ESM Table 3 Changes in nutritional profile (i.e. week 24-0) and percentage changes in biochemical markers and CHD risk (i.e. % Δ week 24-0) (mean, 95% CI) for quartiles of low GI fruit intake of the completer population (n=152)

Characteristic	Q1		Q2		Q3		Q4		Difference between Q4 vs Q1		
	Δ	95% CI	Δ	95% CI	Δ	95% CI	Δ	95% CI	Mean	95% CI	p value
Dietary changes											
Body weight	−3	−4, −2	−2	−3, −1	−3	−4, −2	−3	−4, −2	0	−2, 2	0.973
Fruit intake (servings/day)											
Total fruit	0.1	−0.4, 0.6	0.6	0.3, 0.9	0.5	0.2, 0.7	1.1	0.7, 1.5	1.0	0.4, 1.6	0.002
Low GI fruit	−0.9	−1.1, −0.7	−0.2	−0.2, −0.1	0.2	0.1, 0.3	1.3	1.1, 1.5	2.2	1.9, 2.4	<0.001
Fibre (g/4,184 kJ)	2	0, 4	3	2, 5	3	1, 5	8	6, 10	6	3, 9	<0.001
GI	1	−2, 4	−3	−6, 0	−8	−11, −5	−15	−18, −12	−16	−20, −12	<0.001
Biochemical changes[a]											
HbA$_{1c}$	−4	−7, −1	−4	−7, −1	−8	−10, −5	−10	−13, −8	−6	−10, 3	0.001
Fasting blood glucose	−3	−8, −2	0	−6, 5	−10	−19, 0	−11	−17, −6	−8	−16, −1	0.027
Total cholesterol	0	−5, −6	3	−1, 7	−2	−7, 3	−1	−5, 4	−1	−8, 6	0.789
LDL-C	1	−7, −10	5	0–11	−1	−9, 7	1	−8, 11	0	−12, 12	0.984
HDL-C	−1	−5, 3	2	−1, 5	7	2, 12	6	1 ,11	7	1, 13	0.019
Triacylglycerol	7	−3, 16	1	−11, 12	−9	−17, 0	2	−17, 21	−4	−25, 17	0.695
Total C/HDL-C	2	−4, 8	1	−3, 6	−6	−13, 0	−5	−12, 3	−6	−16, 3	0.162
LDL-C/HDL-C	3	−6, 12	4	−2, 10	−5	−14, 5	−4	−13, 6	−7	−20, 6	0.287
Systolic BP	0	−2, 3	−2	−6, 1	−2	−5, 1	−4	−6, −1	−4	−8, 0	0.044
Diastolic BP	0	−3, 3	−2	−5, 2	−3	−6, 1	−2	−6, 1	−2	−7, 2	0.368
CHD risk	3	−4, 9	−2	−9, 5	−9	−18, −1	−11	−18, −3	−13	−23, −3	0.010

Differences between baseline values between quartiles 1 and 4 were assessed by two-sample t test

C, cholesterol; HDL-C, HDL-cholesterol; LDL-C, LDL-cholesterol; Q, quartile

[a] % Changes are shown for biochemical measurements