

**Table S1.** Daily dietary intakes of subjects at baseline and during the 16-week intervention.

		BASAL (control) 16 week	(control) BASAL(3 dates/day) 16 week	(3 dates/day)	(3 dates/day)
Energy	kcal	2216±55.44	2.230±64.63	2.233±61.00	2.230±64.63
Protein	g	81.18±12.70	87.86±17.43	86.86±16.43	89.86±18.43
Fat	g	70.86±15.40	76.36±15	72.46±17	70.36±12
Saturated fatty acids	g	22.56±4.70	23.43±6.30	29.43±6.65	21.43±8.30
Cholesterol	mg	379.61±20.44	361.54±45.55	371.54±67.88	361.54±55.77
Carbohydrate	g	356.86±45.44	292.86±71	272.86±67	262.86±43
Total dietary fibers	g	14.33±4.90	16.66±3.06	14.56±3.06	11.60±3.06

\*Data compared to basal by Wilcoxon signed rank test. No statistically differences were found pre-after