

Table S1. Current demographic and other characteristics of study participants.

Parameter	Group 1 (n = 51)		Group 2 (n = 56)		Group 3 (n = 44)	
	Female (n = 35)	Male (n = 16)	Female (n = 43)	Male (n = 13)	Female (n = 31)	Male (n = 13)
Partner status (n (%))						
Married	14 (40)	4 (25.0)	23 (53.5)	2 (15.4)	13 (41.9)	3 (23.1)
Extramarital	10 (28.6)	6 (37.5)	23 (53.5)	9 (69.2)	12 (38.7)	7 (53.8)
Single	10 (28.6)	6 (37.5)	10 (23.3)	2 (15.4)	5 (16.1)	3 (23.1)
Widowed	1 (2.9)	0	0	0	1 (3.2)	0
Living regions (n (%))						
Capital city (Central)	17 (48.6)	9 (56.2)	9 (20.9)	4 (30.8)	11 (35.5)	7 (53.8)
Dolenjska (South East)	8 (22.9)	4 (25.0)	23 (53.5)	5 (38.5)	10 (32.3)	1 (7.7)
Gorenjska (North/North West)	3 (8.6)	1 (6.2)	4 (9.3)	2 (15.4)	3 (9.7)	3 (23.1)
Notranjska (Central/South West)	1 (2.9)	0	0	0	1 (3.2)	1 (7.7)
Prekmurje (North East)	1 (2.9)	0	0	0	0	0
Štajerska (East)	5 (14.3)	2 (12.5)	7 (16.3)	2 (15.4)	6 (19.4)	1 (7.7)
Living environment (n (%))						
City	7 (20)	7 (43.8)	10 (23.3)	3 (23.1)	8 (25.8)	6 (46.2)
Suburban	9 (25.7)	4 (25.0)	16 (37.2)	3 (23.1)	11 (35.5)	5 (38.5)
Rural	19 (54.3)	5 (31.2)	17 (39.5)	7 (53.8)	12 (38.7)	2 (15.4)
Education (n (%))						
Primary School/High School	14 (40.0)	11 (68.7)	13 (30.2)	4 (30.8)	10 (32.3)	5 (38.5)
College	4 (11.4)	0	5 (11.6)	4 (30.8)	2 (6.5)	1 (7.7)
Bachelor/University degree	15 (42.8)	5 (31.2)	23 (53.5)	5 (38.5)	18 (58.0)	6 (46.2)
Masters/PhD degree	1 (2.9)	0	2 (4.7)	0	1 (3.2)	1 (7.7)
N/A (did not disclose)	1 (2.9)	0	0	0	0	0
Employment status (n (%))						
Employed/help in family business	23 (65.7)	7 (43.8)	31 (74.4)	8 (61.5)	16 (51.6)	8 (61.5)
Self-employed/contract	3 (8.6)	2 (12.5)	5 (11.6)	4 (30.8)	9 (29.0)	4 (30.8)
Retired	1 (2.9)	1 (6.2)	2 (4.6)	1 (7.7)	2 (6.5)	0
High-school/student	7 (20.0)	5 (31.2)	1 (2.3)	0	2 (6.5)	1 (7.7)
Unemployed	1 (2.9)	1 (6.2)	3 (7.0)	0	2 (6.5)	0
Economic status (n (%))						
Low income/financially challenged	3 (8.6)	1 (6.2)	2 (4.7)	1 (7.7)	0	1 (7.7)
Average/mildly above average	31 (88.5)	14 (87.5)	40 (93.0)	10 (76.9)	30 (96.8)	12 (92.3)

	Group 1 (n = 51)		Group 2 (n = 56)		Group 3 (n = 44)	
Parameter	Female (n = 35)	Male (n = 16)	Female (n = 43)	Male (n = 13)	Female (n = 31)	Male (n = 13)
Above average	1 (2.9)	1 (6.2)	1 (2.3)	2 (15.4)	1 (3.2)	0
Income (€ (%))						
Up to 700	6 (17.1)	1 (6.7)	2 (4.6)	0	0	0
701–1100	4 (11.5)	3 (20.0)	3 (7.0)	0	2 (6.4)	1 (7.7)
1101–1500	5 (14.3)	1 (6.7)	7 (16.3)	1 (7.7)	3 (9.7)	2 (15.4)
1501–1900	11 (31.4)	2 (13.3)	8 (18.6)	4 (30.8)	2 (6.4)	4 (30.8)
From 1901	9 (25.7)	8 (53.3)	23 (53.5)	8 (61.5)	23 (74.2)	6 (46.1)
N/A (did not disclose)	0	0	0	0	1 (3.2)	0
Smoking (n (%))						
Current	4 (11.4)	3 (18.8)	7 (16.7)	2 (15.4)	8 (25.8)	2 (15.4)
Former	3 (8.6)	1 (6.2)	2 (4.8)	0	1 (3.2)	0
Never	28 (80.0)	12 (75.0)	33 (78.6)	11 (84.6)	22 (71.0)	11 (84.6)
Menstrual status (n (%))						
Menstruation	29 (82.9)	-	32 (74.4)	-	23 (74.2)	-
Perimenopause	2 (5.7)	-	0	-	2 (6.5)	-
Menopause	4 (11.4)	-	11 (25.6)	-	6 (19.4)	-
Medications (n)						
Thyroid medication	1	0	1	0	0	0
Birth-control pills	1	0	1	0	0	0
Vitamin D ₃ prescribed by doctor [‡]	2	1	1	0	1	1
Nausea	0	0	1	0	0	0
Others	1	0	1	0	0	0

Data are means (standard deviation). [‡]Vitamin D₃ here represents only medically prescribed vitamin D.

Table S2. Dietary intake of energy and macronutrients of all participants in WFPB lifestyle program (0.5-10 years) according to genders comparison.

Whole sample (n = 151)			
	Female (n = 109)	Male (n = 42)	<i>p</i> -Values
Macronutrients (per day)			F vs. M
Energy intake (kcal)	1841 (539)	2618 (726)	<0.001
Carbohydrates (g)	266 (87)	370 (98)	<0.001
(% E)	58 (5)	57 (6)	0.354
Total sugars (g)	80 (35)	101 (37)	<0.001
(% E)	17 (4)	16 (4)	0.028
Free sugars (g)	22 (18)	24 (11)	0.007
(% E)	5 (3)	4 (2)	0.177
Starches (g)	82 (45)	128 (52)	<0.001
(% E)	18 (7)	19 (6)	0.110
Dietary fibre (g)	64 (16)	85 (23)	<0.001
(% E)	7.1 (1)	6.6 (1)	0.015
Fat (g)	40 (16)	63 (31)	<0.001
(% E)	20 (5)	21 (6)	0.252
SFA (g)	6 (3)	10 (4)	<0.001
(% E)	3 (1)	3 (2)	0.051
MUFA (g)	11 (5)	18 (10)	<0.001
(% E)	5 (2)	6 (2)	0.125
PUFA (g)	18 (7)	28 (15)	<0.001
(% E)	9 (3)	9 (3)	0.337
Linoleic acid (g)	11 (6)	19 (11)	<0.001
Alpha-linolenic acid (g)	5 (3)	7 (4)	0.005
EPA (mg)	332 (233)	338 (183)	0.630
DHA (mg)	226 (163)	245 (156)	0.582
ARA (mg)	2 (7)	3 (9)	0.819
Cholesterol (mg)	6 (18)	10 (18)	0.459
Protein (g)	70 (19)	100 (26)	<0.001
(% E)	15 (2)	15 (3)	0.891
(g/kg body mass)	1.1 (0.4)	1.3 (0.4)	0.063
Water ^w (L)	3.9 (1.2)	4.2 (1.2)	0.063

Data are means (standard deviation). ^w Water from foods and beverages. A T-test was used to compare differences between genders.

Table S3. Dietary intake of selected vitamins, minerals, and trace minerals of all participants in WFPB lifestyle program (0.5-10 years) according to genders comparison.

Micronutrients (per day)	Whole sample (n = 151)		p-Values
	Female (n = 109)	Male (n = 42)	
Vitamins			
Thiamine (mg)	2.9 (1.4)	3.4 (1.0)	F vs. M <0.001
Riboflavin (mg)	3.0 (1.8)	2.9 (1.6)	0.797
Niacin (mg)	30 (3)	34 (10)	0.003
Pantothenic acid (mg)	11 (3)	12 (3)	0.043
Vitamin B ₆ (pyridoxine) (mg)	3.9 (1.3)	4.5 (1.1)	0.002
Biotin (µg)	100 (40)	110 (43)	0.138
Folate (µg folate equivalent)	763 (211)	929 (285)	<0.001
Vitamin B ₁₂ (µg)	247 (320)	337 (379)	0.056
Vitamin C (mg)	334 (164)	344 (146)	0.715
Retinol equivalents ^{re} (mg)	3.6 (2.0)	4.6 (3.0)	0.012
Vitamin D (µg)	11 (11)	9 (7)	0.157
Vitamin E (mg)	28 (12)	31 (25)	0.881
Minerals			
Calcium (mg)	1016 (292)	1251 (362)	<0.001
Magnesium (mg)	839 (293)	1042 (328)	<0.001
Phosphorus (mg)	1663 (411)	2233 (584)	<0.001
Potassium (mg)	4554 (1278)	5915 (1577)	<0.001
Sodium (mg)	1955 (933)	2270 (1052)	0.073
Chloride (mg)	3160 (1453)	3684 (1616)	0.037
Trace elements			
Iron (mg)	35 (19)	40 (10)	<0.001
Copper (mg)	3.8 (1.1)	4.9 (1.6)	<0.001
Iodine (µg)	230 (75)	247 (71)	0.139
Zinc (mg)	19 (5)	23 (6)	<0.001
Chrome (µg)	80 (31)	77 (34)	0.520
Molybdenum (µg)	94 (63)	85 (59)	0.282
Selenium (µg)	112 (44)	128 (46)	0.028

Data are means (standard deviation). ^{re}Retinol equivalents = vitamin A + α-carotene (1 mg retinol equivalent = 12 mg α-carotene) + β-carotene (1 mg retinol equivalent = 6 mg β-carotene) + γ-carotene (1 mg retinol equivalent = 12 mg γ-carotene). A T-test was used to compare differences between genders.

Table S4. Cardiovascular health (lipids and BP) and safety marker status (serum UA and haemoglobin concentration) for all participants in WFPB lifestyle program (0.5-10 years) according to gender comparison.

Parameter	Whole sample		p-Value
	Female (n = 109)	Male (n = 42)	
Laboratory variables			
S-cholesterol (mmol/L)	3.7 (0.8)		0.002
	3.8 (0.7)	3.4 (0.9)	
LDL-cholesterol (mmol/L)	2.0 (0.7)		0.451
	2.0 (0.6)	2.0 (0.7)	
HDL-cholesterol (mmol/L)	1.4 (0.4)		<0.001
	1.5 (0.3)	1.1 (0.2)	
Triglycerides (mmol/L)	0.9 (0.4)		0.037
	0.8 (0.3)	1.0 (0.4)	
S-Uric Acid (µmol/L)	273 (68)		<0.001
	245 (50)	346 (52)	

Haemoglobin (g/L)	141 (12)		
	137 (10)	153 (9)	<0.001
Blood pressure (mmHg)			
Systolic	115 (11)		
	113 (11)	120 (10)	<0.001
Diastolic	71 (9)		
	71 (9)	72 (8)	0.143

Data are means (standard deviation). A T-test was used to compare differences between genders.