

Figure S1: Participant recruitment diagram

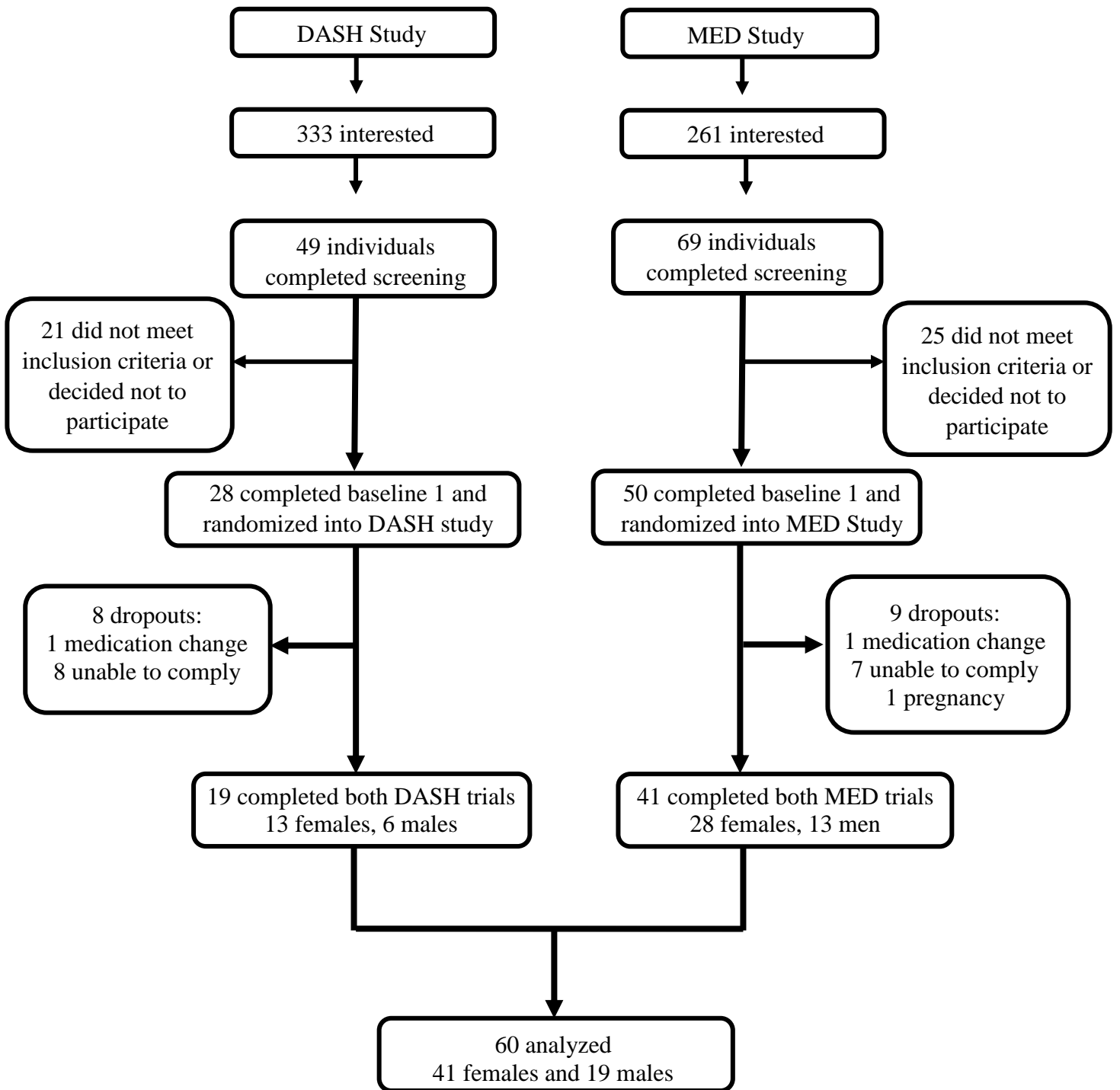


Table S1. Changes in cardiovascular disease risk factors during repeated periods of consuming a prescribed healthy eating pattern (HEP).

	HEP 1 <i>Adopting HEP</i>	HEP 2 <i>Readopting HEP</i>	HEP adoption p value ¹	HEP order p value ²
24-hr SBP (mm Hg)	-5 ± 1*	-7 ± 1 *	<0.0001	0.4354
24-hr DBP (mm Hg)	-3 ± 1*	-3 ± 1 *	<0.0001	0.9366
Waking SBP (mm Hg)	-5 ± 1*	-7 ± 2 *	<0.0001	0.7556
Waking DBP (mm Hg)	-4 ± 1*	-4 ± 1 *	<0.0001	0.9903
Sleeping SBP (mm Hg)	-4 ± 2	-5 ± 2 *	0.0005	0.5294
Sleeping DBP (mm Hg)	-2 ± 1	-2 ± 1 *	0.0018	0.3963
Fasting SBP (mm Hg)	-6 ± 1*	-5 ± 1 *	<0.0001	0.9023
Fasting DBP (mm Hg)	-4 ± 1*	-4 ± 1 *	<0.0001	0.6146
Total cholesterol (mg/dL)	-19 ± 3*	-13 ± 3 *	<0.0001	0.0906
LDL cholesterol (mg/dL)	-13 ± 3 ^{3a}	-6 ± 3 ^{4¥}	<0.0001	0.0202
HDL cholesterol (mg/dL)	-4 ± 1*	-5 ± 1 *	<0.0001	0.6306
Triglycerides (mg/dL)	-7 ± 6	-10 ± 6	0.0505	0.7528
TC:HDL	-0.08 ± 0.08	0.06 ± 0.07	0.8798	0.1398
Glucose (mg/dL)	-1 ± 1	1 ± 1	0.9103	0.3266
Insulin (µIU/mL)	-1.4 ± 1	-2.8 ± 1	0.0037	0.3057
HOMA-IR	-0.388 ± 0.224	-0.621 ± 0.224	0.0024	0.4611
Body mass (kg)	-2.2 ± 0.2 ^{3a}	-1.4 ± 0.2 ^{4b}	<0.0001	0.0013
Body fat (%)	-1.1 ± 0.3*	-1.1 ± 0.3*	<0.0001	0.9432

Results are presented as LS means ± SEM of LS means adjusted for age, sex, body mass at each time point, study, and designated treatment within each study with a random participant effect, $n = 60$. ¹ overall time effect of adopting HEP (all data combined during HEP 1 and HEP2) ² changes from baseline in HEP 1 vs changes from baseline in HEP 2 (time × order interaction), * indicates a HEP-specific change over time assessed when time or time × order p value <0.05, different letters indicate different magnitude in changes over time, ¥ indicates trend $p = 0.061$ for difference in magnitude of HEP 1 and HEP 2, Conversion factor to SI units as follows: total, LDL, and HDL cholesterol mmol/L = mg/dL × 0.0259, triglycerides mmol/L = mg/dL × 0.0113, glucose mmol/L = mg/dL × 0.0555, and insulin pmol/L = µIU/mL × 6.945.