Supplement 1. Dietary intake evaluated by the BDHQ at baseline and after 12-months of intervention

	PO (n = 14)		POAC (n = 17)		Change (12 months − baseline)		
	Baseline	12 months	Baseline	12 months	PO	POAC	P value
Energy (KJ / d)	7026 ± 533	7291 ± 495	7041 ± 558	7832 ± 412	265 ± 469	791 ± 527	0.572
Protein (g / d)	75.3 ± 9.4	75.4 ± 8.8	64.3 ± 4.9	68.7 ± 3.5	0.1 ± 5.7	4.4 ± 4.5	0.536
Fat (g / d)	52.5 ± 6.6	52.3 ± 5.3	49.6 ± 4.3	53.0 ± 3.4	-0.1 ± 5.9	3.4 ± 4.1	0.809
Carbohydrate (g / d)	214.8 ± 15.9	230.0 ± 12.0	215.9 ± 22.5	245.6 ± 17.1	15.1 ± 11.9	29.7 ± 22.2	0.767
Total dietary fiber (g / d)	13.6 ± 1.6	15.2 ± 2.4	12.0 ± 0.9	12.3 ± 1.0	1.5 ± 2.1	0.3 ± 1.2	0.572
Saturated fat (g / d)	13.4 ± 1.8	13.3 ± 1.6	12.6 ± 1.2	13.6 ± 1.0	-0.1 ± 1.8	1.0 ± 1.0	0.687
Monounsaturated fat (g / d)	18.4 ± 2.3	18.2 ± 1.9	17.8 ± 1.6	18.6 ± 1.2	-0.2 ± 2.3	0.9 ± 1.5	0.893
Polyunsaturated fat (g / d)	13.2 ± 1.5	13.5 ± 1.2	12.4 ± 1.0	13.4 ± 0.8	0.3 ± 1.0	0.9 ± 1.1	0.936
ω-6 polyunsaturated fat (g / d)	10.1 ± 1.0	10.6 ± 0.9	10.1 ± 0.7	10.8 ± 0.7	0.4 ± 0.8	0.7 ± 0.9	0.979
ω-3 polyunsaturated fat (g / d)	3.0 ± 0.5	2.9 ± 0.4	2.3 ± 0.2	2.5 ± 0.2	-0.1 ± 0.2	0.2 ± 0.2	0.434
ALA (C18:3 ω-3) (g / d)	1.56 ± 0.16	1.68 ± 0.15	1.50 ± 0.13	1.59 ± 0.10	0.11 ± 0.14	0.09 ± 0.15	0.851
EPA (C20:5 ω-3) (g / d)	0.43 ± 0.10	0.38 ± 0.09	0.24 ± 0.04	0.27 ± 0.02	-0.06 ± 0.04	0.03 ± 0.04	0.058
DHA (C22:6 ω-3) (g / d)	0.73 ± 0.17	0.62 ± 0.14	0.44 ± 0.06	0.51 ± 0.04	-0.10 ± 0.07	0.07 ± 0.06	0.095

Values are means ± SE. PO, perilla seed oil group; POAC, PO and *Anredera cordifolia* leaf powder group. ALA, α-linolenic acid; BDHQ, brief-type self-administered diet history questionnaire; d, day; DHA, docosahexaenoic acid; EPA, eicosapentaenoic acid.

Supplement 2.

Measurement of nutrient composition

Macronutrient composition was measured by the following methods: subtraction [100 − {moisture (g) + protein (g) + lipid (g) + ash (g)}] to determine carbohydrate levels; the Kjeldahl method (nitrogen/protein conversion factor = 6.25) to measure protein content; and acid decomposition to measure fat levels[1-3]. Furthermore, the Prosky method was used to measure fiber content[2-4]; atomic absorption spectrophotometry for sodium[2,3]; HPLC for vitexin and adenosine[2,3]; gas chromatography for fatty acids[5-8]; the Folin-Ciocalteu method to measure polyphenol[2,3]; the direct incineration method for ash content[2,3]; and the oven-drying method to determine percent moisture content[2,3]. Energy was calculated by assuming 4 kcal/g protein, 4 kcal/g carbohydrate, and 9 kcal/g fat[2,3].

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