

**Effect of lutein supplementation on blood lipids and advanced glycation end products in adults with central obesity : A double-blind randomized controlled trial**

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**Table S1** Changes in dietary intake of nutrients in subjects at baseline and the end of intervention.

Nutrients	Lutein (n=47)			Placebo (n=47)			Between groups (PP) <sup>†</sup>	
	Baseline	Week 32	Change	Baseline	Week 32	Change	Change	<i>P</i> value
Energy (kcal)	1673.0 ± 475.2	1713.2 ± 504.8	40.2 ± 380.8	1594.1 ± 449.5	1687.0 ± 470.7	92.9 ± 307.0*	-35.1 (-172, 101)	0.610
Carbohydrate (g)	226.4 ± 73.5	221.5 ± 65.9	-4.8 ± 51.0	220.6 ± 57.1	225.7 ± 60.6	5.1 ± 52.9	-7.9 (-27.2, 11.3)	0.414
Carbohydrate (E%)	54.0 ± 7.4	52.2 ± 7.7	-1.8 ± 7.7	56.2 ± 7.3	54.1 ± 7.2	-2.0 ± 8.9	-1.1 (-4.04, 1.75)	0.435
Protein (g)	50.8 ± 17.4	56.0 ± 18.7	5.3 ± 14.2*	51.2 ± 15.8	56.7 ± 18.0	5.5 ± 12.9*	-0.4 (-5.7, 5.03)	0.896
Protein (E%)	12.1 ± 1.6	13.0 ± 1.6	1.0 ± 1.9*	12.9 ± 1.9	13.4 ± 1.9	0.5 ± 2.5	-0.1 (-0.9, 0.6)	0.663
Fat (g)	61.6 ± 20.5	64.8 ± 25.4	3.1 ± 24.8	54.5 ± 22.9	60.7 ± 23.8	6.2 ± 20.7*	-0.2 (-8.9, 8.6)	0.970
Fat (E%)	33.4 ± 7.4	33.5 ± 6.8	0.1 ± 8.3	30.0 ± 6.9	31.8 ± 6.3	1.8 ± 8.6	0.9 (-1.8, 3.7)	0.491
Lutein intake (mg/d)	4.4 ± 3.4	7.3 ± 6.2	2.8 ± 7.1*	4.3 ± 3.2	6.0 ± 5.3	1.7 ± 5.0*	1.3 (-1.1, 3.6)	0.286
Carotenoids intake (mg/d)	11.2 ± 5.1	14.2 ± 7.9	2.9 ± 8.8*	11.1 ± 6.6	11.6 ± 7.4	0.5 ± 8.9	2.5 (-0.6, 5.6)	0.114

Data are expressed as the means ± SD or mean (95%CI).

\* Differences of within-groups after the intervention were assessed by paired t-test,  $P < 0.05$ .

<sup>†</sup>Participants with complete baseline and 32-week data were included in the PP analysis ( $n = 94$ ). Treatment difference and  $P$  value were obtained from a one-factor ANCOVA with baseline value as covariate.