**Supplemental Figure 1.** Mean values ± SEM of MetS criteria for whole (filled squares) and refined grain (open squares) diets at 0, 6, and 12 weeks.

A, waist circumference (time x treat, $P=0.20$); B, triglycerides (time x treat, $P=0.66$, log-transformed); C, HDL-C (time x treat, $P=0.13$, log-transformed); D, glucose (time x treat, $P=0.03$); E, systolic BP (time x treat, $P=0.61$); F, diastolic BP (time x treat, $P=0.22$). Some p-values from analyses using log-transformed variables; graphed values are raw mean values and are for illustrative purposes.

BP, blood pressure. HDL-C, high-density lipoprotein cholesterol.