

Supplemental Table 1. Overview of study activities for soy intervention

<i>Activity/mo</i>	Baseline	1	2	3	4	5	6	Washout	8	9	10	11	12	13
Group H-L¹														
<i>High soy diet</i>		x	x	x	x	x	x							
<i>Low soy diet</i>									x	x	x	x	x	x
Group L-H¹														
<i>High soy diet</i>									x	x	x	x	x	x
<i>Low soy diet</i>		x	x	x	x	x	x							
Both groups														
<i>NAF collection</i>	x			x			x	x			x			x
<i>Serum collection</i>	x						x							x
<i>Urine collection</i>	x	x		x			x	x	x		x			x
<i>24-hour recalls²</i>	x	x		x		x			x		x			x

¹ Group **H-L**: high-soy diet first, then low-soy diet; Group **L-H**: low-soy diet first, then high-soy diet.

² Unannounced 24-hour recalls were conducted at baseline and in scheduled months.