

Table A1. Weekly meal schedule utilized during the High CHO-high fibre dietary period (2000 kcal/day)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Coffee, tea or barley drink without sugar or with sweetener + low fat (0.1%) yogurt (125g) + ALL BRAN sticks (40g)						
LUNCH	<ul style="list-style-type: none"> •Pasta (90g) with dry beans (70g) •Beet (300g) •Orange (150g) 	<ul style="list-style-type: none"> •Dry Chickpeas (130g) •Broccoli (sprouts) (300g) •Apple (200g) 	<ul style="list-style-type: none"> • Pasta (90g) with dry lentils (60g) •Spinach (300g) •Orange (150g) 	<ul style="list-style-type: none"> •Pasta (120g) with peeled tomatoes (100g) and French beans (300g) •Fennels (300g) •Orange (100g) 	<ul style="list-style-type: none"> •Pasta (90g) with dry chickpeas (80g) •Beet (250g) •Orange (150g) 	<ul style="list-style-type: none"> •Dry beans (130g) •Artichokes (200g) •Orange (200g) 	<ul style="list-style-type: none"> •Pasta (120g) with peeled tomatoes (100g) and French beans (300g) •Fennels (300g) •Orange (100g)
DINNER	<ul style="list-style-type: none"> •Parboiled rice (90g) with frozen peas (70g) •Pork chop (140g) •Artichokes (200g) •Pear (150g) 	<ul style="list-style-type: none"> •Pasta (130g) with peeled tomatoes (200g) and parmesan cheese (18g) •Lean ham (50g) •Fennel (300g) •Pear (150g) 	<ul style="list-style-type: none"> •Parboiled rice (90g) with artichokes (300g) •Tuna (120g) •Apple (150g) 	<ul style="list-style-type: none"> •Pasta (100g) with frozen peas (60g) •Lean ham (80g) •Emmental cheese (50g) •Chicory (300g) •Orange (100g) 	<ul style="list-style-type: none"> • Parboiled rice (90g) with broccoli (sprouts) (300g) •Chicken leg (80g) •Spinach (250g) •Sliced cheese (30g) •Pear (150g) 	<ul style="list-style-type: none"> •Pasta (130g) with peeled tomatoes (200g) • Eggs (2) •Spinach (200g) with parmesan cheese (12g) •Courgettes (200g) •Pear (150g) 	<ul style="list-style-type: none"> •Pasta (100g) with frozen peas (60g) •Lean ham (80g) •Emmental cheese (50g) •Chicory (300g) •Orange (100g)
Whole-meal bread 50g daily; Extra-virgin olive oil 50g daily							

Table A2. Weekly meal schedule utilized during the Low CHO-high MUFA dietary period (2000 kcal/day)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Coffee, tea or barley drink without sugar or with sweetener + skimmed milk 1.5% (200g) + rush (30g)						
LUNCH	<ul style="list-style-type: none"> •Potatoes (300g) •Tuna (52g) •Lettuce (50g) •Banana (100g) 	<ul style="list-style-type: none"> •White rice (60g) •Pumpkin (200g) •Kiwi (200g) 	<ul style="list-style-type: none"> •Potatoes (300g) •Tuna (52g) •Lettuce (50g) •Banana (100g) 	<ul style="list-style-type: none"> •White rice (50g) with peeled tomatoes (100g) •“Bresaola” beef salami (80g) •Carrots (150g) •Banana (100g) 	<ul style="list-style-type: none"> • Pasta (30g) •Potatoes (200g) •Chicken breast (100g) •Orange 150g 	<ul style="list-style-type: none"> •Pizza with tomatoes and mozzarella cheese (200g) •Lean ham (50g) 	<ul style="list-style-type: none"> •Potatoes “gnocchi” (150g) with peeled tomatoes (150g) •Veal fillet (100g) •Lettuce (50g) •Orange juice (150g)
DINNER	<ul style="list-style-type: none"> •Chicken breast (180g) •“Scarola” endive (200g) •Orange (250g) 	<ul style="list-style-type: none"> •Roasted veal (200g) with lettuce (50g) •Orange juice (250g) 	<ul style="list-style-type: none"> •Chicken breast (180g) •“Scarola” endive (200g) •Orange (250g) 	<ul style="list-style-type: none"> •Anchovies (200g) •Lettuce (50g) •Orange juice (250g) 	<ul style="list-style-type: none"> •Codfish (180g) •Beet (100g) •Orange juice (250g) 	<ul style="list-style-type: none"> •Sole (250g) •Banana (100g) 	<ul style="list-style-type: none"> •Lean ham (150g) •“Scarola” endive (150g) •Orange juice (250g)

White bread 120g daily; Extra-virgin olive oil 70g daily