

Supplemental Material

Table S1. Average study compliance for each participant, including participants that did not complete the entire study.

| ID # | Total compliance (%) | ID # | Total compliance (%) |
|------|----------------------|------|----------------------|
| 1 | 87.9 | 25 | 57.1 |
| 2 | 98.5 | 26 | 87.5 |
| 3 | 91.4 | 27 | 99.3 |
| 4 | 91.4 | 28 | 64.3 |
| 5 | 99.3 | 29 | 97.1 |
| 6 | 87.9 | 30 | 64.3 |
| 7 | 95.7 | 31 | 96.4 |
| 8 | 99.3 | 32 | 99.3 |
| 9 | 96.9 | 33 | 94.3 |
| 10 | 93.6 | 34 | 60.0 |
| 11 | 85.7 | 35 | 99.3 |
| 12 | 91.4 | 36 | 90.7 |
| 13 | 85.7 | 37 | 97.9 |
| 14 | 71.4 | 38 | 88.6 |
| 15 | 98.6 | 39 | 38.8 |
| 16 | 98.6 | 40 | 85.7 |
| 17 | 84.3 | 41 | 93.6 |
| 18 | 71.4 | 42 | 94.3 |
| 19 | 87.1 | 43 | 71.4 |
| 20 | 72.9 | 44 | 83.6 |
| 21 | 92.1 | 45 | 90.8 |
| 22 | 21.4 | | |
| 23 | 97.9 | | |
| 24 | 55.0 | | |

Table S2. Baseline characteristics from participants that did not complete (n=9) the study compared to those that completed the study (n=36)*.

| Characteristic | Non-Completers | Completers |
|--------------------------|----------------|------------|
| cSBP (mmHg) | 113±12 | 111±9 |
| cDBP (mmHg) | 81±10 | 78±7 |
| bSBP (mmHg) | 123±14 | 121±11 |
| bDBP (mmHg) | 80±10 | 76±7 |
| AP (mmHg) | 8±7 | 8±5 |
| Alx (%) | 27±17 | 21±14 |
| PTT (m/s) | 69±11 | 68±8 |
| PWV (m/s) | 7.2±10.9 | 6.9±0.8 |
| Age (y) | 42±10 | 43±10 |
| BMI (kg/m ²) | 31.5±3.9 | 30.0±4.9 |
| TC (mg/dL) | 183.8±37.2 | 190.8±32.2 |
| LDL-C (mg/dL) | 117.7±31.0 | 119.6±31.1 |
| HDL-C (mg/dL) | 44.4±10.1 | 47.2±11.1 |
| TC:HDL-C ratio | 4.4±1.5 | 4.3±1.1 |
| non-HDL-C (mg/dL) | 139.7±40.5 | 143.6±32.0 |
| TG (mg/dL) | 108.7±65.7 | 120.0±52.2 |
| Glucose (mg/dL) | 90.7±9.3 | 90.9±7.1 |
| Insulin (μIU/mL) | 7.0±4.2 | 6.7±3.6 |

*Data presented as mean±SD. Baseline measurements were taken on the last 2 days of the run-in diet. There were no statistically significant differences between individuals that completed compared to those that did not complete the study.

Table S3. Mean change from baseline for vascular outcomes*.

| | WD | WFMD | ORAD |
|-------------|-----------------------|-----------------------|----------------------|
| bSBP (mmHg) | -2.1±1.2 | -1.2±1.4 | -1.2±1.1 |
| bDBP (mmHg) | -1.4±1.0 ^a | 0.5±1.0 ^{ab} | 0.4±0.7 ^b |
| bMAP (mmHg) | -1.4±0.7 | -0.2±0.7 | -0.1±0.7 |
| cSBP (mmHg) | -1.6±1.1 | -0.5±1.1 | -0.7±0.9 |
| cDBP (mmHg) | -1.8±1.0 | -0.2±0.8 | 0.1±0.7 |
| cMAP (mmHg) | -1.7±0.8 | -0.3±1.0 | -0.1±0.7 |
| AP (mmHg) | -0.1±0.6 | 0.6±0.5 | 0.1±0.4 |
| Alx (%) | 0.4±1.0 | 1.6±0.8 | 0.5±0.8 |
| PTT (ms) | -0.2±1.0 | 0.2±0.6 | -0.5±0.9 |
| PWV (m/s) | -0.4±0.5 | 0.008±0.1 | -0.2±0.2 |

*Data presented as mean±SEM. Statistically significant between-diet differences are denoted with differing letters.

Table S4. Mean change from baseline for lipids, lipoproteins, CRP, glucose, insulin, and weight*.

| | WD | WFMD | ORAD |
|-------------------|-----------|-----------|-----------|
| TC (mg/dL) | -15.8±3.2 | -14.6±2.9 | -11.2±2.7 |
| LDL-C (mg/dL) | -13.4±3.0 | -11.1±2.3 | -9.2±2.3 |
| Non-HDL-C (mg/dL) | -14.0±3.0 | -12.5±2.5 | -11.0±2.2 |
| HDL-C (mg/dL) | -1.8±0.8 | -2.1±0.9 | -1.1±0.7 |
| TC:HDL | -0.2±0.1 | -0.1±0.1 | -0.1±0.05 |
| TG (mg/dL) | -3.4±5.0 | -5.4±6.6 | -4.0±4.3 |
| CRP (mg/L) | -0.05±0.2 | -1.0±0.5 | -0.6±0.4 |
| Glucose (mg/dL) | 1.6±1.0 | -0.6±2.8 | 0.4±1.2 |
| Insulin (μIU/mL) | -0.3±0.4 | -0.2±0.5 | 0.2±0.6 |
| Weight (kg) | -1.4±0.4 | -0.72±0.3 | -1.4±0.5 |

*Data presented as mean±SEM. There were no statistically significant between-diet differences.