

Supplementary Materials: A Mediterranean Dietary Intervention in Female Carriers of BRCA Mutations: Results from an Italian Prospective Randomized Controlled Trial

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AN EXAMPLE OF DAILY MENU

	MENU with BREAKFAST 1		MENU with BREAKFAST 2		*LARN
BREAKFAST 1 Barley drink Whole grain bread Hazelnut cream	BREAKFAST 2 Bancha tea Chickpea fritters Jam without sugar				
LUNCH Brown rice with vegetable stew Mackerel patè Marinated cabbage with humeboshi vinegar Lemon cake					
SNACKS 100 g fresh fruits 20 g dried fruit					
DINNER Miso soup Pumpkin and buckwheat dumpling Cannellini bean salad Carrots with ginger					
	1705		1630		
Kcal					
Protein	49.6g	11%	50.9g	12%	10-15%
Total fat	58.1g	30%	54.9g	30%	25-30%
Saturated	7.8g	4%	7.3g	4%	10 %
Monounsaturated	25.8g	13%	27.2g	15%	
Polyunsaturated	14.9g	9%	14.8g	8%	5-10%
Carbohydrate	261g	58%	248g	57%	45-60%
of which sugars	47.5g	10%	46.8g	10%	< 15%
Fiber	35.1 g		35.1 g		30 g
Cholesterol	14.1 mg		14.1 mg		< 300 mg
*LARN - Levels of reference intake of nutrients and energy for the Italian population					

Figure S1. An example of the proposed menu. The figure reports an example of the proposed menu (with two different breakfast) and its nutritional content. The miso soup and humeboshi vinegar are fermented foods of Japanese tradition.

Table S1. Baseline daily frequency of consumption of selected food or food groups by randomization group.

Food/Food Groups	IG (n = 254)	CG (n = 248)
Whole-grain products	1.17 ± 1.14	1.16 ± 1.33
Legumes & soy products	0.42 ± 0.61	0.34 ± 0.60
Vegetables	2.81 ± 2.07	2.68 ± 2.08
Fruits	1.52 ± 1.29	1.40 ± 1.23
Nuts & seeds	0.52 ± 0.64	0.50 ± 0.70
Refined-grain products	1.01 ± 1.10	1.06 ± 1.03
Sugary food & beverages	1.66 ± 1.45	1.92 ± 1.51
Alcoholic drinks	0.27 ± 0.51	0.32 ± 0.55
Dairy	0.93 ± 0.92	0.99 ± 0.91
Red & processed meats	0.43 ± 0.73	0.51 ± 0.66
Eggs & white meats	0.39 ± 0.67	0.39 ± 0.58
Fish	0.44 ± 0.68	0.41 ± 0.67

The table reports data from the 24-h food frequency diaries on baseline food intake.

Table S2. Analysis of differences (intention to treat analysis) in food consumption between the two groups (416 women).

MEDAS Items	IG (216)	CG (200)	<i>p</i> *
How much olive oil do you consume in a day (including oil used for frying or salads)?	+0.12	+0.42	0.19
How many vegetable servings do you eat per day? (1 serving ~200 g)	+0.11	+0.07	0.55
How many fruit units do you eat per day? (1 serving ~ 100–150 g)	−0.19	+0.11	0.03
How many servings of red meat, hamburger, or meat products do you eat per day?	−0.36	−0.17	0.01
How many servings of butter, margarine, cream do you eat per day? (1 serving = 12 g)	−0.11	−0.08	0.50
How many sweet beverages do you drink per day?	−0.18	−0.09	0.38
How much wine do you drink per week? (glass)	−0.11	−0.12	0.97
How many servings of legumes do you eat per week? (1 portion= 150 g)	+0.52	+0.12	0.01
How many servings of fish or shellfish do you eat per week? (1 portion= 150/200 g)	+0.28	+0.13	0.25
How many times per week do you eat commercial sweets, or pastries (not homemade), such as cakes, cookies, biscuits or custard?	−1.93	−0.64	<0.001
How many servings of nuts do you eat per week? (1 portion= 30 g)	+0.93	+0.21	0.03
How many times per week do you eat pasta?	−0.64	−0.38	0.10
MEDAS SCORE	+1.10	+0.42	<0.001

**p* of ANOVA controlling for center, age, BMI at baseline, education and menstrual status
The table reports the “delta” analysis of differences in the consumption of Mediterranean food (MEDAS data).

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