

Online Supporting Material

Supplemental Table 1: Nutritional value and ingredients in smoothies¹

Nutritional Value	Blueberry	Placebo
Energy, kJ ²	1001	980
Carbohydrate, g	48.5	48.6
Fiber, g	4.2	4.3
Protein, g	11.9	11.1
Fat, g	0.08	0.08
Saturated fat, g	0.05	0.05
Ingredients		
Dannon Light & Fit yogurt, g	245.0	245.0
Skim milk, g	105.0	105.0
Freeze-dried blueberry powder, g	22.5	—
Imitation vanilla flavor, g	5.0	—
Splenda, g	1.0	—
Benefiber, g	—	5.0
Sugar, g	—	12.0
Artificial blueberry flavor (liquid and powder), g	—	4.0
Red food color, g	—	1.5
Blue food color, g	—	0.7

¹Information based on one smoothie and participants consumed two smoothies per day.

²Blueberry, 239 kcal and Placebo, 234 kcal.