

## Online Supplemental Material

### Supplemental Table 1: Study Diet Restrictions

1) You will be asked to refrain from taking any vitamins or protein supplements once you are enrolled in the study and you will refrain from taking any of these products for the entire time you are involved in the study.

2) For two days before each test day, you will be asked to follow a very low fruit, vegetable, and spice content diet (see restricted food list below). On each of the two the days, you will keep a record of what you eat on the forms given to you and you will return those forms to the GCRC dietitian as instructed.

### Antioxidant Rich Foods

<p><b><u>Drinks</u></b> Alcoholic beverages Coffee, tea, hot cocoa Fruit juices Chocolate Milk</p> <p><b><u>Fruits</u></b> Apples Apricots Avocado Bananas Berries (Blackberries, Blueberries, Cranberries, Raspberries, Strawberries) Cherries Dates Figs Kiwi Red, purple, black grapes Prunes Citrus fruits (grapefruit, orange) Mango Prunes Peaches (raw) Pears (raw) Plums Raisins</p>	<p><b><u>Vegetables/Legumes</u></b> Artichokes Asparagus Beans (small red, pinto, kidney, black) Beets Bell peppers (red, green, yellow, orange) Broccoli Cabbage Eggplant (raw) Green leafy vegetables (romaine, spinach, kale, collard greens) Onions Russet or red potato Sweet potatoes Tomatoes-all fresh and processed products (tomato sauce or paste, tomato juice, spaghetti sauce, pizza sauce, salsa etc.)</p>	<p><b><u>Nuts/Seeds</u></b> Nuts (such as peanuts, pecans, walnuts, hazelnuts) Peanut butter or other nut butters Seeds (such as sunflower, pumpkin) Wheat germ</p> <p><b><u>All Spices (Examples)</u></b> Cinnamon Oregano Ground cloves Garlic Black Pepper Basil</p> <p><b><u>Other</u></b> Chocolate Soybeans, soynuts, soy flour, soy milk Pies/desserts made with any listed fruits or chocolate</p>
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### Some ideas for meal planning using allowed foods low in antioxidants

Remember: one cup (or less) of coffee OR tea per day!

#### **Breakfast**

Pancakes or waffles with maple syrup  
Toast, bagels, muffins (not whole grain)  
with margarine  
Eggs

#### **Lunch**

Cream or broth soup (avoid listed veggies)  
Meat or cheese sandwich  
Salad with iceberg lettuce and cucumbers  
Canned peaches or pears  
Milk

#### **Dinner**

Meat prepared as you like it  
Pasta or rice (not whole grain or brown)  
Canned corn or green beans (1 serving)  
Roll with butter/margarine  
Can of soda, diet or regular

#### **Snacks, etc.**

Plain yogurt or cheese  
Pretzels, chips, cookies  
Celery and baby carrots (1 serving) with  
ranch dressing