

**Table S1.** The changes in consumption of food items.

Variable	Anti-inflammatory diet group				Control diet group				Baseline P-value <sup>d</sup>	Trial end P-Value <sup>e</sup>
	Baseline	Trial end	Change (%)	P-value <sup>c</sup>	Baseline	Trial end	Change (%)	P-value <sup>c</sup>		
Cereals and products (g/day)	194.34 (81.05)	111.62 (51.69)	-42.56	<0.001 <sup>a</sup>	252.86 (87.46)	231.85 (43.46)	-8.31	0.231 <sup>a</sup>	0.029 <sup>a</sup>	<0.001 <sup>a</sup>
Milk and dairy products (g/day)	380.98 (254.66)	205.01 (100.48)	-46.19	0.002 <sup>a</sup>	398.72 (165.03)	388.93 (34.57)	-2.46	0.135 <sup>a</sup>	0.777 <sup>a</sup>	<0.001 <sup>a</sup>
Eggs (g/day)	24.81 (15.96)	31.57 (22.89)	27.25	0.314 <sup>a</sup>	37.00 (26.89)	30.26 (27.74)	-18.22	0.199 <sup>b</sup>	0.073 <sup>b</sup>	0.816 <sup>a</sup>
Meat and meat products (g/day)	214.70 (53.78)	180.55 (90.50)	-15.91	0.002 <sup>a</sup>	244.65 (74.84)	188.72 (29.93)	-22.86	<0.001 <sup>a</sup>	0.124 <sup>a</sup>	0.677 <sup>a</sup>
Fish (g/day)	73.25 (50.24)	55.92 (42.32)	-23.66	0.732 <sup>a</sup>	47.85 (23.82)	69.06 (35.25)	44.33	0.211 <sup>a</sup>	0.139 <sup>b</sup>	0.253 <sup>a</sup>
Legumes (g/day)	36.27 (33.92)	53.52 (47.58)	47.50	0.094 <sup>b</sup>	32.87 (15.52)	31.94 (27.28)	-2.83	0.554 <sup>a</sup>	0.159 <sup>b</sup>	0.062 <sup>a</sup>
Vegetables (g/day)	345.14 (249.86)	636.65 (156.24)	84.46	<0.001 <sup>b</sup>	229.77 (106.06)	405.56 (102.93)	76.51	<0.001 <sup>a</sup>	0.044 <sup>b</sup>	<0.001 <sup>a</sup>
Potatoes (g/day)	106.33 (67.95)	40.04 (48.05)	-62.34	<0.001 <sup>a</sup>	210.18 (119.14)	65.87 (38.49)	-68.66	<0.001 <sup>a</sup>	<0.001 <sup>a</sup>	0.047 <sup>a</sup>
Fruit (g/day)	252.68 (102.91)	241.43 (89.76)	-4.45	0.769 <sup>a</sup>	180.13 (105.68)	125.65 (44.87)	-30.24	0.010 <sup>a</sup>	0.022 <sup>a</sup>	<0.001 <sup>a</sup>
Nuts (g/day)	18.10 (24.08)	27.92 (12.87)	54.25	<0.001 <sup>a</sup>	9.58 (11.24)	8.58 (6.03)	-10.44	0.078 <sup>a</sup>	0.048 <sup>a</sup>	<0.001 <sup>a</sup>
Desserts (g/day)	65.37 (44.64)	5.98 (8.35)	-90.85	<0.001 <sup>a</sup>	104.98 (52.09)	4.14 (14.03)	-96.06	<0.001 <sup>b</sup>	0.007 <sup>a</sup>	0.002 <sup>b</sup>
Added fat (g/day)	11.73 (7.21)	13.64 (5.21)	16.28	<0.001 <sup>b</sup>	15.17 (5.08)	8.76 (55.53)	-42.25	0.809 <sup>b</sup>	0.064 <sup>a</sup>	0.012 <sup>a</sup>
Coffee (g/day)	147.83 (76.31)	112.86 (7.92)	-23.66	0.779 <sup>a</sup>	101.73 (103.69)	95.31 (4.04)	-6.31	<0.001 <sup>a</sup>	0.061 <sup>b</sup>	0.195 <sup>a</sup>
Fruit juice (ml/day)	35.26 (63.08)	0.00 (23.05)	-100.00	<0.001 <sup>a</sup>	88.26 (145.83)	0.00 (37.49)	-100.00	<0.001 <sup>b</sup>	0.359 <sup>b</sup>	-
Sweetened refreshing drinks (ml/day)	37.33 (84.78)	0.00 (0.00)	-100.00	<0.001 <sup>a</sup>	45.94 (48.84)	0.00 (0.00)	-100.00	<0.001 <sup>a</sup>	0.583 <sup>a</sup>	-
Alcoholic beverages (ml/day)	35.42 (65.06)	1.09 (5.21)	-96.92	<0.001 <sup>a</sup>	32.42 (40.64)	40.61 (55.53)	25.26	<0.001 <sup>a</sup>	0.539 <sup>b</sup>	0.004 <sup>b</sup>

Data are presented as the mean (SD). <sup>a</sup> P <0.05 tested with Student t-test for dependent samples. <sup>b</sup> P <0.05 tested with Wilcoxon z-test for dependent samples. <sup>c</sup> Comparison within dietary groups (baseline and after 6 months). <sup>d</sup> Baseline differences between the AID and CD groups. <sup>e</sup> Differences after 6 months between the AID and CD groups.

**Table S2.** The distribution of participants according to BMI classification and metabolic syndrome at the end of the trial (n=81).

<b>Variable</b>	<b>Anti-inflammatory diet group (42 (51.9))</b>	<b>Control diet group (39 (48.1))</b>	<b>P-value</b>
Overweight	9 (21.4)	10 (25.6)	0.628 <sup>a</sup>
Obesity, 1 <sup>st</sup> degree	24 (57.1)	17 (43.6)	
2 <sup>nd</sup> degree	6 (14.3)	9 (23.1)	
3 <sup>rd</sup> degree	3 (7.1)	3 (7.7)	
Metabolic syndrome, Yes	14 (33.33)	13 (13.33)	0.813 <sup>a</sup>

Data are presented as number (%).<sup>a</sup> p <0.05 tested with  $\chi^2$  test for independent samples.

Table S3. The proportion of total energy intake from dietary components (%MJ)

Variable	Anti-inflammatory diet group				Control diet group				Baseline P-value <sup>d</sup>	Trial end P-Value <sup>e</sup>
	Baseline	Trial end	Change (%)	P-value <sup>c</sup>	Baseline	Trial end	Change (%)	P-value <sup>c</sup>		
<i>Protein</i>	17.16 (1.70)	20.62 (2.63)	20.16	<0.001 <sup>a</sup>	17.07 (1.97)	21.33 (1.86)	24.96	<0.001 <sup>a</sup>	0.872 <sup>a</sup>	0.006 <sup>a</sup>
<i>Carbohydrate</i>	38.59 (6.06)	35.28 (7.71)	-8.58	<0.001 <sup>a</sup>	41.60 (4.71)	37.98 (3.72)	-8.70	0.535 <sup>a</sup>	0.063 <sup>a</sup>	0.131 <sup>a</sup>
<i>Fat</i>	42.63 (6.54)	44.01 (6.19)	3.24	0.021 <sup>a</sup>	40.28 (3.65)	39.77 (3.69)	-1.27	0.005 <sup>a</sup>	0.133 <sup>a</sup>	0.292 <sup>a</sup>
<i>MUFA</i>	16.86 (4.48)	21.37 (8.69)	26.75	<0.001 <sup>a</sup>	14.75 (1.78)	15.98 (3.49)	8.34	0.856 <sup>a</sup>	0.018 <sup>a</sup>	<0.001 <sup>a</sup>
<i>PUFA</i>	7.14 (2.08)	8.38 (2.88)	17.37	0.029 <sup>a</sup>	7.09 (0.77)	6.54 (1.18)	-7.76	0.001 <sup>a</sup>	0.677 <sup>a</sup>	<0.001 <sup>a</sup>
<i>Omega-3</i>	0.44 (0.31)	0.69 (0.43)	56.82	<0.001 <sup>a</sup>	0.27 (0.09)	0.27 (0.14)	0.00	0.109 <sup>a</sup>	0.010 <sup>a</sup>	<0.001 <sup>a</sup>
<i>Omega-6</i>	0.27 (0.07)	0.26 (0.15)	-3.70	0.003 <sup>a</sup>	0.31 (0.07)	0.30 (0.11)	-3.23	0.158 <sup>a</sup>	0.210 <sup>a</sup>	0.071 <sup>a</sup>
<i>Saturated fat</i>	15.58 (2.91)	10.99 (24.62)	-29.46	<0.001 <sup>a</sup>	16.58 (2.48)	14.13 (33.84)	-14.78	<0.001 <sup>a</sup>	0.199 <sup>a</sup>	<0.001 <sup>a</sup>
<i>Trans fat</i>	0.63 (0.30)	0.72 (0.49)	14.29	0.279 <sup>a</sup>	0.72 (0.15)	0.65 (0.29)	-9.72	0.214 <sup>a</sup>	0.363 <sup>a</sup>	0.363 <sup>a</sup>
<i>Alcohol</i>	1.63 (2.79)	1.63 (2.79)	0.00	0.999 <sup>a</sup>	1.05 (1.30)	0.92 (1.26)	-12.38	0.006 <sup>a</sup>	0.464 <sup>a</sup>	0.037 <sup>a</sup>

Data are presented as the mean (SD). a P <0.05 tested with Student t-test for dependent samples. b P <0.05 tested with Wilcoxon z-test for dependent samples. c Comparison within dietary groups (baseline and after 6 months). d Baseline differences between the AID and CD groups. e Differences after 6 months between the AID and CD groups. SFA, Saturated fatty acids; PUFA, Polyunsaturated fatty acids; MUFA, Monounsaturated fatty acids; Omega-3 FA, Omega-3 fatty acids; Omega-6 FA, Omega-6 fatty acids; TFA, Trans fatty acids



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