Recruitment by phone (n = 148) → Excluded (n = 107) → Not meeting inclusion criteria

Assessed for eligibility from medical examination and fasting blood analyses (n = 41) → Excluded (n = 11) → Not meeting inclusion criteria (n = 6) → Declined to participate (n = 5)

Randomized (n = 30) → Declined to participate (n = 3)

Period 1 (n = 27) → Withdrew during period 1 (n = 6) → Personal reason (n = 5) → Accident (n = 1) → Withdrew after period 1 (n = 1) → Personal reason

Period 2 (n = 20) → Missing postprandial sampling (n = 1) → Unable to complete testmeal

Completed study (n = 20) → Was withdrawn from statistical analysis after the intervention (n = 1) → No longer met inclusion criteria for medical reason

Data analyses
Lean seafood: fasting n = 20
postprandial n = 19
Non-seafood: fasting n = 19
postprandial n = 19

**SUPPLEMENTAL FIGURE 1** Consolidated flow chart for recruitment, randomization and data sampling from the participants of the study.