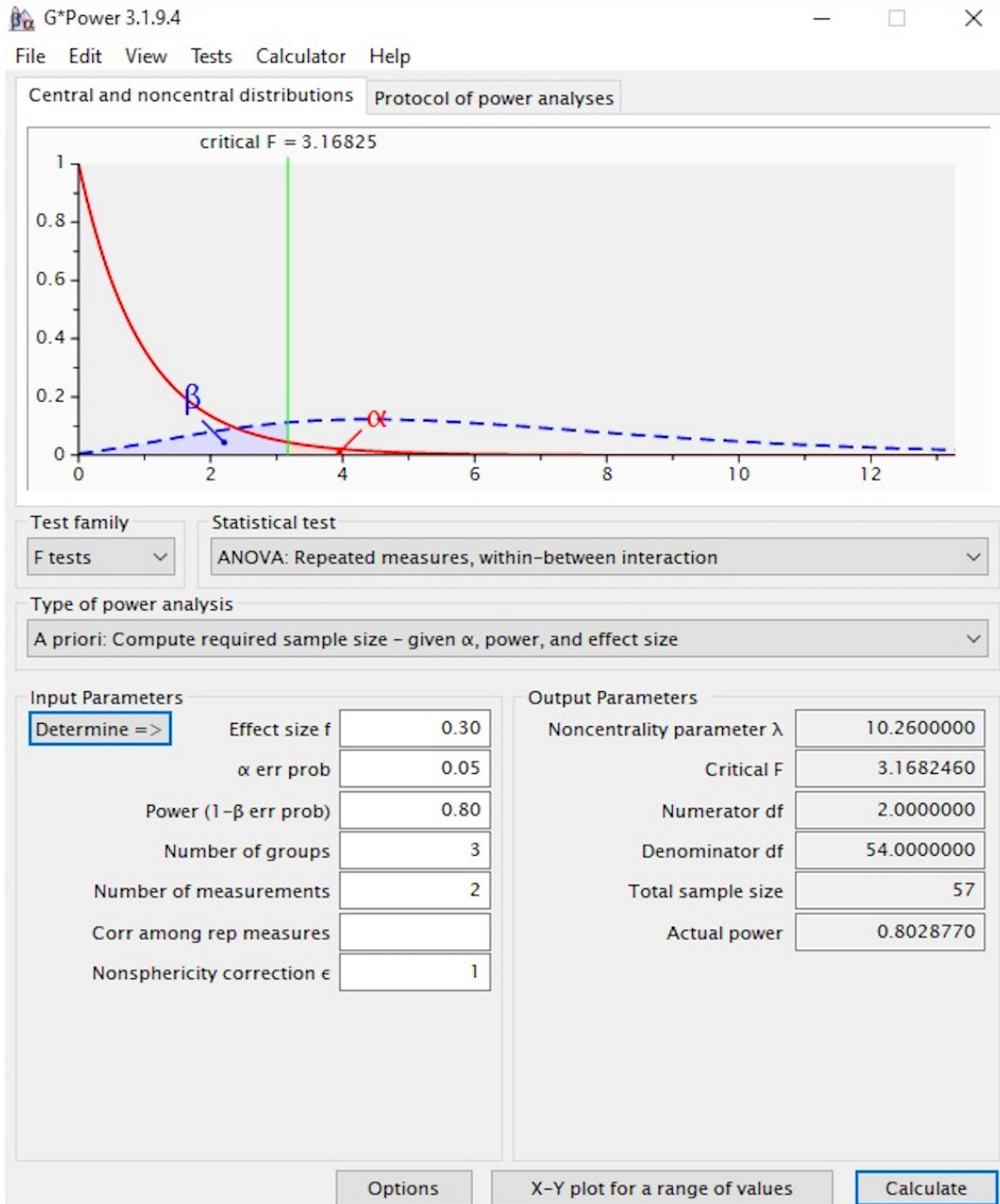
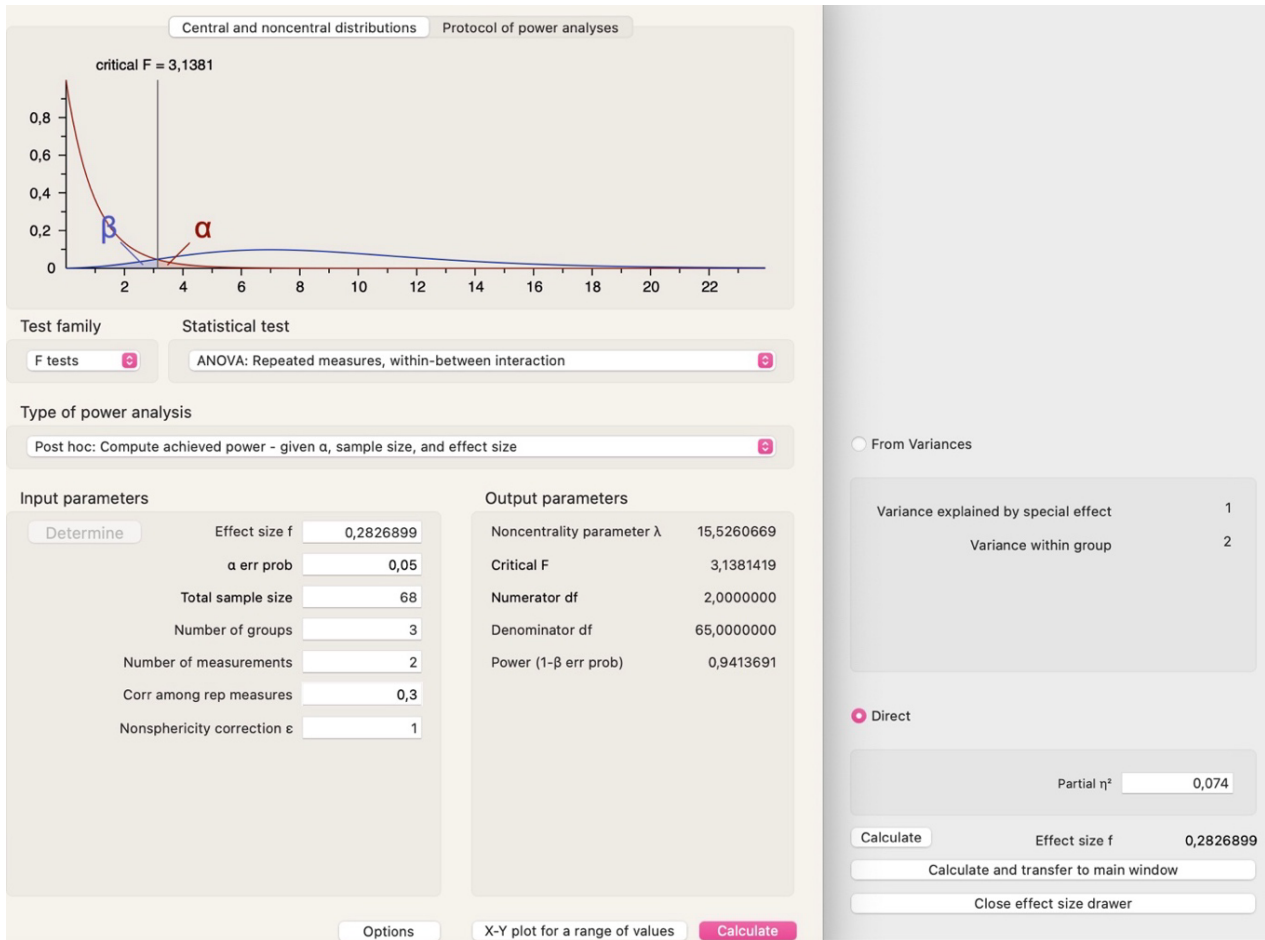


## Supplementary Material

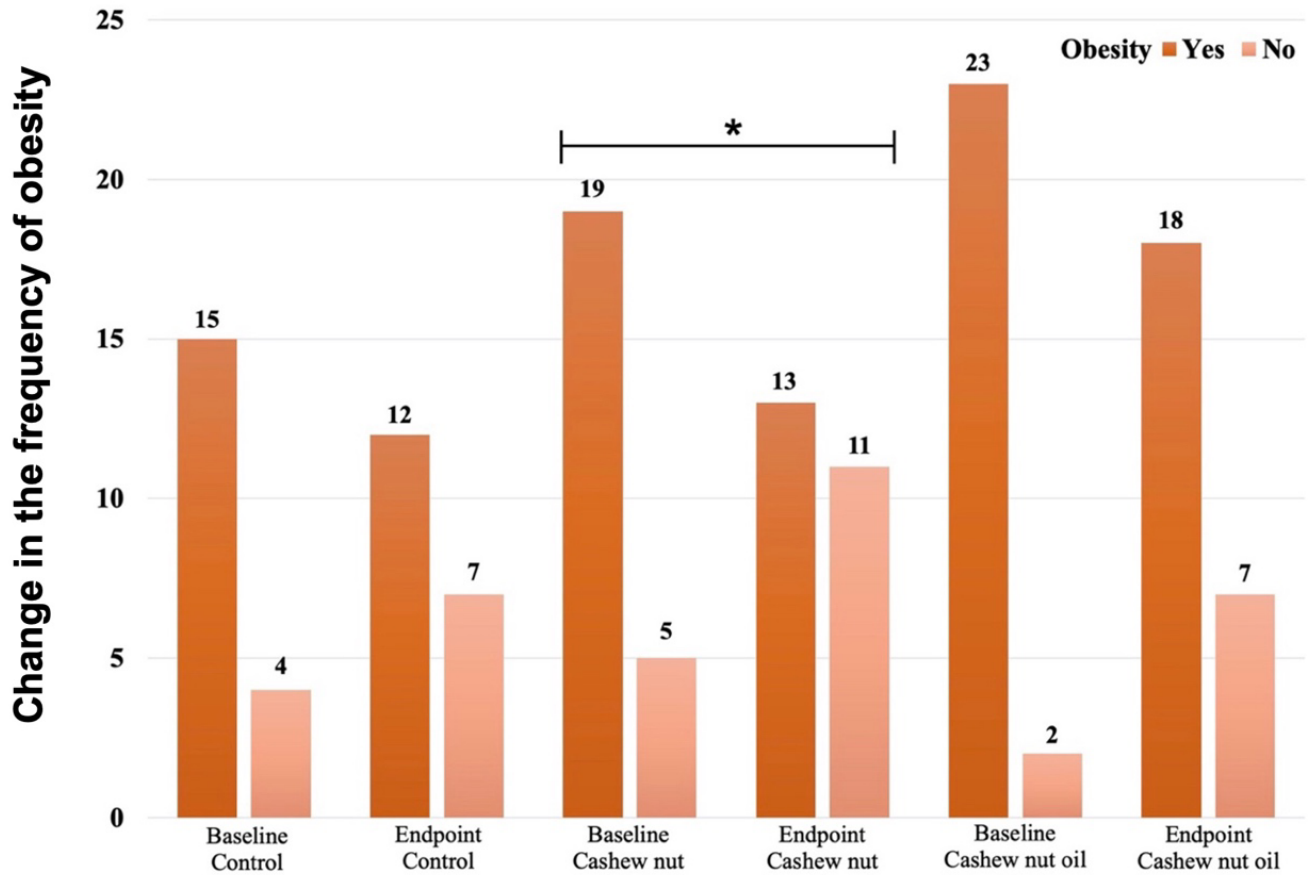
### 1 Supplementary Figures



Supplementary Figure 1. Result of sample size calculation according to G\*Power 3.1 program.



Supplementary figure 2. Study power calculation according to G\*Power 3.1 program.



**Supplementary Figure 3.** Individuals with obesity according 8-wk energy-restricted groups (cashew nut, control, cashew nut oil). McNemar's test ( $p < 0.05$  within-group).