

## Supplementary Online Content

Jenkins DJA, Jones PJH, Lamarche B, et al. Effect of a dietary portfolio of cholesterol-lowering foods given at 2 levels of intensity of dietary advice on serum lipids in hyperlipidemia: a randomized controlled trial. *JAMA*. 2011;306(8):831-839.

**eTable 1.** Representative diets followed in control and dietary portfolio treatment groups

**eTable 2.** Adverse events

**eFigure.** Schematic representation of the study protocol

This supplementary material has been provided by the authors to give readers additional information about their work.

**eTable 1. Representative Diets Followed in Control and Dietary Portfolio Treatment Groups<sup>a</sup>**

Control	Dietary Portfolio
<b>Breakfast</b>	
Raisin bran cereal	Hot oat bran cereal
Skim milk	Soy beverage
Strawberries	Strawberries
Fat-free vanilla yogurt	Sugar and psyllium
Double-fruit jam	Oat bran bread
	Enriched margarine†
	Double-fruit jam
<b>Snack*</b>	
Bran muffin	Almonds
Light margarine	Soy beverage
Fresh fruit	Fresh fruit
<b>Lunch</b>	
Italian noodle soup with vegetables	Spicy black bean soup
Sandwich (grilled fat-free cheese, whole-wheat bread, light margarine)	Sandwich (soy deli slices, oat bran bread, enriched margarine†, lettuce, tomato, cucumber)
Salad (mixed greens and lettuce, tomato, cucumber, oil and vinegar dressing)	
<b>Snack*</b>	
Bran muffin	Almonds
Light margarine	Psyllium
Fresh fruit	Fresh fruit
<b>Dinner</b>	
Egg omelette (egg white, egg substitute, fat-free cheese, green peppers, onions, safflower oil)	Tofu bake with ratatouille (firm tofu, eggplant, onions, sweet peppers)
Pasta primavera	Pearled barley
Vegetables (eg, broccoli, cauliflower)	Vegetables (eg, broccoli, cauliflower)
<b>Snack*</b>	
Fresh fruit	Fresh fruit
Skim milk	Psyllium
	Soy beverage

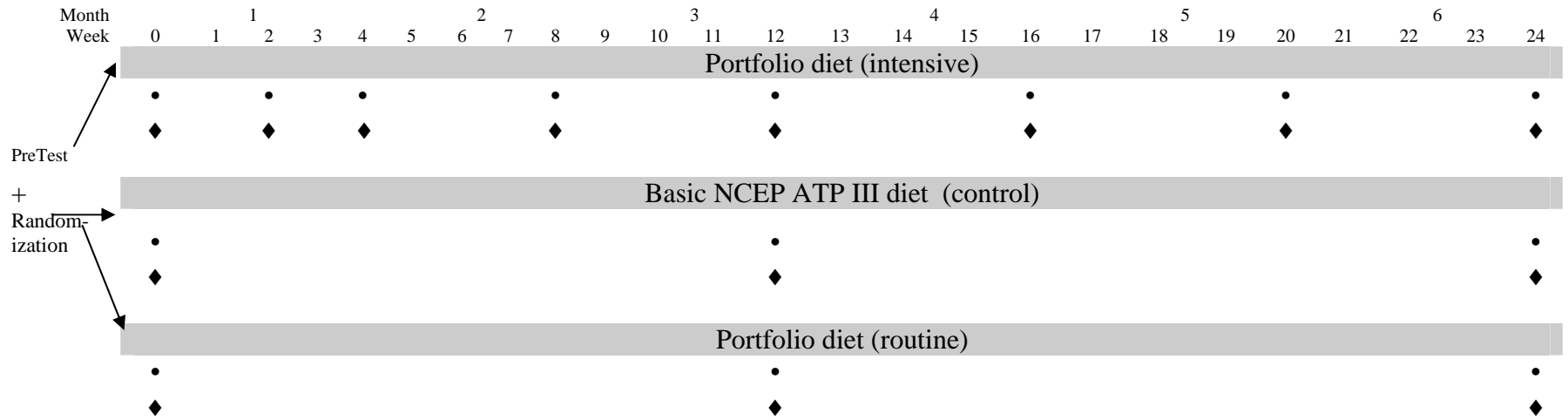
\*Snacks could be eaten with meals if desired.  
†Margarine was enriched with plant sterols.

<sup>a</sup>Published in Jenkins et al. *JAMA*. 2003;290(4):502-510 in a previous study in which food was provided.

**eTable 2. Adverse Events**

<b>Event</b>	<b>Intensive Treatment</b>	<b>Routine Treatment</b>	<b>Control Treatment</b>
Gastro-intestinal	-Diarrheal episode -Flare up of Diverticulitis	-Diarrheal episode -Abdominal pains for 3 wks	
Chest pain			-Chest pain episode to hospital emergency—no diagnosis -Chest pain (?or indigestion)
Allergy	-Facial flushing and itching at back of neck. Skin test positive for soy	-Skin rash. Skin test positive for soy and almonds	-Rash on arms and legs (?allergic) -Rash on chest after garlic—sensitive to sulphur drugs
Liver			-Hemangioma
Headache, dizziness, Depression	-Headache, dizziness, Depression -Blurred vision and dizziness	-Dizzy spell -Light headed -Tired and dizzy	-Migraines
Nerve damage	-Nerve damage from nerve block		-Nerve damage from nerve block
Hair loss	-Dry hair -Hair loss	-Hair loss	-Hair loss
Respiratory		-Asthmatic attacks started before study and worsened during study	
Breast tenderness/ Enlargement	-Tender left breast—mammogram NAD -Breast felt enlarged; mammogram—increased breast density	-Left breast tender on inspiration; previous rib fracture -Right breast tender to touch	
Infection	-Epididymitis -Gingivitis -UTI	-Bladder infection—E. Coli	-Prostatitis
Vagina	-Atrophic vaginitis (treated with estrogen cream)	-Vaginal spotting (blood)—NAD—previous endometriosis.	
Bleeding/bruising	-Nose bleed		
<b>Total events</b>	<b>N=15 (out of 101)</b>	<b>N=12 (out of 122)</b>	<b>N=9 (out of 122)</b>

**eFigure. Schematic Representation of the Study Protocol**



- Blood, BP & 7-day diet record
- ◆ Anthropometry