

Appendix 2. Summary of deviations from provided diet by subject (n=5; other 5 subjects reported complete compliance).

Subject	1	2	3	4	5
	Added sugar, salt, pepper, "Soul Food" seasoning to some provided meals	Consumed peanut butter on crackers at one meal	Added sugar, milk, salt, and cheese to some provided meals	Consumed a glass of raspberry and lemon juice with sugar	Added sugar, ranch dressing, salt, pepper to some provided meals; consumed half a boiled egg and a mini bar of chocolate bar on one occasion