

Dietary Intake of Milk Thistle Seeds as a Source of Silymarin and Its Influence on the Lipid Parameters in Nonalcoholic Fatty Liver Disease Patients

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Table S1. The body mass and body composition of the participants after 3 months of intervention compared for sub-groups following recommendations and not following recommendations.

Parameter	Participants Not Following		Participants Following Dietary		<i>p</i> **
	Dietary Recommendations (n = 7)		Recommendations (n = 13)		
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Body mass (kg)	90.3 ± 13.7	88.6 (72.7–112.0)	100.9 ± 17.1	98.3 (78.2–138.8)	0.4000
BMI (kg/m ²)	34.2 ± 5.1	36.0 (25.2–38.8)	35.7 ± 7.1	35.5 (27.6–54.2)	0.6498
Waist circumference (cm)	105.5 ± 9.1	108.5 (92.0–115.0)	109.9 ± 10.9	107.0 (96.0–132.0)	0.4000
Hip circumference (cm)	113.8 ± 11.5	116.0 (92.0–124.0)	115.8 ± 10.7	115.0 (104.0–141.0)	0.7241
WHR	0.93 ± 0.07	0.94 (0.85–1.00)	0.95 ± 0.07	0.96 (0.88–1.13)*	1.0000
Fat mass (kg)	34.9 ± 7.5	38.3 (20.3–40.5)*	39.0 ± 14.4	38.3 (19.1–71.9)	0.7589
Fat free mass (kg)	55.7 ± 11.3	51.9 (43.1–73.3)	61.9 ± 10.5	66.0 (48.0–76.5)	0.2511
Body cell mass (kg)	26.5 ± 4.6	26.7 (19.6–33.4)	27.3 ± 2.9	27.0 (22.4–32.5)	0.6675
Total body water (L)	42.5 ± 8.2	38.6 (34.5–53.7)	45.8 ± 7.1	48.3 (35.1–56.0)	0.3805
Extracellular water (L)	20.3 ± 3.4	19.5 (16.4–25.1)	21.8 ± 3.5	22.1 (15.8–26.5)	0.3819
Intracellular water (L)	22.3 ± 5.5	21.1 (15.1–28.8)	24.1 ± 4.1	25.2 (19.3–30.6)	0.4348
	Participants Not Following Physical Activity Recommendations (n = 8)		Participants Following Physical Activity Recommendations (n = 12)		
Body mass (kg)	101.5 ± 18.8	95.3 (81.2–138.8)	94.4 ± 14.9	91.2 (72.7–125.3)	0.3549
BMI (kg/m ²)	39.7 ± 7.4	38.8 (29.7–54.2)	32.6 ± 4.10	32.6 (25.2–39.1)	0.0145
Waist circumference (cm)	111.0 ± 7.85	109.0 (101.0–124.0)	107.1 ± 11.6	103.5 (92.0–132.0)	0.4401
Hip circumference (cm)	122.8 ± 10.7	124.0 (104.0–141.0)	110.7 ± 7.96	111.0 (92.0–123.0)	0.0114
WHR	0.91 ± 0.04	0.88 (0.88–0.97)*	0.98 ± 0.07	0.98 (0.84–1.13)	0.0251
Fat mass (kg)	46.2 ± 14.4	46.3 (25.0–71.9)	32.8 ± 8.56	3.6 (19.1–48.8)	0.4091
Fat free mass (kg)	57.2 ± 10.1	52.0 (43.1–69.2)	61.6 ± 11.4	63.9 (48.0–76.5)*	0.5262
Body cell mass (kg)	25.9 ± 4.4	27.0 (19.6–32.5)	27.7 ± 2.8	27.1 (24.0–33.4)	0.3044
Total body water (L)	42.8 ± 6.5	41.6 (34.5–50.6)	45.9 ± 7.9	47.9 (35.1–56.0)	0.3775
Extracellular water (L)	21.3 ± 3.2	21.7 (17.6–26.5)	21.3 ± 3.73	21.6 (15.8–25.8)	0.9789
Intracellular water (L)	21.5 ± 4.0	20.1 (15.1–26.6)	24.7 ± 4.45	26.3 (19.1–30.6)*	0.1902

* nonparametric distribution (Shapiro-Wilk test; $p \leq 0.05$); ** compared while using t-Student test or Mann-Whitney test (based on distribution).

Table S2. The body mass and body composition of the female participants not following dietary recommendations at baseline and after 3 months of intervention.

Parameter	Baseline		After 3 Months of Intervention		<i>p</i> *
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Body mass (kg)	95.6 ± 15.8	89.7 (84.1–122.4)	85.9 ± 5.5	85.2 (81.2–92.4)	0.2873
BMI (kg/m ²)	36.9 ± 3.7	35.5 (32.8–40.9)	35.9 ± 3.9	37.6 (31.5–38.8)	0.7378
Waist circumference (cm)	110.8 ± 7.8	107.0 (104.0–123.0)	104.7 ± 6.8	107.0 (97.0–110.0)	0.3043
Hip circumference (cm)	121.6 ± 11.1	122.0 (105.0–135.0)	120.3 ± 4.7	122.0 (115.0–124.0)	0.8604
WHR	0.91 ± 0.06	0.89 (0.87–1.02)	0.87 ± 0.02	0.88 (0.84–0.89)	0.2786
Fat mass (kg)	42.3 ± 7.7	39.1 (36.2–54.6)	37.3 ± 3.7	38.1 (33.3–40.5)	0.3403
Fat free mass (kg)	53.3 ± 9.5	48.7 (44.5–67.8)	47.7 ± 4.3	48.4 (43.1–51.5)	0.3827
Body cell mass (kg)	25.5 ± 1.9	26.0 (22.3–27.3)	23.7 ± 3.9	24.0 (19.6–27.4)	0.3933
Total body water (L)	39.7 ± 6.7	39.0 (32.6–49.6)	36.9 ± 2.2	37.7 (34.5–38.7)	0.5334
Extracellular water (L)	18.8 ± 4.7	18.7 (14.2–25.8)	18.9 ± 1.1	19.4 (17.0–19.6)	0.9928
Intracellular water (L)	20.8 ± 2.1	20.2 (18.4–23.8)	18.1 ± 2.6	19.1 (15.1–20.1)	0.1520

* compared while using t-Student test or Mann-Whitney test (based on distribution).

Table S3. The body mass and body composition of the female participants following dietary recommendations at baseline and after 3 months of intervention.

Parameter	Baseline		After 3 Months of Intervention		<i>p</i> **
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Body mass (kg)	101.9 ± 21.8	95.6 (83.0–142.6)	101.8 ± 20.9	98.3 (78.2–138.8)	0.9899
BMI (kg/m ²)	41.2 ± 7.3	39.2 (34.8–55.7)*	39.5 ± 7.5	39.5 (29.8–54.2)	0.7209
Waist circumference (cm)	113.7 ± 7.8	110.0 (107.0–128.0)	111.3 ± 10.1	109.0 (96.0–124.0)	0.6469
Hip circumference (cm)	127.2 ± 9.2	124.0 (119.0–145.0)*	121.0 ± 11.7	123.0 (105.0–141.0)	0.3531
WHR	0.89 ± 0.03	0.89 (0.86–0.94)	0.92 ± 0.05	0.88 (0.87–0.99)*	0.4320
Fat mass (kg)	49.4 ± 13.2	46.5 (38.2–73.0)	46.6 ± 13.5	46.3 (29.3–71.9)	0.7207
Fat free mass (kg)	52.6 ± 9.2	49.8 (43.3–69.6)	55.2 ± 8.9	51.5 (48.0–69.2)*	0.6171
Body cell mass (kg)	24.7 ± 6.6	23.5 (18.7–36.7)	26.1 ± 3.3	26.2 (22.4–33.5)	0.6192
Total body water (L)	40.2 ± 6.5	38.1 (34.6–51.0)	41.3 ± 6.2	39.1 (35.1–50.6)	0.7468
Extracellular water (L)	20.5 ± 3.4	21.1 (16.5–23.9)	20.4 ± 3.9	19.8 (15.8–26.5)	0.9757
Intracellular water (L)	19.7 ± 4.2	18.9 (15.2–27.1)	20.9 ± 2.5	19.6 (19.3–25.2)*	0.3531

* nonparametric distribution (Shapiro-Wilk test; *p* ≤ 0.05); ** compared while using t-Student test or Mann-Whitney test (based on distribution).

Table S4. The body mass and body composition of the male participants not following dietary recommendations at baseline and after 3 months of intervention.

Parameter	Baseline		After 3 Months of Intervention		<i>p</i> **
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Body mass (kg)	110.1 ± 12.9	105.1 (95.6–129.4)	96.1 ± 20.7	103.6 (72.7–112.0)	0.2735
BMI (kg/m ²)	33.9 ± 4.1	36.8 (28.2–37.0)*	32.4 ± 6.2	35.7 (25.2–36.3)	0.3711
Waist circumference (cm)	116.2 ± 10.6	117.0 (107.0–133.0)	106.3 ± 12.5	112.0 (92.0–115.0)	0.2768
Hip circumference (cm)	114.6 ± 4.4	113.0 (109.0–120.0)	107.3 ± 13.4	113.0 (92.0–117.0)	0.2883
WHR	1.01 ± 0.07	0.98 (0.95–1.13)	0.99 ± 0.01	0.99 (0.98–1.00)	0.6266
Fat mass (kg)	39.2 ± 12.1	41.4 (20.5–53.2)	32.5 ± 10.5	38.4 (20.3–38.7)*	0.8944
Fat free mass (kg)	70.9 ± 6.4	74.3 (60.9–76.2)	63.6 ± 10.5	65.2 (52.4–73.3)	0.2576
Body cell mass (kg)	31.0 ± 6.9	30.3 (23.6–42.3)	29.4 ± 3.7	28.8 (26.0–33.4)	0.7317
Total body water (L)	52.7 ± 3.2	54.5 (48.7–55.7)	48.1 ± 8.4	52.2 (38.4–53.7)	0.2929
Extracellular water (L)	23.1 ± 3.4	24.3 (17.2–25.6)*	21.6 ± 4.6	23.4 (16.4–25.1)	0.5509
Intracellular water (L)	29.6 ± 2.0	30.1 (26.3–31.5)	26.5 ± 3.9	28.6 (22.0–28.8)*	0.1360

* nonparametric distribution (Shapiro-Wilk test; $p \leq 0.05$); ** compared while using t-Student test or Mann-Whitney test (based on distribution).

Table S5. The body mass and body composition of the male participants following dietary recommendations at baseline and after 3 months of intervention.

Parameter	Baseline		After 3 Months of Intervention		<i>p</i> **
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Body mass (kg)	95.1 ± 12.3	99.3 (77.0–104.6)	99.9 ± 13.4	96.8 (88.8–125.3)	0.9279
BMI (kg/m ²)	32.3 ± 4.0	33.3 (26.6–35.9)	31.3 ± 3.0	30.7 (27.6–35.8)	0.6534
Waist circumference (cm)	109.0 ± 8.0	112.5 (72.0–114.0)*	108.3 ± 12.5	102.0 (100.0–132.0)*	0.8312
Hip circumference (cm)	109.8 ± 7.3	112.5 (99.0–115.0)	109.7 ± 5.2	108.0 (104.0–117.0)	0.9835
WHR	0.99 ± 0.01	0.99 (0.98–1.01)	0.99 ± 0.07	0.97 (0.93–1.13)*	0.1658
Fat mass (kg)	31.0 ± 6.2	32.6 (22.3–36.6)	30.1 ± 10.1	28.0 (19.1–48.8)	0.8792
Fat free mass (kg)	64.0 ± 6.5	66.2 (54.7–69.0)	69.8 ± 5.2	69.8 (62.6–76.5)	0.1544
Body cell mass (kg)	28.9 ± 5.1	28.6 (24.0–34.7)	28.7 ± 1.9	29.3 (25.5–31.0)	0.8996
Total body water (L)	46.9 ± 4.8	48.5 (40.0–50.5)	51.1 ± 3.8	51.1 (45.8–56.0)	0.1579
Extracellular water (L)	20.9 ± 1.7	21.5 (18.4–22.1)	23.4 ± 2.2	23.7 (20.1–25.8)	0.0878
Intracellular water (L)	26.0 ± 3.4	26.8 (21.6–28.9)	27.7 ± 1.7	27.3 (25.7–30.6)	0.3322

* nonparametric distribution (Shapiro-Wilk test; $p \leq 0.05$); ** compared while using t-Student test or Mann-Whitney test (based on distribution).

Table S6. The energy and nutritional value of diet of the participants after 3 months of intervention compared for sub-groups following recommendations and not following dietary recommendations.

Parameter	Participants Not Following Dietary Recommendations (n = 7)		Participants Following Dietary Recommendations (n = 13)		<i>p</i> **
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Energy (kcal)	2004.5 ± 483.1	1857.7 (1583.7–2952.6)	1468.3 ± 221.9	1422.7 (1137.4–1882.8)	0.0029
Protein (% of energy)	17.80 ± 2.85	17.74 (13.91–21.74)	20.92 ± 3.19	20.37 (15.90–27.36)	0.0446
Carbohydrate (% of energy)	44.53 ± 4.89	43.14 (36.76–50.49)	41.92 ± 8.37	40.39 (26.82–54.57)	0.4629
Fat (% of energy)	35.61 ± 3.83	35.82 (30.27–40.80)	36.32 ± 8.48	39.20 (21.03–48.09)	0.8367
Saturated fat (% of energy)	13.39 ± 2.06	13.51 (10.28–16.11)	12.11 ± 3.30	13.03 (6.45–16.43)	0.3646
Sugars (% of energy)	10.45 ± 4.51	10.65 (4.39–17.82)	6.79 ± 3.90	5.56 (3.63–18.58)*	0.1891
Cholesterol (mg)	357.9 ± 143.9	332.6 (176.1–628.8)	263.9 ± 108.1	237.5 (116.1–423.6)	0.1153
Fiber (g)	24.71 ± 4.24	25.87 (19.81–31.86)	21.27 ± 7.76	20.36 (9.98–37.45)	0.2944
Sodium (mg)	2245.1 ± 830.1	2061.9 (1349.6–3929.7)	1524.2 ± 546.0	1457.8 (851.6–2715.1)	0.0304
Potassium (mg)	3896.6 ± 487.6	3991.5 (3199.3–4501.8)	3331.1 ± 773.7	3215.2 (1832.2–4545.8)	0.0982
Phosphorus (mg)	1435.3 ± 235.9	1314.5 (1204.9–1898.6)	1282.0 ± 333.7	1229.6 (747.3–1796.6)	0.2972
Calcium (mg)	688.9 ± 158.2	659.5 (509.0–961.4)	590.2 ± 196.9	646.2 (219.6–948.5)	0.2698
Magnesium (mg)	344.4 ± 45.2	344.1 (291.5–429.3)	326.2 ± 106.0	318.9 (136.3–498.4)	0.6725
Iron (mg)	13.59 ± 3.51	13.28 (10.52–20.93)*	11.17 ± 2.44	11.08 (6.46–14.87)	0.1538
Zinc (mg)	11.84 ± 2.71	10.56 (9.92–17.59)*	10.46 ± 2.53	9.68 (5.78–14.73)	0.1538
Copper (mg)	1.40 ± 0.11	1.37 (1.29–1.58)	1.33 ± 0.35	1.34 (0.60–1.96)	0.6193
Manganese (mg)	5.59 ± 0.54	5.59 (4.90–6.52)	5.02 ± 2.36	4.62 (1.36–9.87)	0.5398
Iodine (µg)	47.94 ± 13.81	44.96 (28.47–68.84)	43.99 ± 22.19	40.98 (9.64–90.05)	0.6759
Vitamin A (µg)	1203.1 ± 543.9	1044.1 (651.9–2219.2)	907.7 ± 301.9	786.2 (468.1–1579.8)	0.1319
Vitamin D (µg)	4.89 ± 4.15	3.64 (1.28–13.34)	2.90 ± 2.40	1.90 (0.63–7.00)*	0.1322
Vitamin E (mg)	12.86 ± 4.47	11.86 (7.81–21.82)	10.54 ± 2.94	10.56 (6.37–15.74)	0.1766
Vitamin C (mg)	103.5 ± 23.32	113.7 (66.87–123.3)*	78.58 ± 37.42	70.28 (24.33–144.07)	0.1322
Vitamin B1 (mg)	1.34 ± 0.61	1.14 (0.90–2.66)*	1.02 ± 0.22	1.03 (0.55–1.31)	0.2048
Vitamin B2 (mg)	1.89 ± 0.37	1.95 (1.24–2.37)	1.58 ± 0.34	1.61 (1.04–2.02)	0.0746
Vitamin B6 (mg)	2.19 ± 0.46	2.37 (1.58–2.68)	1.78 ± 0.43	1.98 (0.97–2.33)	0.0595
Vitamin B12 (µg)	4.25 ± 1.09	4.51 (2.32–5.34)	3.33 ± 1.15	3.19 (1.72–6.52)*	0.0572
Folate (µg)	260.5 ± 67.49	266.5 (127.7–335.8)	257.2 ± 97.5	247.9 (135.7–508.6)	0.9376
Niacin (mg)	22.05 ± 5.83	19.93 (16.44–33.84)	18.82 ± 5.44	17.22 (10.81–29.36)	0.2332

* nonparametric distribution (Shapiro-Wilk test; $p \leq 0.05$); ** compared while using t-Student test or Mann-Whitney test (based on distribution).

Table S7. The energy and nutritional value of diet of the participants after 3 months of intervention compared for sub-groups following recommendations and not following physical activity recommendations.

Parameter	Participants Not Following Physical Activity Recommendations (n = 8)		Participants Following Physical Activity Recommendations (n = 12)		<i>p</i> **
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Energy (kcal)	1543.4 ± 311.4	1479.4 (1137.4–2167.2)	1750.4 ± 540.7	1767.8 (789.6–2952.6)	0.3426
Protein (% of energy)	21.02 ± 4.16	20.49 (15.06–27.36)	19.04 ± 2.61	19.56 (13.91–21.96)	0.2056
Carbohydrate (% of energy)	43.77 ± 7.68	44.19 (31.69–53.01)	42.21 ± 7.33	41.54 (26.82–54.57)	0.6514
Fat (% of energy)	34.82 ± 8.25	34.11 (21.03–48.09)	36.90 ± 6.44	39.20 (23.76–44.45)	0.5344
Saturated fat (% of energy)	12.02 ± 2.51	12.72 (8.18–14.76)	12.91 ± 3.25	14.17 (6.45–16.43)	0.5162
Sugars (% of energy)	8.07 ± 4.85	6.10 (4.32–17.82)*	8.08 ± 4.27	7.08 (3.63–18.58)*	0.9078
Cholesterol (mg)	233.8 ± 95.8	210.5 (116.1–349.2)	338.8 ± 130.6	352.6 (145.9–628.8)	0.0673
Fiber (g)	24.03 ± 7.88	23.46 (13.86–37.45)	21.43 ± 6.16	20.92 (9.98–31.86)	0.4198
Sodium (mg)	1752.9 ± 646.5	1858.8 (851.6–2715.1)	1792.3 ± 805.9	1703.7 (898.4–3929.7)*	0.7871
Potassium (mg)	3619.9 ± 765.7	3259.5 (2618.9–4545.8)	3468.5 ± 729.3	3578.7 (1832.2–4297.1)	0.6607
Phosphorus (mg)	1365.1 ± 279.8	1383.8 (916.2–1796.6)	1316.1 ± 332.7	1274.1 (747.3–1898.6)	0.7358
Calcium (mg)	674.9 ± 214.9	654.8 (354.9–961.4)	591.3 ± 165.8	625.1 (219.6–817.5)	0.3393
Magnesium (mg)	362.1 ± 90.6	349.0 (242.0–498.4)	316.8 ± 185.1	320.9 (136.3–431.1)	0.2309
Iron (mg)	11.86 ± 2.08	10.75 (10.11–14.87)*	12.13 ± 3.59	12.09 (6.46–20.93)	1.0000
Zinc (mg)	10.99 ± 2.16	10.23 (8.95–14.73)*	10.90 ± 2.97	10.57 (5.78–17.59)	0.9692
Cooper (mg)	1.39 ± 0.29	1.34 (0.99–1.96)	1.33 ± 0.29	1.40 (0.60–1.67)	0.6180
Manganese (mg)	5.83 ± 2.26	5.63 (2.85–9.87)	4.81 ± 1.63	5.18 (1.36–7.43)	0.2559
Iodine (µg)	46.14 ± 13.15	49.62 (20.58–62.39)	44.87 ± 23.17	41.87 (9.64–90.05)	0.8906
Vitamin A (µg)	942.2 ± 315.1	986.6 (611.0–1579.8)	1057.0 ± 477.5	917.9 (468.1–2219.2)	0.5585
Vitamin D (µg)	3.68 ± 2.79	2.67 (0.63–7.00)*	3.54 ± 3.51	2.19 (0.94–13.34)*	0.9078
Vitamin E (mg)	11.28 ± 2.79	10.72 (7.81–15.74)	11.39 ± 4.19	10.85 (6.37–21.82)	0.9487
Vitamin C (mg)	91.07 ± 38.52	93.69 (31.73–144.06)	84.80 ± 33.47	78.20 (24.33–134.77)	0.7036
Vitamin B1 (mg)	1.01 ± 0.25	1.02 (0.55–1.29)	1.21 ± 0.49	1.10 (0.76–2.66)*	0.4178
Vitamin B2 (mg)	1.65 ± 0.35	1.70 (1.66–2.01)	1.71 ± 0.39	1.65 (1.04–2.37)	0.7314
Vitamin B6 (mg)	1.86 ± 0.49	1.85 (0.98–2.51)	1.97 ± 0.48	2.00 (1.20–2.68)	0.6040
Vitamin B12 (µg)	3.80 ± 1.45	3.41 (2.32–6.52)	3.5 ± 1.02	3.36 (1.72–5.22)	0.6571
Folate (µg)	258.7 ± 119.08	239.3 (127.7–508.6)	258.2 ± 62.0	261.9 (135.7–347.7)	0.9905
Niacin (mg)	22.14 ± 5.16	22.68 (15.39–29.36)	18.49 ± 5.70	17.93 (10.81–33.84)*	0.1325

* nonparametric distribution (Shapiro-Wilk test; $p \leq 0.05$); ** compared while using t-Student test or Mann-Whitney test (based on distribution).

Table S8. The energy and nutritional value of diet of the female participants not following dietary recommendations at baseline and after 3 months of intervention.

Parameter	Baseline		After 3 Months of Intervention		<i>p</i> **
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Energy (kcal)	1840.1 ± 281.8	1725.4 (1620.1–2319.4)	1704.9 ± 356.6	1676.7 (1299.1–2167.2)	0.5441
Protein (% of energy)	19.34 ± 2.48	18.04 (16.94–22.35)	18.62 ± 3.18	18.84 (15.06–21.74)	0.7148
Carbohydrate (% of energy)	49.32 ± 4.74	49.99 (43.02–55.59)	47.27 ± 3.99	48.37 (41.85–50.49)	0.5138
Fat (% of energy)	31.31 ± 5.66	32.28 (22.02–36.27)	33.38 ± 3.12	32.99 (30.27–37.27)	0.5362
Saturated fat (% of energy)	11.87 ± 2.35	12.37 (8.74–14.67)	13.12 ± 1.41	13.17 (11.37–14.76)	0.3843
Sugars (% of energy)	14.49 ± 2.76	14.28 (10.81–18.59)	11.86 ± 5.07	11.96 (5.69–17.82)	0.3509
Cholesterol (mg)	301.3 ± 103.2	316.9 (198.9–438.3)	290.1 ± 100.7	288.8 (176.1–406.7)	0.8749
Fiber (g)	22.64 ± 7.45	21.99 (13.21–32.36)	25.04 ± 5.32	24.23 (19.81–31.86)	0.6066
Sodium (mg)	1841.1 ± 898.3	1533.6 (1264.8–3421.4)*	1847.7 ± 434.5	1855.5 (1349.6–2330.4)	0.5403
Potassium (mg)	3401.4 ± 624.4	3654.4 (2449.7–3967.7)	3749.1 ± 612.6	3647.6 (3199.3–4501.8)	1.0000
Phosphorus (mg)	1401.9 ± 246.8	1251.5 (1185.2–1706.9)	1319.9 ± 101.9	1310.8 (1204.9–1453.2)	0.5569
Calcium (mg)	715.9 ± 235.1	610.3 (495.4–1029.2)	694.2 ± 190.7	653.2 (509.1–961.4)	0.8854
Magnesium (mg)	333.3 ± 64.2	310.7 (253.7–417.2)	323.4 ± 30.35	324.02 (291.4–353.9)	0.7853
Iron (mg)	11.90 ± 2.39	11.28 (9.47–15.64)	12.17 ± 1.66	12.13 (10.52–13.89)	0.8580
Zinc (mg)	11.61 ± 2.09	11.10 (10.06–15.29)*	10.51 ± 0.45	10.55 (9.92–11.00)	0.3913
Cooper (mg)	1.43 ± 0.30	1.42 (0.99–1.79)	1.36 ± 0.07	1.34 (1.31–1.47)	0.6931
Manganese (mg)	6.82 ± 2.42	6.15 (4.72–10.99)	5.37 ± 0.34	5.46 (4.90–5.67)	0.2799
Iodine (µg)	29.28 ± 8.19	28.48 (21.05–41.40)	44.71 ± 14.51	43.99 (28.47–62.39)	0.0821
Vitamin A (µg)	890.8 ± 305.0	1039.7 (471.8–1206.4)	1045.8 ± 338.5	1026.5 (651.8–1478.5)	0.4932
Vitamin D (µg)	3.49 ± 4.13	1.94 (0.92–10.81)*	3.60 ± 2.41	3.10 (1.28–6.92)	0.5403
Vitamin E (mg)	9.21 ± 1.95	9.43 (6.78–11.56)	11.42 ± 2.91	11.49 (7.81–14.87)	0.2146
Vitamin C (mg)	80.55 ± 15.53	89.6 (56.46–93.07)	106.1 ± 22.22	113.9 (73.49–123.3)	0.0806
Vitamin B1 (mg)	1.06 ± 0.09	1.01 (0.98–1.20)	1.03 ± 0.13	1.04 (0.90–1.15)	0.6811
Vitamin B2 (mg)	1.76 ± 0.22	1.82 (1.51–2.08)	1.78 ± 0.36	1.93 (1.24–2.01)*	0.7133
Vitamin B6 (mg)	1.73 ± 0.59	1.66 (1.16–2.68)	1.92 ± 0.42	1.80 (1.58–2.51)	0.6026
Vitamin B12 (µg)	4.00 ± 2.44	3.18 (2.50–8.34)*	3.76 ± 1.24	3.69 (3.32–5.34)	0.7133
Folate (µg)	216.5 ± 45.35	223.8 (156.7–280.7)	239.1 ± 81.2	261.2 (127.7–306.4)	0.6113
Niacin (mg)	18.95 ± 3.83	20.89 (13.03–22.61)	19.97 ± 3.69	19.18 (16.44–25.06)	0.7003

* nonparametric distribution (Shapiro-Wilk test; $p \leq 0.05$); ** compared while using t-Student test or Mann-Whitney test (based on distribution).

Table S9. The energy and nutritional value of diet of the female participants following dietary recommendations at baseline and after 3 months of intervention.

Parameter	Baseline		After 3 Months of Intervention		<i>p</i> **
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Energy (kcal)	1502.2 ± 470.7	1490.3 (789.6–2232.6)	1338.3 ± 131.2	1336.3 (1137.4–1514.7)	0.3937
Protein (% of energy)	20.76 ± 4.75	21.14 (13.81–26.90)	21.97 ± 3.75	21.96 (16.39–27.36)	0.6200
Carbohydrate (% of energy)	39.91 ± 6.01	39.02 (32.81–50.23)	39.40 ± 9.27	39.13 (26.83–53.01)	0.9103
Fat (% of energy)	39.29 ± 6.34	39.67 (32.07–47.89)	37.09 ± 10.27	42.93 (21.03–48.09)	0.6593
Saturated fat (% of energy)	13.82 ± 1.66	14.29 (10.66–15.18)	11.76 ± 2.65	12.40 (8.39–14.93)	0.1288
Sugars (% of energy)	6.95 ± 3.74	7.14 (1.71–12.52)	5.35 ± 1.44	4.96 (3.64–7.62)	0.3142
Cholesterol (mg)	318.0 ± 95.5	315.5 (192.5–424.2)	256.6 ± 113.5	226.2 (143.9–423.6)	0.3185
Fiber (g)	19.33 ± 7.11	21.56 (9.04–27.72)	21.27 ± 9.89	18.51 (9.98–37.45)	0.6972
Sodium (mg)	1882.9 ± 574.9	1829.5 (1305.7–2929.1)	1485.1 ± 695.3	1299.9 (851.6–2715.1)	0.2900
Potassium (mg)	3079.9 ± 1135.4	3206.7 (1491.9–4322.4)	3399.6 ± 1043.6	3215.2 (1832.2–4545.8)	0.6073
Phosphorus (mg)	1204.6 ± 367.9	1200.4 (663.1–1749.7)	1211.2 ± 352.9	1135.4 (747.3–1796.6)	0.9746
Calcium (mg)	670.8 ± 322.5	673.3 (240.6–1079.7)	576.6 ± 251.8	646.2 (219.6–948.5)	0.5663
Magnesium (mg)	283.6 ± 106.6	286.5 (130.6–425.5)	319.6 ± 118.8	309.2 (136.3–498.4)	0.5805
Iron (mg)	10.47 ± 2.66	10.96 (7.00–14.48)	11.24 ± 2.82	11.08 (6.46–14.87)	0.6254
Zinc (mg)	9.09 ± 3.02	8.93 (5.41–13.40)	10.18 ± 3.16	9.57 (5.78–14.73)	0.5405
Copper (mg)	1.21 ± 0.42	1.35 (0.57–1.62)	1.33 ± 0.46	1.32 (0.60–1.96)	0.6298
Manganese (mg)	4.21 ± 1.80	4.59 (1.10–6.45)	4.55 ± 2.78	3.58 (1.36–9.87)	0.8022
Iodine (µg)	35.29 ± 15.93	33.93 (11.30–57.21)	51.14 ± 28.74	51.67 (9.64–90.05)	0.2562
Vitamin A (µg)	868.8 ± 401.2	746.9 (433.6–1471.5)	944.7 ± 359.5	765.5 (611.0–1579.8)	0.7258
Vitamin D (µg)	5.53 ± 6.79	2.28 (1.87–19.05)*	2.53 ± 2.15	1.90 (0.63–6.75)	0.2839
Vitamin E (mg)	9.42 ± 3.54	10.47 (2.50–12.36)*	10.43 ± 1.87	10.56 (8.43–14.15)	0.0714
Vitamin C (mg)	90.42 ± 78.8	74.84 (13.52–223.9)	77.57 ± 45.53	64.78 (24.33–144.07)	0.7205
Vitamin B1 (mg)	0.99 ± 0.41	0.92 (0.43–1.49)	0.95 ± 0.24	1.03 (0.55–1.28)	0.8147
Vitamin B2 (mg)	1.65 ± 0.53	1.65 (0.98–2.43)	1.53 ± 0.34	1.51 (1.07–1.98)	0.6366
Vitamin B6 (mg)	1.57 ± 0.49	1.62 (1.04–2.08)	1.60 ± 0.47	1.67 (0.97–2.10)	0.9049
Vitamin B12 (µg)	5.25 ± 4.68	3.73 (1.75–14.62)*	3.39 ± 1.43	3.06 (2.29–6.52)*	0.2246
Folate (µg)	230.7 ± 107.9	238.0 (67.3–360.7)	262.2 ± 127.2	233. (135.7–508.6)	0.6427
Niacin (mg)	16.11 ± 2.91	16.68 (12.10–19.37)	19.82 ± 7.19	17.00 (10.81–29.36)	0.2639

* nonparametric distribution (Shapiro-Wilk test; $p \leq 0.05$); ** compared while using t-Student test or Mann-Whitney test (based on distribution).

Table S10. The energy and nutritional value of diet of the male participants not following dietary recommendations at baseline and after 3 months of intervention.

Parameter	Baseline		After 3 Months of Intervention		<i>p</i> **
	Mean \pm SD	Median (min–max)	Mean \pm SD	Median (min–max)	
Energy (kcal)	2815.8 \pm 470.5	2647.9 (2359.5–3591.5)	2414.9 \pm 484.8	2281.5 (2010.6–2952.6)	0.2921
Protein (% of energy)	16.61 \pm 2.02	15.81 (14.62–19.09)	16.71 \pm 2.45	17.74 (13.91–18.49)	0.9519
Carbohydrate (% of energy)	41.64 \pm 4.72	39.06 (37.92–49.04)	40.86 \pm 3.56	42.69 (36.75–43.14)	0.8152
Fat (% of energy)	40.06 \pm 5.40	40.08 (31.82–45.79)	38.58 \pm 2.53	39.09 (35.82–40.80)	0.6775
Saturated fat (% of energy)	14.69 \pm 3.79	14.32 (10.43–20.14)	13.75 \pm 3.07	14.87 (10.28–16.11)	0.7296
Sugars (% of energy)	11.47 \pm 5.73	13.33 (3.82–18.79)	8.58 \pm 3.65	10.21 (4.39–11.13)	0.4701
Cholesterol (mg)	558.7 \pm 155.9	553.7 (365.7–799.1)	448.4 \pm 159.5	390.3 (325.9–628.8)	0.3734
Fiber (g)	21.43 \pm 9.60	22.77 (10.48–34.43)	24.27 \pm 3.32	25.86 (20.45–26.49)	0.6472
Sodium (mg)	3515.7 \pm 1004.5	3230.5 (2578.9–4956.0)	2774.9 \pm 1023.3	2414.6 (1980.6–3929.7)	0.3544
Potassium (mg)	3932.3 \pm 671.2	4062.0 (3013.5–4654.6)	4093.3 \pm 220.9	4124.2 (3858.6–4297.1)	0.7087
Phosphorus (mg)	1666.6 \pm 285.6	1518.4 (1363.6–2029.3)	1589.2 \pm 298.8	1566.5 (1302.3–1898.6)	0.7272
Calcium (mg)	687.1 \pm 404.5	528.2 (444.0–1407.2)*	681.7 \pm 142.6	694.4 (533.1–817.5)	0.3711
Magnesium (mg)	357.5 \pm 56.03	343.1 (288.8–441.2)	372.4 \pm 51.8	359.7 (328.1–429.3)	0.7228
Iron (mg)	15.36 \pm 2.98	15.16 (10.96–18.49)	15.49 \pm 4.83	13.86 (11.69–20.93)	0.9616
Zinc (mg)	14.75 \pm 2.97	14.48 (10.19–17.71)	13.61 \pm 3.68	12.92 (10.33–17.59)	0.6459
Copper (mg)	1.45 \pm 0.28	1.42 (1.11–1.89)	1.46 \pm 0.15	1.49 (1.29–1.58)	0.9774
Manganese (mg)	6.63 \pm 3.08	5.88 (3.81–11.42)	5.87 \pm 0.70	5.97 (5.13–6.52)	0.6988
Iodine (μ g)	44.32 \pm 15.52	38.95 (25.62–66.31)	52.24 \pm 14.41	44.96 (42.92–68.84)	0.5013
Vitamin A (μ g)	928.5 \pm 436.2	1050.5 (365.6–1428.1)	1412.8 \pm 774.9	1345.3 (673.8–2219.2)	0.2903
Vitamin D (μ g)	8.19 \pm 4.16	8.08 (3.78–13.86)	6.61 \pm 5.93	4.34 (2.15–13.34)	0.6689
Vitamin E (mg)	11.89 \pm 0.89	11.77 (10.91–13.07)	14.79 \pm 6.12	12.86 (10.68–21.82)	0.3147
Vitamin C (mg)	59.58 \pm 29.07	59.68 (25.25–99.23)	99.99 \pm 29.29	110.65 (66.87–122.48)	0.1063
Vitamin B1 (mg)	1.67 \pm 0.63	1.54 (0.89–2.57)	1.75 \pm 0.81	1.47 (1.12–2.66)	0.8834
Vitamin B2 (mg)	2.02 \pm 0.38	1.83 (1.65–2.56)	2.03 \pm 0.40	2.14 (1.59–2.37)	0.9635
Vitamin B6 (mg)	2.41 \pm 0.42	2.46 (1.91–2.95)	2.56 \pm 0.16	2.63 (2.37–2.68)	0.5764
Vitamin B12 (μ g)	8.01 \pm 2.42	8.64 (3.92–10.27)	4.91 \pm 0.37	4.98 (4.53–5.22)	0.0762
Folate (μ g)	257.4 \pm 54.46	257.8 (177.5–325.6)	289.1 \pm 40.44	266.5 (265.1–335.8)*	0.3711
Niacin (mg)	28.25 \pm 7.57	26.47 (21.59–39.94)	24.83 \pm 7.84	21.07 (19.57–33.84)	0.5635

* nonparametric distribution (Shapiro-Wilk test; $p \leq 0.05$); ** compared while using t-Student test or Mann-Whitney test (based on distribution).

Table S11. The energy and nutritional value of diet of the male participants following dietary recommendations at baseline and after 3 months of intervention.

Parameter	Baseline		After 3 Months of Intervention		<i>p</i> **
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Energy (kcal)	1916.3 ± 204.1	1922.7 (1712.8–2106.7)	1620.0 ± 215.0	1561.9 (1416.8–1882.0)	0.0613
Protein (% of energy)	16.23 ± 1.96	15.79 (14.62–18.71)	19.69 ± 2.05	20.00 (15.90–21.68)	0.0284
Carbohydrate (% of energy)	51.46 ± 2.91	50.78 (48.71–55.58)	44.86 ± 6.77	43.46 (38.17–54.57)	0.1075
Fat (% of energy)	32.29 ± 1.97	32.42 (29.77–34.57)	35.41 ± 6.66	36.50 (23.76–41.57)	0.3970
Saturated fat (% of energy)	11.88 ± 1.61	12.19 (9.79–13.36)	12.51 ± 4.17	14.17 (6.745–16.43)	0.7851
Sugars (% of energy)	9.23 ± 4.82	9.37 (4.16–14.02)	8.47 ± 5.27	6.52 (4.68–18.58)*	0.8226
Cholesterol (mg)	249.2 ± 148.3	231.8 (114.0–419.3)	272.4 ± 111.5	284.9 (116.1–393.4)	0.7834
Fiber (g)	19.51 ± 4.84	19.64 (13.45–25.29)	19.51 ± 4.84	19.64 (13.45–25.29)	0.6070
Sodium (mg)	1921.8 ± 381.2	1924.2 (1562.6–2276.2)	1569.9 ± 361.5	1608.1 (996.8–1999.9)	0.1777
Potassium (mg)	3065.5 ± 927.7	3068.6 (2253.3–927.7)*	3251.2 ± 339.5	3268.5 (2732.93583.9)	1.0000
Phosphorus (mg)	1214.6 ± 187.5	1223.6 (976.3–1434.7)	1364.7 ± 320.2	410.3 (874.4–1705.5)	0.4271
Calcium (mg)	543.0 ± 119.1	495.2 (463.7–718.0)	605.9 ± 127.9	626.9 (386.0–748.8)	0.4567
Magnesium (mg)	270.6 ± 70.3	262.5 (361.2–631.2)	333.8 ± 99.6	327.7 (218.5–462.7)	0.3069
Iron (mg)	10.66 ± 1.14	10.78 (9.22–11.86)	11.10 ± 2.19	11.30 (8.38–13.38)	0.7424
Zinc (mg)	9.99 ± 1.98	9.48 (8.19–12.80)	10.78 ± 1.78	10.26 (8.75–13.39)	0.5259
Cooper (mg)	1.15 ± 0.27	1.11 (0.90–1.47)	1.33 ± 0.22	1.41 (0.97–1.55)	0.2681
Manganese (mg)	4.72 ± 1.36	4.18 (3.78–6.74)	5.56 ± 1.86	5.38 (3.45–7.99)	0.4624
Iodine (µg)	27.79 ± 10.18	27.75 (17.68–37.99)	35.66 ± 6.04	36.04 (28.28–42.75)	0.1592
Vitamin A (µg)	811.4 ± 308.9	809.7 (543.5–1082.8)*	864.5 ± 243.7	896.8 (468.1–1122.6)	1.0000
Vitamin D (µg)	2.34 ± 0.65	2.25 (1.72–3.14)	3.33 ± 2.81	1.88 (1.15–7.00)*	0.9151
Vitamin E (mg)	11.44 ± 2.06	10.82 (9.76–14.34)	10.66 ± 4.07	10.17 (6.37–15.74)	0.7367
Vitamin C (mg)	51.72 ± 24.23	50.24 (28.03–78.37)	79.76 ± 29.51	71.98 (49.4–134.77)	0.1548
Vitamin B1 (mg)	1.14 ± 0.43	0.97 (0.85–1.77)	1.10 ± 0.18	1.08 (0.86–1.31)	0.8440
Vitamin B2 (mg)	1.42 ± 0.51	1.42 (0.88–1.98)	1.63 ± 0.36	1.65 (1.04–2.02)	0.4803
Vitamin B6 (mg)	1.62 ± 0.56	1.65 (1.04–2.13)	1.98 ± 0.29	2.05 (1.61–2.33)	0.2061
Vitamin B12 (µg)	2.39 ± 1.17	2.16 (1.34–3.91)	3.26 ± 0.83	3.35 (1.72–3.99)	0.2071
Folate (µg)	207.1 ± 74.1	212.0 (114.2–290.1)	251.4 ± 57.8	249.5 (166.9–347.7)	0.3173
Niacin (mg)	17.75 ± 3.44	18.64 (13.02–20.69)	17.66 ± 2.47	17.93 (14.32–20.29)	0.9628

* nonparametric distribution (Shapiro-Wilk test; $p \leq 0.05$); ** compared while using t-Student test or Mann-Whitney test (based on distribution).

Table S12. The basic physical activity parameters of the participants after 3 months of intervention compared for sub-groups following recommendations and not following dietary recommendations.

Parameter	Participants Not Following Dietary Recommendations (n = 7)		Participants Following Dietary Recommendations (n = 13)		<i>p</i> **
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Total energy expenditure (kcal)	1445.7 ± 300.6	1308.5 (1155.7–1847.0)	1528.5 ± 269.3	1524.2 (1090.0–1955.5)	0.5619
Physical activity duration (min)	44.2 ± 19.1	41.3 (23.7–70.7)	44.3 ± 29.4	37.7 (10.7–122.7)*	0.8149
Lying down duration (min)	248.4 ± 52.7	241.0 (201.3–345.0)	219.9 ± 83.2	206.3 (82.3–362.0)	0.4583
Active energy expenditure (kcal)	274.7 ± 151.6	227.8 (125.3–474.3)	286.8 ± 164.2	256.8 (62.3–703.0)	0.8822
Number of Steps	6253 ± 1557	6133 (4229–8326)	5107 ± 2411	5085 (2271–10964)	0.3089
Sleep duration (min)	192.1 ± 43.2	179.2 (152.7–255.0)	172.6 ± 72.6	181.0 (55.0–295.0)	0.5579
Average METs	1.31 ± 0.15	1.35 (1.03–1.43)	1.24 ± 0.26	1.22 (0.93–1.87)	0.5945

MET—metabolic equivalent of task; * nonparametric distribution (Shapiro-Wilk test; $p \leq 0.05$); ** compared while using t-Student test or Mann-Whitney test (based on distribution).

Table S13. The basic physical activity parameters of the participants after 3 months of intervention compared for sub-groups following recommendations and not following physical activity recommendations.

Parameter	Participants Not Following Physical Activity Recommendations (n = 8)		Participants Following Physical Activity Recommendations (n = 12)		<i>p</i> **
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Total energy expenditure (kcal)	1314 ± 204.9	1273.0 (1090.0–1671.3)	1591.8 ± 257.4	1547.7 (1239.5–1950.5)	0.0264
Physical activity duration (min)	22.8 ± 6.13	24.0 (10.7–29.7)	55.2 ± 24.9	52.7 (30.7–122.7)*	0.0004
Lying down duration (min)	252.4 ± 44.1	263.3 (200.0–323.3)	218.8 ± 84.0	207.0 (82.3–362.0)	0.3431
Active energy expenditure (kcal)	151.1 ± 58.8	145.7 (62.3–259.3)	348.6 ± 146.2	324.3 (181.0–703.0)	0.0035
Number of Steps	3972 ± 1097	4017 (2271–5541)	6197 ± 2267	6068 (2356–10964)	0.0273
Sleep duration (min)	200.3 ± 54.7	204.0 (122.3–295.0)	170.6 ± 66.8	165.5 (55.0–282.7)	0.3338
Average METs	1.06 ± 0.11	1.03 (0.93–1.23)	1.37 ± 0.19	1.35 (1.10–18.7)*	0.0013

MET—metabolic equivalent of task; * nonparametric distribution (Shapiro-Wilk test; $p \leq 0.05$); ** compared while using t-Student test or Mann-Whitney test (based on distribution).

Table S14. The basic physical activity parameters of the female participants not following dietary recommendations at baseline and after 3 months of intervention.

Parameter	Baseline		After 3 Months of Intervention		<i>p</i> **
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Total energy expenditure (kcal)	1329.5 ± 208.9	1238.0 (1110.7–1601.0)	1257.6 ± 95.1	1273.0 (1155.7–1344.0)	0.6022
Physical activity duration (min)	34.5 ± 20.3	28.0 (16.3–69.0)	28.3 ± 5.7	26.7 (23.7–34.7)	0.6367
Lying down duration (min)	207.4 ± 32.1	194.3 (184.0–263.7)*	230.8 ± 26.7	230.3 (204.3–257.7)	0.2330
Active energy expenditure (kcal)	211.1 ± 120.8	160.7 (93.3–404.3)	155.8 ± 36.6	145.7 (125.3–196.3)	0.4812
Number of Steps	5226 ± 2216	4558 (3362–8948)	5203 ± 1082	5012 (4229–6368)	0.9872
Sleep duration (min)	171.2 ± 38.2	168.0 (118.7–225.0)	193.7 ± 39.1	197.7 (152.7–230.7)	0.4552
Average METs	1.15 ± 0.17	1.10 (1.00–1.43)	1.20 ± 0.15	1.23 (1.03–1.33)	0.7083

MET—metabolic equivalent of task; * nonparametric distribution (Shapiro-Wilk test; $p \leq 0.05$); ** compared while using t-Student test or Mann-Whitney test (based on distribution).

Table S15. The basic physical activity parameters of the female participants following dietary recommendations at baseline and after 3 months of intervention.

Parameter	Baseline		After 3 Months of Intervention		<i>p</i> **
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Total energy expenditure (kcal)	1264.2 ± 145.5	1255.0 (1066.0–1474.0)	1463.8 ± 302.1	1507.0 (1090.0–1955.5)	0.1691
Physical activity duration (min)	22.0 ± 11.9	17.3 (10.7–41.)	44.3 ± 38.4	29.7 (10.7–122.7)	0.2017
Lying down duration (min)	232.2 ± 73.1	239.2 (112.7–334.7)	238.7 ± 97.8	263.3 (82.3–362.0)	0.8969
Active energy expenditure (kcal)	141.9 ± 71.3	125.8 (59.7–258.3)	285.5 ± 213.7	254.3 (62.3–703.0)	0.1460
Number of Steps	4077 ± 1453	3374 (2945–6242)*	5586 ± 2875	5541 (2271–10964)	0.3531
Sleep duration (min)	186.1 ± 70.9	193.3 (89.3–295.3)	183.2 ± 89.1	204.0 (55.0–295.0)	0.9505
Average METs	1.01 ± 0.14	0.98 (0.87–1.23)	1.20 ± 0.33	1.07 (0.93–1.87)	0.2234

MET—metabolic equivalent of task; * nonparametric distribution (Shapiro-Wilk test; $p \leq 0.05$); ** compared while using t-Student test or Mann-Whitney test (based on distribution).

Table S16. The basic physical activity parameters of the male participants not following dietary recommendations at baseline and after 3 months of intervention.

Parameter	Baseline		After 3 Months of Intervention		<i>p</i> **
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Total energy expenditure (kcal)	1760.3 ± 550.9	1651.3 (1266.3–2704.0)	1633.9 ± 332.6	1804.0 (1250.7–1847.0)	0.7356
Physical activity duration (min)	73.7 ± 98.0	38.7 (18.0–247.7)*	60.1 ± 11.2	62.3 (48.0–70.0)	0.2330
Lying down duration (min)	207.3 ± 43.4	222.7 (154.3–248.0)	266.0 ± 72.9	251.7 (201.3–345.0)	0.1942
Active energy expenditure (kcal)	510.3 ± 675.4	281.3 (113.0–1705.7)*	393.6 ± 117.0	447.0 (259.3–474.3)	0.5509
Number of Steps	4370 ± 2355	3345 (2351–8065)	7303 ± 1258	7687 (5897–8326)	0.0985
Sleep duration (min)	163.9 ± 40.0	159.3 (112.0–224.0)	190.4 ± 55.9	160.7 (156.7–255.0)	0.4598
Average METs	1.41 ± 0.55	1.20 (1.00–2.34)*	1.41 ± 0.04	1.43 (1.37–1.43)*	0.2330

MET—metabolic equivalent of task; * nonparametric distribution (Shapiro-Wilk test; $p \leq 0.05$); ** compared while using t-Student test or Mann-Whitney test (based on distribution).

Table S17. The basic physical activity parameters of the male participants following dietary recommendations at baseline and after 3 months of intervention.

Parameter	Baseline		After 3 Months of Intervention		<i>p</i> *
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Total energy expenditure (kcal)	1440.1 ± 129.9	1410.3 (1316.7–1623.0)	1619.0 ± 212.1	1530.0 (1389.0–1931.5)	0.1852
Physical activity duration (min)	33.2 ± 18.5	34.0 (10.7–54.0)	44.3 ± 12.7	39.0 (30.7–58.3)	0.3164
Lying down duration (min)	216.6 ± 33.2	227.5 (168.0–243.3)	193.6 ± 56.6	190.7 (110.3–267.3)	0.4981
Active energy expenditure (kcal)	215.8 ± 135.3	220.3 (58.0–364.3)	288.5 ± 75.1	293.3 (181.0–360.7)	0.3373
Number of Steps	4622 ± 1892	4792 (2380–6526)	4437 ± 1622	463 (2356–6239)	0.8788
Sleep duration (min)	175.2 ± 29.3	175.3 (148.7–201.3)	157.8 ± 46.1	170.3 (81.3–194.0)	0.5358
Average METs	1.30 ± 0.18	1.28 (1.10–1.53)	1.30 ± 0.13	1.33 (1.10–1.47)	1.0000

MET—metabolic equivalent of task; * compared while using t-Student test or Mann-Whitney test (based on distribution).

Table S18. The biochemical parameters of the participants after 3 months of intervention compared for sub-groups following recommendations and not following recommendations.

Parameter	Participants Not Following Dietary Recommendations (n = 7)		Participants Following Dietary Recommendations (n = 13)		<i>p</i> **
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Triglycerides (mg/dL)	100.3 ± 35.9	77.3 (66.31–140.6)*	115.7 ± 38.3	133.13 (64.0–166.9)*	0.3311
Total cholesterol (mg/dL)	153.1 ± 30.5	137.8 (123.7–205.8)	141.5 ± 44.9	133.2 (91.2–234.6)	0.5548
HDL-C (mg/dL)	28.7 ± 5.7	29.32 (22.23–37.8)	30.36 ± 8.65	27.8 (18.1–50.2)	0.6516
LDL-C (mg/dL)	104.4 ± 31.5	96.7 (70.2–159.4)	88.0 ± 39.9	79.4 (51.3–179.7)*	0.2204
ALT (U/L)	12.56 ± 4.35	13.33 (7.33–17.61)	13.28 ± 8.24	12.13 (1.75–34.48)*	1.0000
GGT (U/L)	13.23 ± 7.42	11.23 (11.55–7.00)	12.51 ± 3.82	11.58 (7.75–22.50)*	0.8327
Parameter	Participants Not Following Physical Activity Recommendations (n=8)		Participants Following Physical Activity Recommendations (N=12)		<i>p</i> **
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Triglycerides (mg/dL)	98.7 ± 35.3	74.3 (66.3–140.7)*	116.6 ± 38.2	136.6 (64.0–166.9)*	0.1902
Total cholesterol (mg/dL)	116.7 ± 19.3	123.8 (91.2–137.8)	162.8 ± 39.1	164.9 (107.6–234.6)	0.0100
HDL-C (mg/dL)	27.6 ± 3.1	27.5 (22.8–32.7)	31.0 ± 9.2	31.1 (18.1–50.2)	0.3519
LDL-C (mg/dL)	69.4 ± 14.3	70.2 (51.3–87.7)	108.4 ± 38.9	103.5 (54.8–179.7)	0.0217
ALT (U/L)	12.4 ± 3.1	13.2 (8.0–17.6)	13.4 ± 8.6	11.5 (1.75–34.5)	0.7781
GGT (U/L)	11.6 ± 3.3	11.3 (7.3–16.9)	13.5 ± 6.1	11.6 (7.00–27.9)*	0.7037

HDL-C—high-density lipoprotein cholesterol; LDL-C—low-density lipoprotein cholesterol; ALT—alanine aminotransferase; GGT—gamma-glutamyltransferase; * nonparametric distribution (Shapiro-Wilk test; $p \leq 0.05$); ** compared while using t-Student test or Mann-Whitney test (based on distribution).

Table S19. The biochemical parameters of the female participants not following dietary recommendations at baseline and after 3 months of intervention.

Parameter	Baseline		After 3 Months of Intervention		<i>p</i> **
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Triglycerides (mg/dL)	135.4 ± 14.6	137.4 (116.9–155.1)	105.8 ± 40.2	108.1 (66.3–140.7)	0.1658
Total cholesterol (mg/dL)	146.3 ± 23.3	143.7 (123.2–180.0)	130.8 ± 6.3	130.9 (123.7–137.8)	0.2419
HDL-C (mg/dL)	31.0 ± 6.9	28.9 (24.0–41.9)	26.8 ± 5.08	26.1 (22.2–32.7)	0.3401
LDL-C (mg/dL)	88.2 ± 23.9	87.3 (56.9–115.7)	82.9 ± 11.7	82.3 (70.2–96.7)	0.6986
ALT (U/L)	12.4 ± 5.4	10.9 (7.4–21.4)	11.6 ± 4.83	10.7 (7.33–17.6)	0.8242
GGT (U/L)	15.9 ± 8.4	12.5 (10.8–30.7)*	8.99 ± 2.90	7.86 (7.00–13.2)	0.1113

HDL-C—high-density lipoprotein cholesterol; LDL-C—low-density lipoprotein cholesterol; ALT—alanine aminotransferase; GGT—gamma-glutamyltransferase; * nonparametric distribution (Shapiro-Wilk test; $p \leq 0.05$); ** compared while using t-Student test or Mann-Whitney test (based on distribution).

Table S20. The biochemical parameters of the female participants following dietary recommendations at baseline and after 3 months of intervention.

Parameter	Baseline		After 3 Months of Intervention		<i>p</i> *
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Triglycerides (mg/dL)	135.8 ± 9.5	136.3 (124.6–147.5)	104.7 ± 40.1	99.3 (64.0–148.7)	0.0939
Total cholesterol (mg/dL)	142.1 ± 32.2	145.7 (105.7–175.2)	129.9 ± 39.1	121.8 (91.2–187.8)	0.5678
HDL-C (mg/dL)	34.0 ± 9.9	35.9 (20.7–44.9)	27.6 ± 6.71	27.4 (18.1–39.1)	0.2231
LDL-C (mg/dL)	80.9 ± 33.5	78.1 (40.2–118.6)	81.3 ± 29.5	79.8 (51.3–130.8)	0.9829
ALT (U/L)	11.7 ± 4.6	11.1 (5.9–19.1)	12.2 ± 3.9	12.3 (7.4–18.7)	0.8308
GGT (U/L)	17.0 ± 4.6	17.9 (9.2–22.1)	10.8 ± 1.9	10.9 (7.7–13.5)	0.0112

HDL-C—high-density lipoprotein cholesterol; LDL-C—low-density lipoprotein cholesterol; ALT—alanine aminotransferase; GGT—gamma-glutamyltransferase; * compared while using t-Student test or Mann-Whitney test (based on distribution).

Table S21. The biochemical parameters of the male participants not following dietary recommendations at baseline and after 3 months of intervention.

Parameter	Baseline		After 3 Months of Intervention		<i>p</i> **
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Triglycerides (mg/dL)	141.0 ± 46.1	143.4 (124.9–156.7)	92.9 ± 36.0	77.4 (67.3–134.1)	0.0282
Total cholesterol (mg/dL)	168.9 ± 46.1	143.5 (126.7–233.6)	182.8 ± 20.2	174.9 (167.8–205.8)	0.6453
HDL-C (mg/dL)	30.3 ± 5.5	30.9 (21.8–36.3)	31.2 ± 6.5	30.9 (24.9–37.8)	0.8437
LDL-C (mg/dL)	110.4 ± 46.6	90.6 (61.6–171.3)	133.1 ± 24.8	129.5 (110.2–159.4)	0.4734
ALT (U/L)	10.5 ± 8.4	12.3 (2.1–21.6)	13.9 ± 4.1	15.5 (9.2–16.9)	0.5510
GGT (U/L)	63.6 ± 59.0	50.2 (21.9–164.9)*	18.9 ± 8.3	17.2 (11.6–27.9)	0.1360

HDL-C—high-density lipoprotein cholesterol; LDL-C—low-density lipoprotein cholesterol; ALT—alanine aminotransferase; GGT—gamma-glutamyltransferase; * nonparametric distribution (Shapiro-Wilk test; $p \leq 0.05$); ** compared while using t-Student test or Mann-Whitney test (based on distribution).

Table S22. The biochemical parameters of the male participants following dietary recommendations at baseline and after 3 months of intervention.

Parameter	Baseline		After 3 Months of Intervention		<i>p</i> **
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Triglycerides (mg/dL)	152.5 ± 22.7	144.2 (136.2–185.5)	126.8 ± 36.4	141.1 (74.3–166.9)	0.2478
Total cholesterol (mg/dL)	161.5 ± 63.2	142.8 (108.1–252.3)	153.2 ± 50.9	133.2 (105.7–234.6)	0.8229
HDL-C (mg/dL)	33.7 ± 22.3	24.2 (19.6–66.7)*	33.1 ± 10.1	31.9 (20.7–50.2)	0.5940
LDL-C (mg/dL)	97.3 ± 37.9	91.6 (57.6–148.5)	94.7 ± 50.3	73.2 (54.8–179.7)	0.9325
ALT (U/L)	8.3 ± 6.7	8.0 (2.5–14.7)	14.5 ± 12.1	12.1 (1.7–34.5)	0.3909
GGT (U/L)	25.7 ± 5.2	25.7 (20.3–31.3)	14.2 ± 4.7	11.9 (10.2–22.5)	0.0065

HDL-C—high-density lipoprotein cholesterol; LDL-C—low-density lipoprotein cholesterol; ALT—alanine aminotransferase; GGT—gamma-glutamyltransferase; * nonparametric distribution (Shapiro-Wilk test; $p \leq 0.05$); ** compared while using t-Student test or Mann-Whitney test (based on distribution).

Table S23. The biochemical parameters after 3 months of intervention compared for sub-groups based on gender, age and body mass status.

Parameter	Females (n = 11)		Males (n = 9)		<i>p</i> **
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Triglycerides (mg/dL)	105.1 ± 37.9	101.6 (64.0–148.7)*	115.5 ± 37.9	134.1 (67.3–166.9)	0.4379
Total cholesterol (mg/dL)	130.2 ± 29.4	130.9 (91.2–187.8)	163.1 ± 44.1	167.8 (105.7–234.6)	0.0707
HDL-C (mg/dL)	27.3 ± 5.8	27.4 (18.1–39.1)	32.4 ± 8.6	31.3 (20.7–50.2)	0.1416
LDL-C (mg/dL)	81.9 ± 23.0	80.0 (51.3–130.8)	107.5 ± 45.8	110.2 (54.8–179.7)	0.1367
ALT (U/L)	11.9 ± 4.1	13.3 (7.3–17.6)	14.3 ± 9.4	13.2 (1.7–34.5)	0.4893
GGT (U/L)	10.1 ± 2.4	10.4 (7.0–13.5)	15.8 ± 6.0	12.1 (10.2–27.9)*	0.0128
	Aged 18–59 years (n = 15)		Aged > 60 years (n = 5)		
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Triglycerides (mg/dL)	119.4 ± 35.3	136.6 (66.3–166.9)*	83.8 ± 32.1	71.4 (64.0–140.7)*	0.0710
Total cholesterol (mg/dL)	152.7 ± 41.8	136.9 (91.2–234.6)	126.4 ± 27.9	127.6 (94.8–167.8)	0.2124
HDL-C (mg/dL)	31.6 ± 7.7	31.1 (20.7–50.2)	24.5 ± 4.5	24.9 (18.1–29.3)	0.0719
LDL-C (mg/dL)	79.2 ± 39.9	85.3 (51.3–179.7)	85.1 ± 29.5	76.7 (52.3–129.5)	0.5436
ALT (U/L)	14.8 ± 7.3	13.4 (1.5–34.5)*	8.2 ± 0.9	8.0 (7.3–9.2)	0.0078
GGT (U/L)	14.2 ± 5.3	11.9 (8.4–27.9)*	8.8 ± 2.1	7.7 (7.00–11.5)	0.0109
	Overweight (n = 5)		Obese (n = 15)		
	Mean ± SD	Median (min–max)	Mean ± SD	Median (min–max)	
Triglycerides (mg/dL)	110.9 ± 27.9	130.6 (105.7–174.9)	109.8 ± 38.3	108.3 (66.3–166.9)*	0.6769
Total cholesterol (mg/dL)	130.9 ± 27.9	130.6 (105.7–174.9)	151.1 ± 42.8	136.9 (91.2–234.6)	0.3444
HDL-C (mg/dL)	30.7 ± 13.3	26.7 (18.1–50.2)	29.4 ± 4.9	28.7 (22.2–39.1)	0.7479
LDL-C (mg/dL)	78.0 ± 20.6	76.7 (56.9–110.2)	99.8 ± 40.4	90.6 (51.3–179.7)	0.2719
ALT (U/L)	11.9 ± 3.2	12.1 (7.4–15.5)	13.4 ± 7.9	13.2 (1.7–34.5)	0.6766
GGT (U/L)	13.2 ± 3.9	12.1 (7.7–17.2)	12.7 ± 5.8	11.4 (7.0–27.9)*	0.9721

HDL-C—high-density lipoprotein cholesterol; LDL-C—low-density lipoprotein cholesterol; ALT—alanine aminotransferase; GGT—gamma-glutamyltransferase; * nonparametric distribution (Shapiro-Wilk test; $p \leq 0.05$); ** compared while using t-Student test or Mann-Whitney test (based on distribution).