

Supplemental table 1. Nutritional composition of study foods

	CHO	Protein	Total fat	SFA	MUFA	PUFA	Energy
	g/100g	g/100g	g/100g	g/100g	g/100g	g/100g	kcal/100
HSF study foods							
Butter	0.0	0.5	81.7	54.0	19.8	2.6	737
Crisps	53.0	7.0	30.7	9.2	21.3	2.2	516
Cheese crackers	50.9	10.8	30.0	11.9	14.3	2.6	517
Savoury snack	49.5	5.1	38.2	8.4	26.3	3.6	562
Flapjack	49.0	8.4	27.9	11.4	8.3	4.5	481
Cake	52.9	5.4	26.1	16.3	21.9	21.9	468
Shortbread	56.7	6.3	29.8	19.0	7.2	1.0	520
Caramel shortbread	59.1	4.8	23.1	11.0	9.3	2.8	455
Mini brownies	58.2	5.9	22.4	11.3	9.8	1.3	440
Brownies	50.8	6.2	28.2	17.1	8.2	1.2	483
Chocolate biscuit cakes	40.5	4.3	28.7	16.3	8.2	1.2	439
Toffee cakebar	54.5	4.5	26.7	14.1	9.3	3.3	476
Coconut chocolate bar	58.8	3.8	23.9	19.8	2.8	0.7	467
Chocolate bar	60.9	5.2	28.2	19.3	7.6	1.3	518
Strawberry cream biscuits	52.4	5.5	35.6	21.5	10.7	2.5	551
Lemon cream biscuits	51.9	5.5	36.0	21.6	10.9	2.6	553
Chocolate mini cakes	47.3	4.2	23.5	9.1	12.5	4.2	416
Milk chocolate coconut cookies	48.2	5.9	37.2	26.6	7.2	0.8	551
<i>Mean composition of HSF snacks</i>	52.6	5.8	29.2	15.5	11.5	3.4	495
LF study foods							
Very low fat spread	1.6	5.0	18.0	5.1	4.1	8.8	188
Extra virgin olive spray oil	0.0	0.0	55.2	8.5	39.0	9.8	498
Crispbread	74.1	14.3	1.8	0.3	0.6	0.8	370
Mini crisp bread	71.0	7.0	2.6	0.4	1.1	1.1	335
Potato snacks	78.2	5.8	2.5	0.2	1.3	0.8	363
Rice cakes	78.7	6.1	2.8	0.6	1.1	1.1	372
Pretzels	80.9	10.4	2.3	0.5	1.6	0.8	391
Flavoured rice cakes	88.0	6.0	3.0	0.9	1.1	1.0	405
Morning coffee biscuits	72.0	7.3	14.6	6.8	5.5	1.8	449
Apricot and peach cereal bars	57.0	6.4	2.5	0.4	1.1	0.8	282
Multigrain maple bars	56.2	6.4	2.9	0.7	1.3	0.8	285
Biscuits	87.0	4.5	2.3	1.1	2.5	0.7	420
Custard	16.3	3.0	0.8	0.4	0.3	0.1	84
Rice pudding	15.7	3.1	0.8	0.4	0.1	0.1	83
<i>Mean composition of LF snacks</i>	64.6	6.7	3.2	1.1	1.5	0.8	320

HSF=high saturated fat, LF=low fat, SFA=saturated fatty acids, MUFA=monounsaturated fatty acids,

PUFA=polyunsaturated fatty acids, CHO=carbohydrate

N.B. Milk and cheese were not supplied but subjects were asked to change the type of dairy products consumed according to each dietary phase

Supplemental table 2. Reported habitual dietary intakes of male and female subjects vs the typical UK diet (NDNS 2010)

Nutrient	Study participants				NDNS 2010				
	Male (n=42)		Female (n=40)		Male		Female		
	Mean	sd	Mean	sd	Mean	sd	Mean	sd	sd
Total energy (incl alcohol, kcal)	2333	604	1807	418	2255	691	1645	480	
%E from fat	38.3	6.5	36.2	7.0	35.5	6.5	34.7	7.0	
%E as CHO	44.6	7.1	46.6	7.0	46.8	6.6	47.8	7.5	
%E from protein	17.8	7.1	17.3	4.5	17.8	5.1	17.5	4.2	
%E as alcohol	4.4	4.0	4.4	4.4	7.8	9.5	2.9	6.2	
%E as SFA	13.4	3.6	12.3	3.6	13.0	3.3	12.6	3.4	
%E as MUFA	13.4	3.5	12.3	3.8	12.8	2.9	12.3	3.0	
%E trans	0.83	0.38	0.75	0.41	0.80	0.30	0.80	0.40	
%E n-3 PUFA	0.40	0.29	0.35	0.20	1.10	0.50	1.10	0.50	
%E n-6 PUFA	2.7	1.7	2.6	0.27	5.2	1.5	5.3	1.6	
Fibre (NSP, g/day)	16.8	5.1	14.8	4.2	15.1	5.6	13.0	4.8	
%E from sugar	18.9	6.6	19.5	5.7	20.3	6.8	21.0	7.9	
%E starch	24.2	6.4	25.2	7.1	26.5	5.3	26.8	6.4	
%E NMES	4.0	2.8	3.9	3.5	13.0	6.1	12.1	7.5	

CHO=carbohydrate SFA=saturated fatty acids MUFA=monounsaturated fatty acids PUFA=polyunsaturated fatty acids NSP=non-starch polysaccharides NMES=non-milk extrinsic sugar