

SUPPLEMENTARY DATA

Supplementary Table 1. Habitual dietary intakes in the 93 patients who completed the 1 year flavonoid intervention

	Flavonoid		Placebo		Between group comparisons of dietary intake (p-value)	
	0 month (n=47)	12 month (n=46)	0 month (n=46)	12 month (n=46)	0 month	12 month
Energy intake, Kcal /d	1745 ± 64	1670 ± 55	1703 ± 50	1547 ± 52	0.61	0.11
Protein, % total energy	16.8 ± 0.4	17.5 ± 0.4	17.8 ± 0.5	18.2 ± 0.5	0.12	0.34
Total Fat, % total energy	32.3 ± 0.8	33.5 ± 0.9	33.4 ± 0.7	33.4 ± 0.7	0.28	0.95
Carbohydrate, % total energy	49.9 ± 0.9	48.4 ± 0.9	48.3 ± 0.8	47.8 ± 0.9	0.19	0.60
Alcohol, % total energy	1.1 ± 0.3	0.7 ± 0.2	0.6 ± 0.2	0.7 ± 0.2	0.17	0.88
Fruit and vegetable intake, g/d	430 ± 32	369 ± 24	383 ± 25	334 ± 25	0.15	0.32

Data are means ± SEM or %.