

**Additional file 2: Macronutrient profile of the soy and phytosterol-based powdered beverage<sup>1</sup>**

<b>Nutrient</b>	<b>Amount per serving</b>	<b>Recommended Daily Intake (%)</b>
Total Fat	2 g	3
Cholesterol	0 mg	0
Total Carbohydrate	24g	8
Dietary Fiber	4 g	16
Soy Protein	15 g	30
Phytosterols <sup>2</sup> ( $\beta$ -sitosterol 40-58%; campesterol 20-30%; stigmasterol 14-22%; brassicasterol 0-6%; and sitostanol 0-5%)	2 g	

<sup>1</sup>Calories per serving, 160; <sup>2</sup>Recommended daily intake not established.