

**Supplemental table 1.** Differences in demographics and anthropometrics across intervention diets, (*n* 162, completer analysis).

	Unmelted cheese ( <i>n</i> 58)	Melted cheese ( <i>n</i> 53)	Deconstructed cheese ( <i>n</i> 51)	PV1 <sup>1</sup>	PΔ <sup>2</sup>
Age (years)	57.9 ± 5.6	58.8 ± 6.2	58.6 ± 5.7	0.672	-
Gender <i>n</i> (%)					
Male	24 (42.1)	25 (47.2)	20 (39.2)	0.708 <sup>3</sup>	-
Female	33 (57.9)	28 (52.8)	31 (60.8)		
Weight (kg)				0.749	0.569
Visit 1	82.0 ± 14.1	83.9 ± 15.5	82.1 ± 14.9		
Visit 2	81.7 ± 14.4	83.5 ± 15.1	82.0 ± 15.1		
BMI (kg/m <sup>2</sup> )				0.963	0.556
Visit 1	28.7 ± 3.9	28.7 ± 4.7	28.8 ± 4.6		
Visit 2	28.6 ± 4.0	28.6 ± 4.6	28.8 ± 4.7		
Body fat <sup>4</sup> (%)				0.992	0.610
Visit 1	34.4 ± 7.1	34.5 ± 9.4	34.6 ± 8.3		
Visit 2	34.0 ± 7.2	34.4 ± 9.4	34.4 ± 8.2		
Waist circumference <sup>5</sup> (cm)				0.647	0.570
Visit 1	93.9 ± 12.6	97.0 ± 11.6	95.0 ± 14.7		
Visit 2	94.0 ± 12.0	94.4 ± 11.0	94.1 ± 13.5		

Data presented as mean ± standard deviation, unless otherwise indicated.

<sup>1</sup> PV1, differences across groups for visit 1 calculated with 1-factor ANOVA or Kruskal-Wallis nonparametric ANOVA where appropriate.

<sup>2</sup> PΔ, differences across groups for delta values (visit 2 – visit 1) calculated with 1-factor ANOVA or Kruskal-Wallis nonparametric ANOVA where appropriate.

<sup>3</sup> Chi-square test.

<sup>4</sup> *n* 160 for body fat percentage.

<sup>5</sup> *n* 157 for waist circumference.

**Supplemental table 2.** Differences in biochemistry and blood pressure data across intervention diets, (*n* 162, completer analysis).

	<b>Unmelted cheese (<i>n</i> 58)</b>	<b>Melted cheese (<i>n</i> 53)</b>	<b>Deconstructed cheese (<i>n</i> 51)</b>	<b>PV<sup>1</sup></b>	<b>PΔ<sup>2</sup></b>
Total cholesterol (mmol/L)				0.782	0.152
Visit 1	5.71 ± 0.85	5.79 ± 0.89	5.67 ± 0.92		
Visit 2	5.75 ± 0.91	5.99 ± 0.94	5.72 ± 0.93		
HDL cholesterol (nmol/L)				0.854	0.583
Visit 1	1.62 ± 0.42	1.67 ± 0.45	1.65 ± 0.47		
Visit 2	1.65 ± 0.49	1.73 ± 0.51	1.70 ± 0.47		
LDL cholesterol (mmol/L)				0.894	0.384
Visit 1	3.51 ± 0.80	3.55 ± 0.75	3.48 ± 0.76		
Visit 2	3.53 ± 0.80	3.65 ± 0.72	3.45 ± 0.76		
VLDL cholesterol (mmol/L)				0.524	0.234
Visit 1	0.51 ± 0.27	0.52 ± 0.39	0.48 ± 0.21		
Visit 2	0.51 ± 0.22	0.55 ± 0.33	0.51 ± 0.23		
Triglycerides (mmol/L)				0.380	0.196
Visit 1	1.26 ± 0.61	1.25 ± 0.90	1.19 ± 0.50		
Visit 2	1.27 ± 0.51	1.35 ± 0.73	1.25 ± 0.55		
Glucose (mmol/L)				0.395	0.462
Visit 1	5.58 ± 0.53	5.66 ± 0.75	5.48 ± 0.70		
Visit 2	5.49 ± 0.69	5.60 ± 0.86	5.62 ± 0.87		
Insulin (mU/L)				0.749	0.639
Visit 1	8.18 ± 4.58	7.85 ± 4.75	7.14 ± 3.54		
Visit 2	7.96 ± 4.29	7.34 ± 4.68	7.49 ± 4.37		
SBP (mmHg)				0.987	0.852
Visit 1	133.0 ± 18.6	133.5 ± 17.3	133.7 ± 16.1		
Visit 2	129.2 ± 18.6	129.1 ± 15.5	128.3 ± 13.6		

DBP (mmHg)				0.549	0.671
Visit 1	87.1 ± 10.1	87.5 ± 10.2	85.5 ± 9.4		
Visit 2	85.6 ± 10.8	86.2 ± 8.9	83.5 ± 9.3		

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Data presented as mean ± standard deviation.

Abbreviations: DBP, diastolic blood pressure; HDL, high-density lipoprotein; LDL, low-density lipoprotein; SBP, systolic blood pressure.

<sup>1</sup> PV1, differences across groups for visit 1 calculated with 1-factor ANOVA or Kruskal-Wallis nonparametric ANOVA where appropriate.

<sup>2</sup> PΔ, differences across groups for delta values (visit 2 – visit 1) calculated with general linear models controlling for baseline values, sex, age, weight change, change in SFA intake as a % of TE and change in protein as a % of TE. Post hoc analysis was conducted via Fisher's least significant difference (LSD) test.

**Supplemental table 3.** Differences in dietary data across intervention diets (*n* 156, completer analysis).

	<b>Unmelted cheese (<i>n</i> 55)</b>	<b>Melted cheese (<i>n</i> 52)</b>	<b>Deconstructed cheese (<i>n</i> 49)</b>	<b>PV1</b>	<b>PΔ</b>
Energy (kcal/day)				0.610	0.638
Visit 1	2184 ± 804	2109 ± 813	2335 ± 1686		
Visit 2	1803 ± 640	1847 ± 764	2191 ± 1246		
Protein (% of total energy)				0.662	<0.001 <sup>3</sup>
Visit 1	17.3 ± 3.1	17.3 ± 3.0	16.8 ± 3.1		
Visit 2	19.2 ± 3.4	19.3 ± 4.4	14.7 ± 3.2		
Fat (% of total energy)				0.046 <sup>4</sup>	0.863
Visit 1	38.7 ± 5.6	39.1 ± 5.9	41.4 ± 5.8		
Visit 2	40.6 ± 7.7	40.9 ± 4.5	43.5 ± 7.5		
SFA (% of total energy)				0.080	0.192
Visit 1	15.4 ± 3.6	15.5 ± 3.3	16.9 ± 3.9		
Visit 2	16.9 ± 5.4	16.8 ± 4.7	19.9 ± 5.7		
CHO (% of total energy)				0.180	0.088
Visit 1	43.5 ± 5.7	43.5 ± 6.6	41.3 ± 7.5		
Visit 2	39.6 ± 11.0	39.7 ± 9.4	42.1 ± 8.3		

Data presented as mean ± standard deviation.

Abbreviations: CHO, carbohydrate; kcal, kilocalories; SFA, saturated fatty acid.

<sup>1</sup> PV1, differences across groups for visit 1 calculated with 1-factor ANOVA or Kruskal-Wallis nonparametric ANOVA where appropriate.

<sup>2</sup> PΔ, differences across groups for delta values (visit 2 – visit 1) calculated with 1-factor ANOVA or Kruskal-Wallis nonparametric ANOVA where appropriate.

<sup>3</sup> Significant differences Δ protein intake as a percentage of total energy intake between groups A and C (P<0.001) and groups B and C (P<0.001).

<sup>4</sup> Significant differences in fat intake at visit 1 as a percentage of total energy intake between groups A and C (P=0.019).