

Supplemental Table 1

Mean change in variables between baseline and follow up after dietary interventions and pairwise comparisons between fats in 91 participants (Adjusting for age, sex and body mass index at baseline)

	Change from Baseline			P value Comparison Between groups	Pairwise comparisons		
	Coconut oil N=28 Mean	Butter N=33 Mean	Olive Oil N=30 Mean		Coconut oil vs olive oil Difference (95% CI)	Butter vs Coconut oil Difference (95% CI)	Butter vs olive oil Difference (95% CI)
Adjusted for age, sex and body mass index							
LDL-Cholesterol mmol/L	-0.10	0.34	-0.06	<0.001	-0.05 (-0.28,0.18)	0.45 (0.22,0.68)	0.40 (0.17,0.62)
Total cholesterol mmol/L	0.22	0.42	0.03	0.025	0.19 (-0.09,0.46)	0.19 (-0.08,0.46)	0.38 (0.11,0.64)
HDL-Cholesterol mmol/L	0.29	0.09	0.10	0.008	0.17 (0.04,0.29)	-0.19 (-0.31,-0.06)	-0.02 (-0.14,0.10)
Triglycerides mmol/L	0.08	-0.02	-0.02	0.61	0.09 (-0.13,0.31)	-0.10 (-0.32,0.12)	-0.01 (-0.22,0.20)
Cholesterol/HDL ratio	-0.26	0.10	-0.12	0.001	-0.16 (-0.35,0.03)	0.36 (0.18,0.55)	0.20 (0.02,0.39)
Non HDL-Cholesterol mmol/L	-0.07	0.34	-0.07	<0.001	-0.01 (-0.25,0.23)	0.40 (0.17,0.64)	0.39 (0.16,0.62)
Glucose mmol/L	-0.06	0.02	-0.06	0.66	-0.01 (-0.25,0.23)	0.10 (-0.14,0.34)	0.09 (-0.14,0.33)
C-Reactive Protein mg/L	-0.29	-0.03	0.20	0.14	-0.55 (-1.08,-0.02)	0.31 (-0.22,0.84)	-0.24 (-0.75,0.27)
Weight Kg	0.27	0.05	-0.05	0.40	0.31 (-0.15,0.78)	-0.22 (-0.68,0.24)	0.10 (-0.35,0.54)
Waist cm	1.23	0.25	0.66	0.56	0.23 (-1.45,1.91)	-0.86 (-2.50,0.77)	-0.63 (-2.25,0.98)
Body fat %	0.23	0.36	0.12	0.88	-0.01 (-0.64,0.63)	0.14 (-0.48,0.76)	0.13 (-0.48,0.75)
BMI kg/m ²	0.09	0.22	-0.01	0.44	0.10 (-0.06,0.26)	-0.07 (-0.23,0.09)	0.04 (-0.12,0.19)
Systolic blood pressure mm Hg	0.25	-3.68	-3.85	0.30	3.94 (-1.31,9.18)	-3.23 (-8.44,1.98)	0.70 (-4.38,5.79)
Diastolic blood pressure mm Hg	-2.08	-1.28	-0.45	0.75	-0.91 (-4.08,2.25)	1.16 (-1.96,4.29)	0.25 (-2.83,3.33)

Supplemental table 2

Mean change in variables between baseline and follow up after dietary interventions in 71 participants who reported no change in physical activity during the trial

	Change from Baseline			P value Comparison Between groups
	Coconut oil N=22 Mean (SD)	Butter N=24 Mean (SD)	Olive Oil N=25 Mean (SD)	
LDL-Cholesterol mmol/L	-0.10 (0.50)	0.20 (0.53)	-0.04 (0.35)	0.01
Total cholesterol mmol/L	0.19 (0.59)	0.38 (0.63)	0.07 (0.37)	0.13
HDL-Cholesterol mmol/L	0.31 (0.29)	0.10 (0.26)	0.12 (0.16)	0.001
Triglycerides mmol/L	-0.02 (0.46)	-0.01 (0.42)	-0.04 (0.23)	0.97
Cholesterol/HDL ratio	-0.30(0.35)	0.07 (0.44)	-0.13 (0.30)	0.004
Non HDL-Cholesterol mmol/L	-0.11 (0.44)	0.28 (0.56)	-0.06 (0.36)	0.008
Glucose mmol/L	-0.12 (0.49)	-0.02 (0.52)	-0.08 (0.51)	0.80
C-Reactive Protein mg/L	-0.30 (1.18)	-0.13 (0.86)	0.04 (1.00)	0.51
Weight Kg	0.13 (0.62)	0.07 (1.06)	-0.02 (0.76)	0.83
Waist cm	1.47 (3.35)	0.67 (3.48)	0.81 (3.48)	0.70
Body fat %	0.34 (1.11)	0.23 (1.37)	0.81 (1.37)	0.71
Body Mass Index kg/m ²	0.04 (0.22)	0.03 (0.37)	0.00 (0.26)	0.85
Systolic blood pressure mm Hg	-3.1 (8.9)	-5.1 (11.3)	-2.4 (7.8)	0.60
Diastolic blood pressure mm Hg	-2.4 (5.6)	-2.0 (6.6)	0.8 (8.4)	0.24

