# SUPPLEMENTAL MATERIALS

Intended for publication

**Table S1**. Lipoprotein metabolism using NMR analyses by racial/ethnic group[*]

| NMR Analysis | Racial/Ethnic group | Control Meal | Whole-Avocado Meal | **P value Con vs Whole-A** |
|---|---|---|---|---|
| Large HDL Particle Concentration (nmol/L) | African-American | 8.3 ± 0.1 | 8.5 ± 0.1 | 0.37 |
| | Asian | 8.6 ± 0.2 | 8.0 ± 0.2 | 0.005 |
| | Hispanic | 7.8 ± 0.2 | 8.2 ± 0.2 | 0.07 |
| | Caucasian | 8.1 ± 0.1 | 8.6 ± 0.1 | 0.001 |
| Small HDL Particle Concentration (nmol/L) | African-American | 14.1 ± 0.5 | 13.5 ± 0.6 | 0.27 |
| | Asian | 13.2 ± 0.9 | 14.4 ± 0.9 | 0.21 |
| | Hispanic | 13.7 ± 1.0 | 10.6 ± 0.9 | 0.003 |
| | Caucasian | 14.1 ± 0.6 | 12.5 ± 0.6 | 0.02 |
| Small LDL Particle Concentration (nmol/L) | African-American | 457.0 ± 20.0 | 502.9 ± 21.3 | 0.04 |
| | Asian | 409.6 ± 32.9 | 548.1 ± 33.2 | <0.0001 |
| | Hispanic | 484.8 ± 36 | 477.3 ± 35.4 | 0.84 |
| | Caucasian | 468.1 ± 23.6 | 458.3 ± 23.9 | 0.69 |
| Average HDL Particle Size (nm) | African-American | 9.6 ± 0.02 | 9.1 ± 0.02 | 0.04 |
| | Asian | 9.7 ± 0.04 | 9.5 ± 0.04 | <0.0001 |
| | Hispanic | 9.6 ± 0.04 | 9.6 ± 0.04 | 0.18 |
| | Caucasian | 9.5 ± 0.03 | 9.6 ± 0.03 | 0.001 |
| Average LDL Particle Size (nm) | African-American | 20.8 ± 0.1 | 20.7 ± 0.1 | 0.10 |
| | Asian | 20.8 ± 0.1 | 20.7 ± 0.1 | 0.31 |
| | Hispanic | 20.7 ± 0.1 | 20.8 ± 0.1 | 0.28 |
| | Caucasian | 20.6 ± 0.1 | 20.8 ± 0.1 | 0.04 |

[*]All values for each variable represent mean ± SEM (n=31): African-American, n=13; Asian, n=5; Hispanic, n=4; Caucasian, n=9).

Con, Control meal; HDL, high-density lipoprotein; LDL, low-density lipoprotein; VLDL, very-low-density lipoprotein; Whole-A, Whole Avocado meal
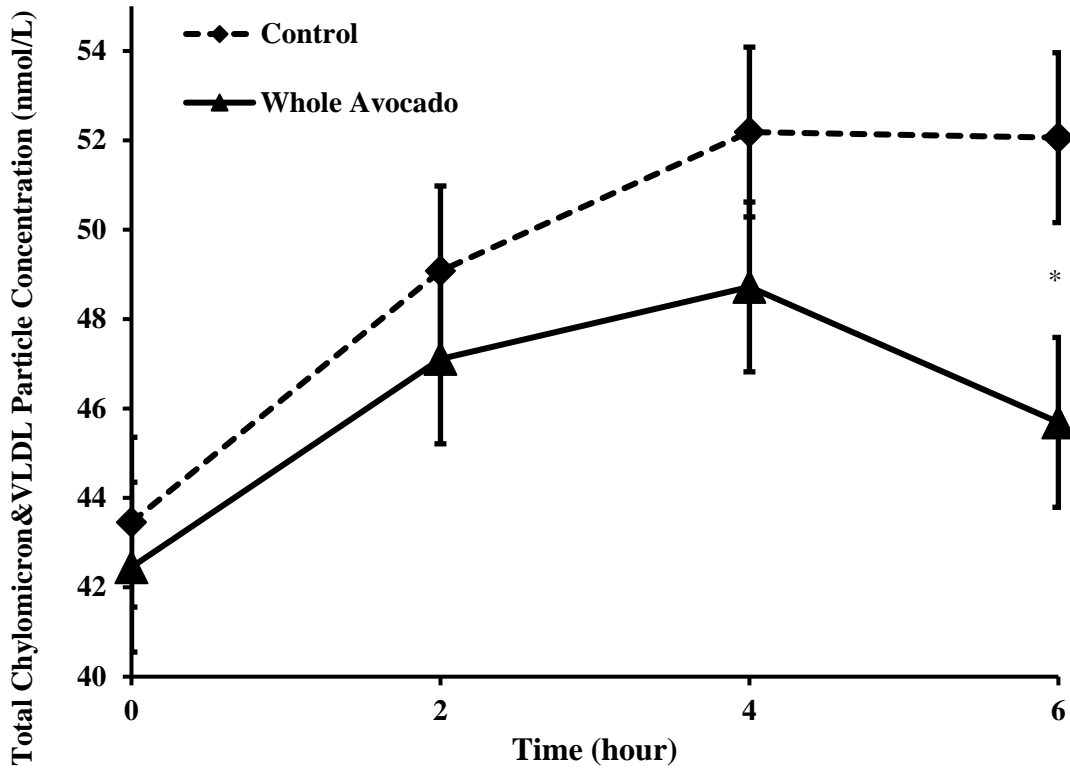
**Figure S1**. Plasma total chylomicron/VLDL particle concentrations over 6 h after consuming test breakfast meals (n=31). Data were analyzed by PROC MIXED using SAS 9.4. Main effects of meal $p$ =0.009, time $p$=0.0001, and meal by time p=0.434.

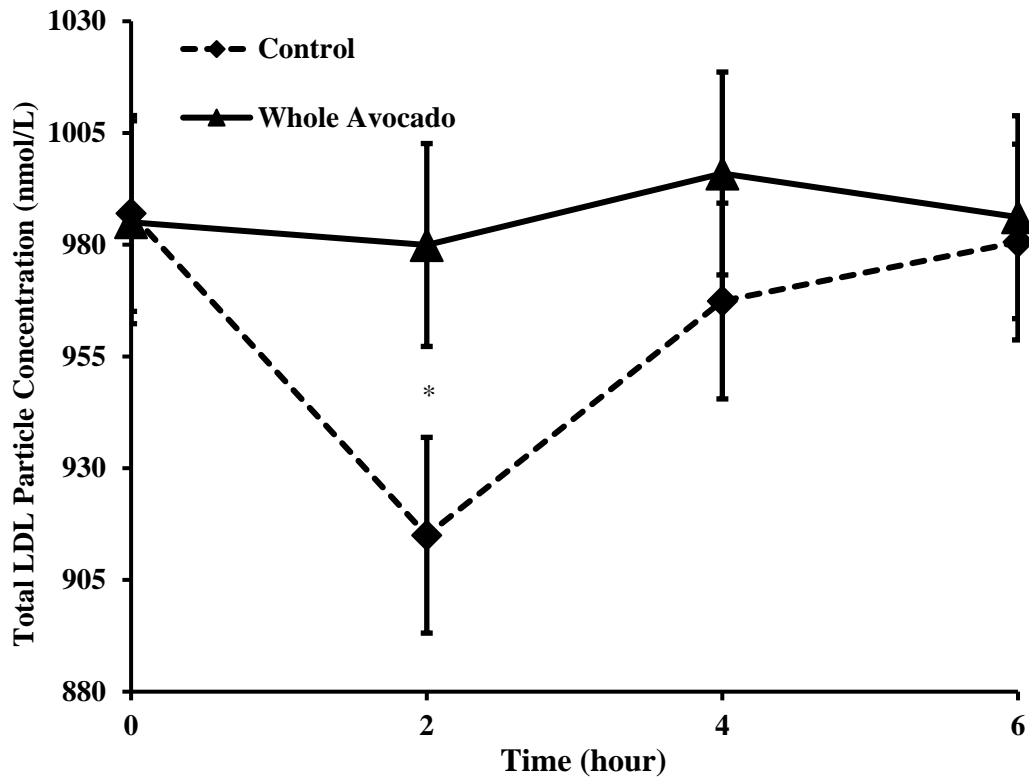Data are means ± SE, n=31.  * p<0.05 for the difference compared to the Control meal.
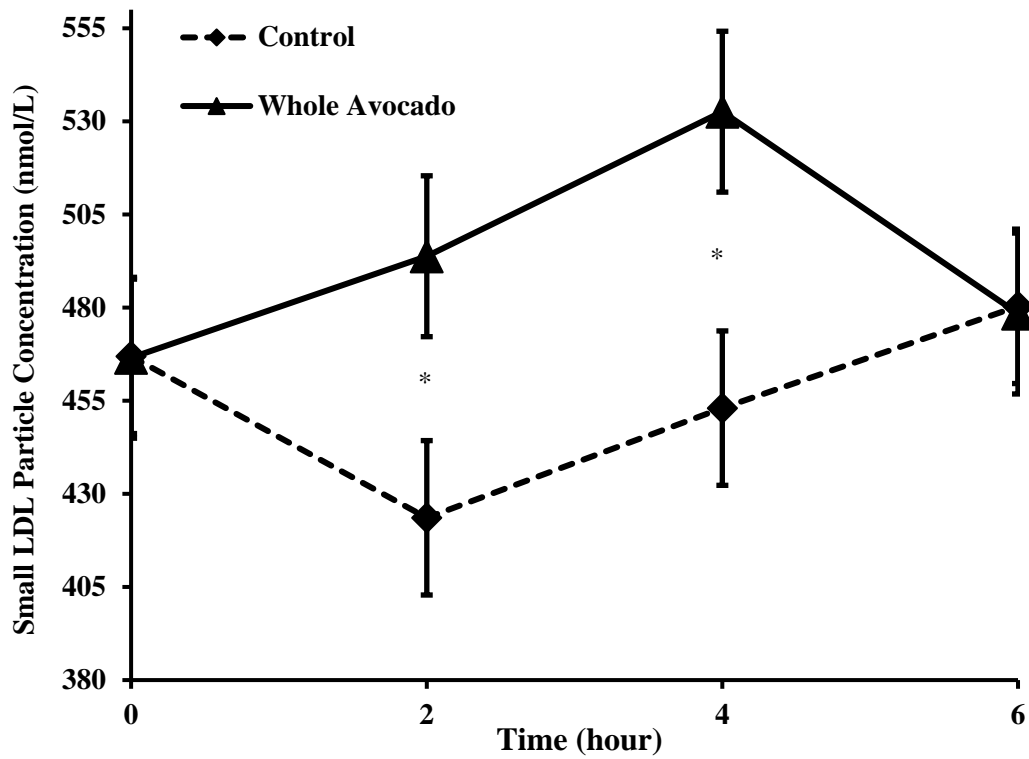
**Figure S2**. Plasma total LDL particle concentrations over 6 h after consuming test breakfast meals (n=31). Data were analyzed by PROC MIXED using SAS 9.4. Main effects of meal *p* =0.07, time *p*=0.13, and meal by time p=0.278.

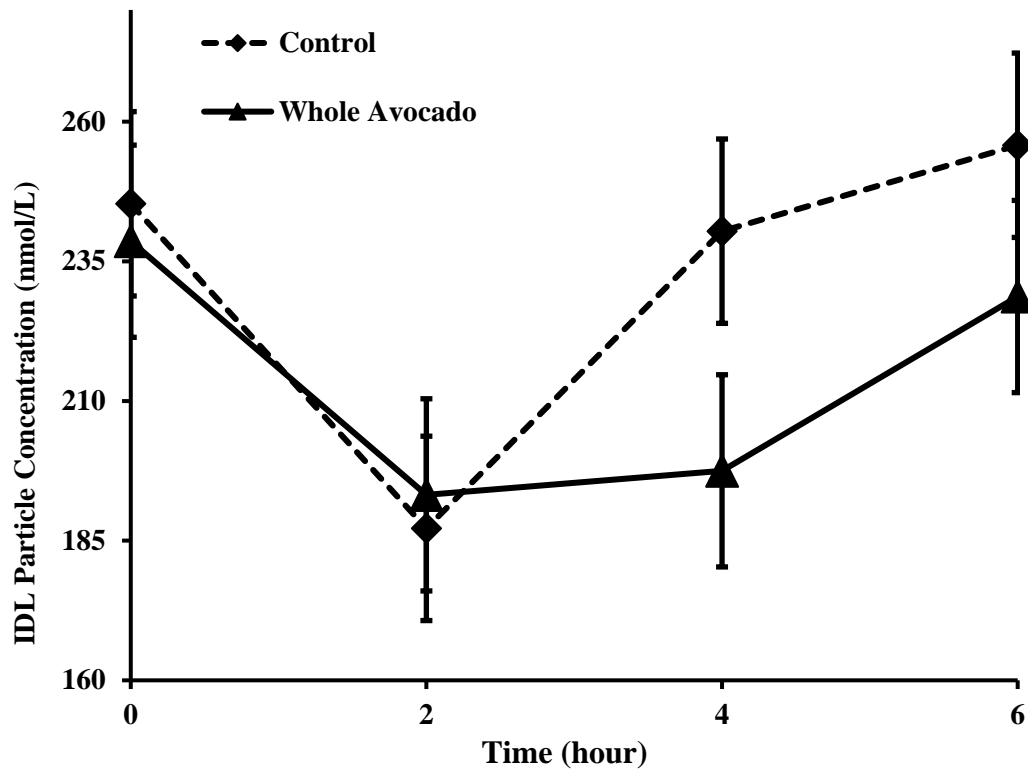Data are means ± SE, n=31. * p<0.05 for the difference compared to the Control meal.

**Figure S3**. Plasma small LDL particle concentrations over 6 h after consuming test breakfast meals (n=31). Data were analyzed by PROC MIXED using SAS 9.4. Main effects of meal *p* =0.009, time *p*=0.32, and meal by time p=0.06.

Data are means ± SE, n=31.  * p<0.05 for the difference compared to the Control meal.

**Figure S4**. Plasma IDL particle concentrations over 6 h after consuming test breakfast meals (n=31). Data were analyzed by PROC MIXED using SAS 9.4. Main effects of meal $p =0.004$, time $p=0.024$, and meal by time p=0.013.
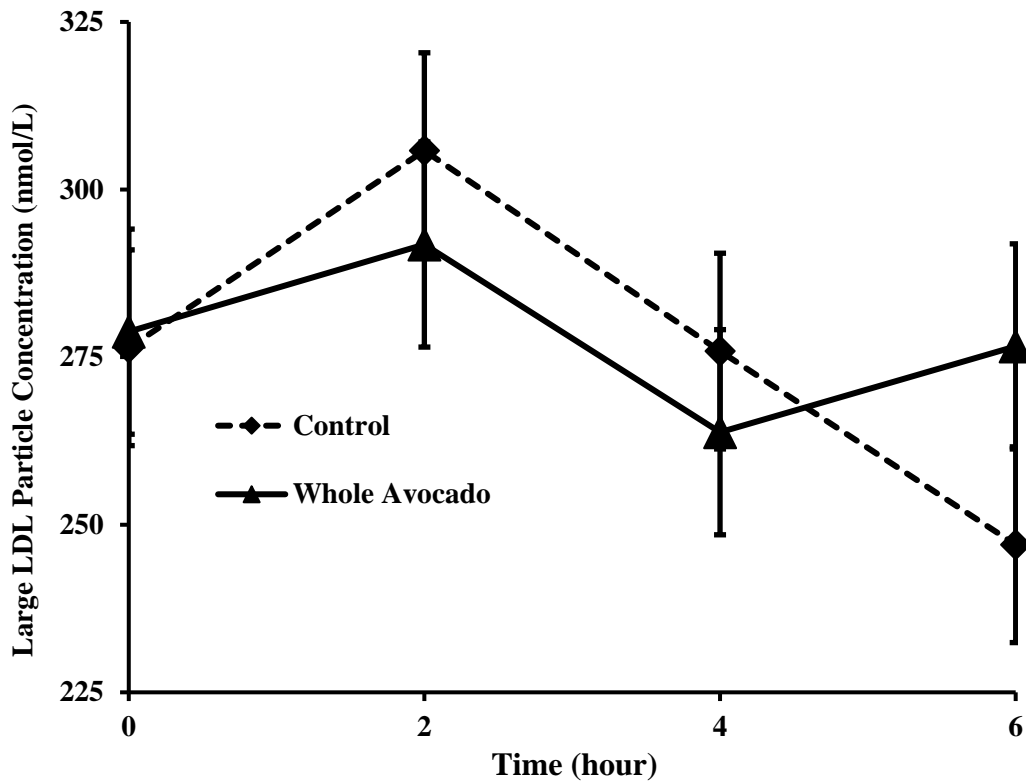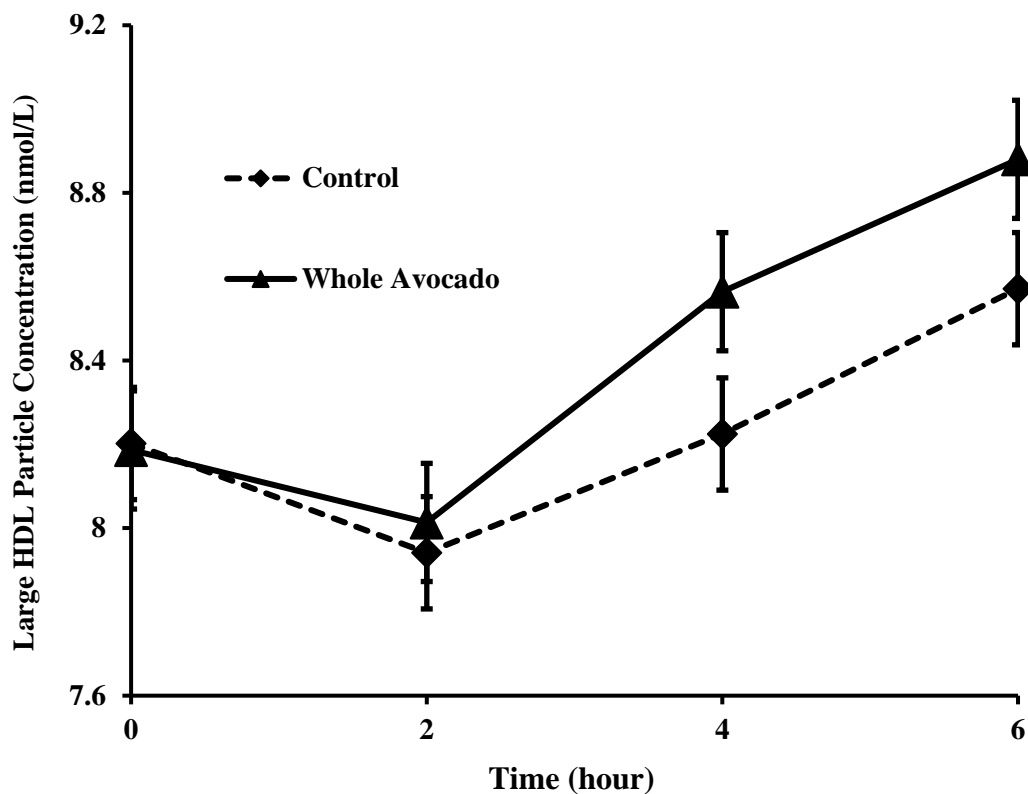
Data are means ± SE, n=31.

**Figure S5**. Plasma large LDL particle concentrations over 6 h after consuming test breakfast meals (n=31). Data were analyzed by PROC MIXED using SAS 9.4. Main effects of meal *p* =0.87, time *p*=0.032, and meal by time p=0.32.

Data are means ± SE, n=31.

**Figure S6**. Plasma large HDL particle concentrations over 6 h after consuming test breakfast meals (n=31). Data were analyzed by PROC MIXED using SAS 9.4. Main effects of meal $p$ =0.06, time $p<0.0001$, and meal by time p=0.43.
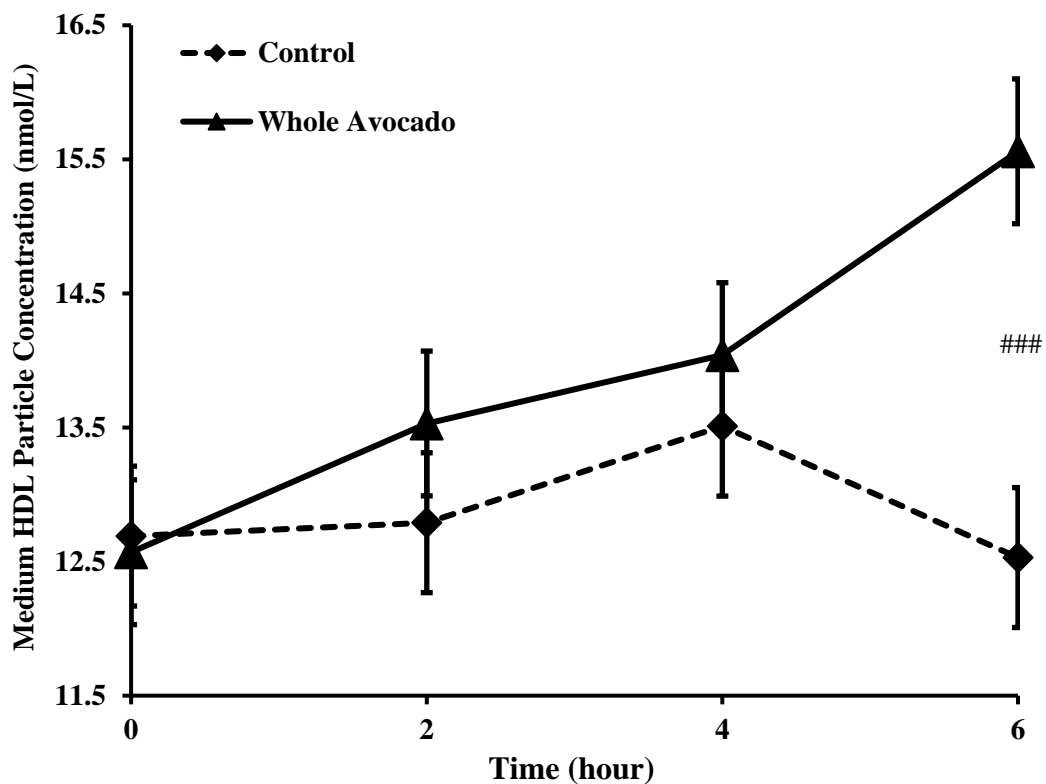
Data are means ± SE, n=31.

**Figure S7**. Plasma medium HDL particle concentrations over 6 h after consuming test breakfast meals (n=31). Data were analyzed by PROC MIXED using SAS 9.4. Main effects of meal *p* =0.004, time *p*=0.024, and meal by time p=0.013.

Data are means ± SE, n=31.  ### p<0.0001 for the difference compared to the Control meal.
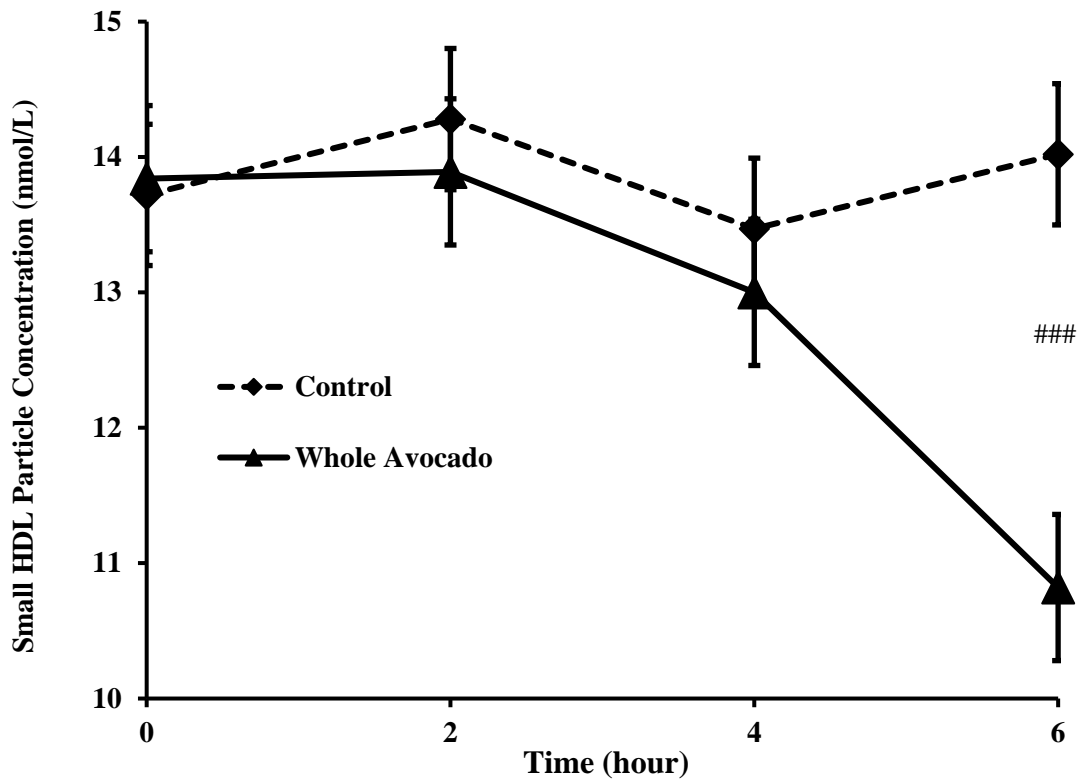
**Figure S8**. Plasma small HDL particle concentrations over 6 h after consuming test breakfast meals (n=31). Data were analyzed by PROC MIXED using SAS 9.4. Main effects of meal *p* =0.009, time *p*=0.011, and meal by time p=0.009.

Data are means ± SE, n=31.  ### p<0.0001 for the difference compared to the Control meal.