

## Appendix 1 (as supplied by the authors): Example menu plan of diets for 2000 kcal

	Control Diet	grams	High MUFA Diet	grams	Low MUFA Diet	
<b>Breakfast:</b>	<i>Cereal:</i>		<i>Hot Cereal:</i>		<i>Hot Cereal:</i>	
	Bran flakes cereal*	30	Oat bran	40	Oat bran	40
	Skim milk	220	Unsweetened Soy Beverage	250	Soy Beverage	200
	<i>Fruit &amp; Yogurt:</i>		Strawberries	50	Strawberries	150
	Strawberries	100	<i>Drink:</i>		Sugar	3
	Fat Free Yogurt*	175	Psyllium (+ water 250ml)	7	<i>Drink:</i>	
	Strawberry Jam*	10	<i>Toast:</i>		Psyllium (+ water 250ml)	7
			Bread, Oatbran	65	<i>Toast:</i>	
			Strawberry Jam*	15	Oatbran bread	30
			Study margarine (Plant sterol-enriched)	12	Strawberry Jam*	12
			High-MUFA Sunflower Oil	13	Study margarine (Plant sterol-enriched)	65
<b>Snack</b>	Pear	133	Almonds	15	Almonds	15
	Skim milk	220	Pear	102	Pear	197
<b>Lunch</b>	<i>Soup:</i>		<i>Soup:</i>		<i>Soup:</i>	
	Pasta & Fagioli Soup*	270	Barley Vegetable Soup*	45	Barley Vegetable Soup*	45
	<i>Sandwich:</i>		<i>Sandwich:</i>		<i>Sandwich:</i>	
	Whole wheat bread	90	Oatbran bread	65	Oatbran bread	65
	Light Margarine	35	Study margarine (Plant sterol-enriched)	13	Study margarine (Plant sterol-enriched)	13
	Fat Free Cheese	42	Soy Deli Slices*	62	Soy Deli Slices*	62
	<i>Salad:</i>		<i>Salad:</i>		<i>Salad:</i>	
	Lettuce, Romaine	30	Lettuce, Romaine	30	Lettuce, Romaine	30
	Cucumber	50	Cucumber	50	Cucumber	50
	Tomato	100	Tomato	100	Tomato	100
	Oil, Olive	11	Almonds (chopped)	12	Almonds (chopped)	12
	Vinegar	10	High-MUFA Sunflower Oil	12		
	<b>Snack</b>	Ancient Grain Crackers*	10	Almonds	15	Almonds
Orange		133	Apple	103	Orange	197
			Unsweetened Soy Beverage	250	Soy Beverage	200
<b>Dinner</b>	<i>Entree:</i>		<i>Soup or stew:</i>		<i>Soup or stew:</i>	
	Cheese Cannelloni*	246	Low-Fat Extra-Firm Tofu*	120	Low-Fat Extra-Firm Tofu*	120
	<i>Bake/grill:</i>		Okra	100	Okra	100
	Safflower Oil	15	Cauliflower	100	Cauliflower	100
	Cauliflower	150	Onions	30	Onions	30
	Onions	30	Green pepper	50	Green pepper	50
	Green pepper	50	Pearled barley	35	Pearled barley	35
	Fat Free Cheese	42	High-MUFA Sunflower Oil	18		
Sunflower Oil	6					
<b>Snack</b>	Skim milk	220	Unsweetened Soy Beverage	225	Soy Beverage	150
	Apple	133	Psyllium (+ water 250ml)	7	Psyllium (+ water 250ml)	7
					Apple	196

\*these products were Blue Menu line products (Loblaws, Toronto, Canada)