

**Supplementary Table 1. Nutrient content and food group servings from a sample 2400 kcal daily menu during the USDA-CON and USDA-LB conditions.<sup>1,2</sup>**

| Parameter                           | USDA-CON  | USDA-LB   |
|-------------------------------------|---|---|
| Breakfast Menu                      | <i>Sprouted Everything Bagel w/Egg Whites, Turkey Sausage &amp; Grilled Asparagus, Dark Chocolate Cherry Scones &amp; Fruit Salad</i>       | <i>Sprouted Everything Bagel w/Egg Whites, Turkey Sausage &amp; Grilled Asparagus, Dark Chocolate Cherry Scones &amp; Fruit Salad</i>     |
| Lunch Menu                          | <i>Caper &amp; Rosemary Grilled Corvina, Purple Peruvian Potatoes, <b>Cheesy Baked Rotini</b> &amp; Grilled Zucchini Tomato Onion Salad</i> | <i>Caper &amp; Rosemary Grilled Corvina, Purple Peruvian Potatoes, <b>Beef Baked Rotini</b> &amp; Grilled Zucchini Tomato Onion Salad</i> |
| Dinner Menu                         | <i><b>Perfect Baked Potato</b> &amp; Vegetable Salad</i>  | <i><b>Grilled Steak</b> &amp; Vegetable Salad</i>   |
| Snacks                              | <i>Edamame, Diced Peaches in Gel &amp; Whole Grain Crackers</i>   | <i>Edamame, Diced Peaches in Gel &amp; Whole Grain Crackers</i>   |
| <b>Nutrient Content</b>             |   |   |
| Energy, kcal/d                      | 2370  | 2380  |
| CHO, % of energy                    | 49.2  | 42.4  |
| <i>Sugar, % of energy</i>           | 13.4  | 12.1  |
| Protein, % of energy                | 18.1  | 24.0  |
| Total fat, % of energy              | 35.6  | 35.9  |
| <i>SFA, % of energy</i>             | 8.4   | 7.9   |
| <i>UFA, % of energy</i>             | 27.2  | 28.0  |
| Dietary fiber, g/d                  | 41.6  | 43.0  |
| Cholesterol, mg/d                   | 167   | 262   |
| Sodium, mg/d                        | 3040  | 3200  |
| Calcium, mg/d                       | 707   | 648   |
| Magnesium, mg/d                     | 339   | 344   |
| <b>Food Groups (serving/d)</b>      |   |   |
| Fruit (cups)                        | 2   | 2   |
| Vegetables (cups)                   | 4   | 3.5   |
| Dairy foods (cups)                  | 1   | 0.5   |
| Protein foods                       |   |   |
| <i>Legumes, nuts, seeds (oz-eq)</i> | 3   | 3   |
| <i>Poultry, pork, fish (oz-eq)</i>  | 6   | 6   |
| <i>Eggs (oz-eq)</i>                 | 1   | 1   |
| <i>Beef (oz-eq)</i>                 | 0   | 4   |
| Grains (oz-eq)                      | 8   | 7   |
| Fats, oils (g)                      | 30  | 30  |

<sup>1</sup>Metric conversions: 1 cup = 250 mL; 1 oz = 30 g.

<sup>2</sup>CHO, carbohydrates; SFA, saturated fatty acids; UFA, unsaturated fatty acids; USDA-CON, a USDA Healthy U.S.-Style Eating Pattern, as outlined by the 2015 Dietary Guidelines for Americans (5), containing <40 g/d red meat; USDA-LB, a USDA Healthy U.S.-Style Eating Pattern, as outlined by the 2015 Dietary Guidelines for Americans (5), modified to incorporate an additional 150 g/d of fresh/unprocessed lean beef to that of the USDA-CON diet, in place of CHO, primarily refined starches.