



Figure S1. Study design. (a) Information about the recommendations of Canada’s Food Guide and personalized recommendations to follow these dietary principles were provided to participants. (b) Nutrient and dietary intakes were assessed. (c) Anthropometric measurements were performed. (d) A booklet including all Mediterranean diet (MedDiet) recipes of the 7-day cyclic menu and a lecture on the MedDiet were offered to participants.

Table S1. The 7-day cyclic menu used during the controlled Mediterranean diet intervention.

Meals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	MÜSLIX Cereal	Whole grain bread	Bran muffin	MÜSLIX Cereal	Bran muffin with raisins	Whole grain bread	Whole grain bread
	Plain Yogurt	Cottage cheese	Plain Yogurt	Plain Yogurt	Plain Yogurt	Cottage cheese	Omelet
	Cantaloupe	Oranges	Strawberries and mango	Dates	Raspberries and blueberries	Honeydew melon	Grapefruit
	Almonds	Almonds	Pistachios	Almonds		Marmalade and margarine	Jalsberg cheese
Lunch	Shrimp rice	Moussaka	Lemon chicken	Cod with grilled tomatoes	Frittata	White Kidney bean soup	Mushroom and Almond chicken
	Greek Salad	Green salad and vinaigrette	Leek soup	Asparagus and orange salad	Couscous salad	Quinoa salad	Artichoke salad
		Wheat Baguette	Peppers, zucchini and brown rice	Vegetable couscous	Vegetable soup and bread	Whole grain bread	Green beans and brown rice
	Red grapes	Dried Fruits	Fruit Salad	Almond cake	Green grapes	Fruit Salad	Honeydew melon

Meals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner	Chicken cacciatore and broccoli	Trout and green beans	Greek Tilapia grilled peppers	Pasta Primavera	Tuna pasta	Chicken with vegetables	Chick pea and vegetable couscous
	Butternut squash soup	Vegetable salad	Spinach salad	White Kidney bean salad	Broccoli and cauliflower salad	Cheese and nut salad	Tomato and pepper soup
	Potatoes	Mushroom Risotto	Bulgur				
	Fruit Salad	Honeydew melon	Green grapes	Oranges	Dates	Cantaloupe	Baklava
Red wine with each dinner of the week							