Supplemental Table 1. Dietary nutrient intakes for participants for 3 days prior to each intervention arm.*

Dietary Parameter	GLU		EGG		WHITE		YOLK		p-value
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	
Energy (kcal)	1946.0	145.0	2046.0	146.0	1954.0	149.0	2012.0	111.0	0.79
Carbohydrate (g)	244.0	21.0	238.0	20.0	224.0	24.0	229.0	17.0	0.84
Protein (g)	79.0	7.0	81.0	6.0	83.0	6.0	84.0	4.0	0.66
Fat (g)	73.0	6.0	85.0	6.0	81.0	7.0	84.0	5.0	0.34
Saturated fat (g)	26.0	3.0	28.0	3.0	31.0	3.0	32.0	2.0	0.35
Trans fat (g)	2.1	0.3	2.7	0.3	3.0	0.4	2.4	0.2	0.17
Monounsaturated fat (g)	24.0	2.0	31.0	3.0	28.0	2.0	28.0	2.0	0.18
Polyunsaturated fat (g)	16.0	2.0	18.0	2.0	15.0	2.0	17.0	2.0	0.55
Cholesterol (mg)	185.0	22.0	213.0	25.0	236.0	25.0	253.0	25.0	0.09
Dietary fiber (g)	18.0	2.0	19.0	2.0	17.0	1.0	17.0	1.0	0.89
Soluble dietary fiber (g)	6.0	1.0	6.0	1.0	6.0	1.0	6.0	1.0	0.89
Insoluble dietary fiber (g)	12.0	1.0	13.0	1.0	11.0	1.0	11.0	1.0	0.77
Sodium (mg)	3038.0	222.0	3738.0	247.0	3213.0	187.0	3473.0	211.0	0.07
Potassium (mg)	2182.0	152.0	2346.0	164.0	2103.0	150.0	2248.0	125.0	0.66
Vitamin A (μg RAE)	627.0	86.0	642.0	78.0	579.0	67.0	635.0	67.0	0.70
Vitamin C (mg)	57.0	11.0	68.0	9.0	63.0	10.0	58.0	7.0	0.55
Vitamin D (μg)	3.7	0.8	3.7	0.6	3.0	0.6	4.0	0.5	0.08
α-Tocopherol (mg)	7.1^{b}	0.6	9.7^{a}	1.0	6.9^{a}	0.8	9.7^{b}	1.2	**0.04**
γ-Tocopherol (mg)	12.8	2.0	14.0	1.5	12.0	2.5	10.7	1.4	0.39
Vitamin K (μg)	72.0	10.0	123.0	22.0	78	9.0	93	28.0	0.14

*Data are means ± SEM (n = 20). Analyses were performed using 1-way RM ANOVA to determine main and interactive effects. Bonferroni's post-test was used to evaluate pair-wise differences. Those not sharing a common superscript are significantly different between groups, $P<0.05$. Treatments for each group are as follows: GLU – 100 g glucose, EGG – 75 g glucose + 1.5 whole eggs, WHITE – 75 g glucose + 7 egg whites, YOLK – 75 g glucose + 2 egg yolks.

Supplemental Table 2. Brachial artery responses for participants for each intervention arm.*

	GLU		EGG		WHITE		YOLK	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
Pre-Occlusion Diameter (mm)								
0 min	4.46	0.13	4.45	0.13	4.45	0.11	4.43	0.12
30 min	4.57	0.13	4.60	0.13	4.54	0.12	4.57	0.13
60 min	4.53	0.14	4.58	0.14	4.65†	0.13	4.52	0.13
90 min	4.50	0.13	4.57	0.11	4.58	0.14	4.65†	0.15
120 min	4.59	0.13	4.56	0.14	4.45	0.13	4.57	0.14
150 min	4.52	0.13	4.57	0.13	4.52	0.13	4.54	0.12
180 min	4.56	0.14	4.46	0.13	4.44	0.13	4.55	0.14
Maximal Post-Occlusion Diameter (mm)								
0 min	4.82	0.13	4.81	0.13	4.80	0.12	4.80	0.13
30 min	4.72	0.13	4.84	0.14	4.79	0.13	4.80	0.13
60 min	4.79	0.15	4.87	0.16	4.98†	0.14	4.80	0.14
90 min	4.83	0.13	4.88	0.11	4.91	0.15	4.96	0.16
120 min	4.95	0.14	4.87	0.15	4.79	0.13	4.88	0.13
150 min	4.88	0.15	4.86	0.14	4.85	0.13	4.83	0.13
180 min	4.90	0.15	4.81	0.14	4.75	0.14	4.87	0.14
Shear Rate $AUC_{0\text{-}180\ min}$								
0 min	32467	1554	31972	1560	32450	1661	32158	1715
30 min	30500	1984	28855	1528	29191	1881	28121	1594
60 min	29867	1681	27610	1317	30299	1581	28799	1613
90 min	27288†	1416	29923	1202	30231	1585	31423	1894
120 min	28977	1668	27804	1406	27988	1570	30598	2097

150 min	27704[†]	1848	27749	1467	29079	1925	28864	2138
180 min	28867	1878	29035	1474	28354	1294	28584	2007

[*]Data are means ± SEM (n = 20). Analyses were performed using 2-way RM ANOVA to determine main and interactive effects. Bonferroni's post-test was used to evaluate pair-wise differences. [†]Different from 0 min, $P<0.05$. There were no differences between trials postprandially ($P>0.05$). $AUC_{0\text{-}180\ min}$ was calculated using the trapezoidal rule and analyzed using 1-way RM ANOVA with Bonferroni's post-hoc test. AUC did not differ between treatments postprandially ($P>0.05$). AUC, area under the curve.