

Appendix 1 (as supplied by authors): Menu of Interventions

Intervention	Optimal Dose	Intervention	Optimal Dose
Dietary Interventions		Supplement-based Interventions	
Portfolio Diet and/or Dash Diet	n/a	Fish oil	2000 mg EPA/DHA
↓ saturated & trans fat, cholesterol	n/a	Plant sterols	500 mg 3x daily with meals
Raw almonds and/or walnuts	¼ to ½ cup (14-28)	Cinnamon	1000 mg/d or ½ tsp
Raw extra virgin olive oil	2 tbsp/d	CoQ10	100 mg/d
Fruit and vegetable intake	4 serv. ea/d	ALA	300-600 mg/d
Oatmeal/ oatbran	½ cup/d	Lutein	10 mg/d
Soy protein	50 g/d	Fibre	1 sach/ 8 oz. fl. 1-2 x/d
Coffee – reduce or eliminate	n/a	Lifestyle Interventions	
Pomegranate juice	250 ml (1 cup) per day	Weight loss of 5-10 lbs	1-2 lbs/wk
Fatty fish consumption	2-3 serv/wk	Exercise: aerobic; anaerobic	30 min/d 5x/wk; 2-3 x/wk
		Diaphragmatic breathing	10 min/d