Supplemental Figure 1. Participants flow diagram

Enrollment

Assessed for eligibility (n=268)

Excluded (n=182)
- Not meeting inclusion criteria (n=67)
- Declined to participate (n=75)
- Other reasons (n=40)

Randomized (n=86)

Allocation

Allocated to Control diet (n=22)

Allocated to High n-3 PUFA diet (n=22)

Allocated to High polyphenols diet (n=22)

Allocated to High polyphenols & n-3 PUFA diet (n=20)

Follow-Up

Discontinued intervention (family reasons, unwilling to perform post-intervention tests) (n=2)

Discontinued intervention (job reasons, family reasons, unwilling to perform post-intervention tests) (n=3)

Discontinued intervention (low compliance to protocol, unwilling to perform post-intervention tests) (n=2)

Discontinued intervention (low compliance to protocol) (n=1)

Completion Analysis

Completed intervention (n=20) Analyzed (n=20)

Completed intervention (n=19) Analyzed (n=19)

Completed intervention (n=20) Analyzed (n=20)

Completed intervention (n=19) Analyzed (n=19)