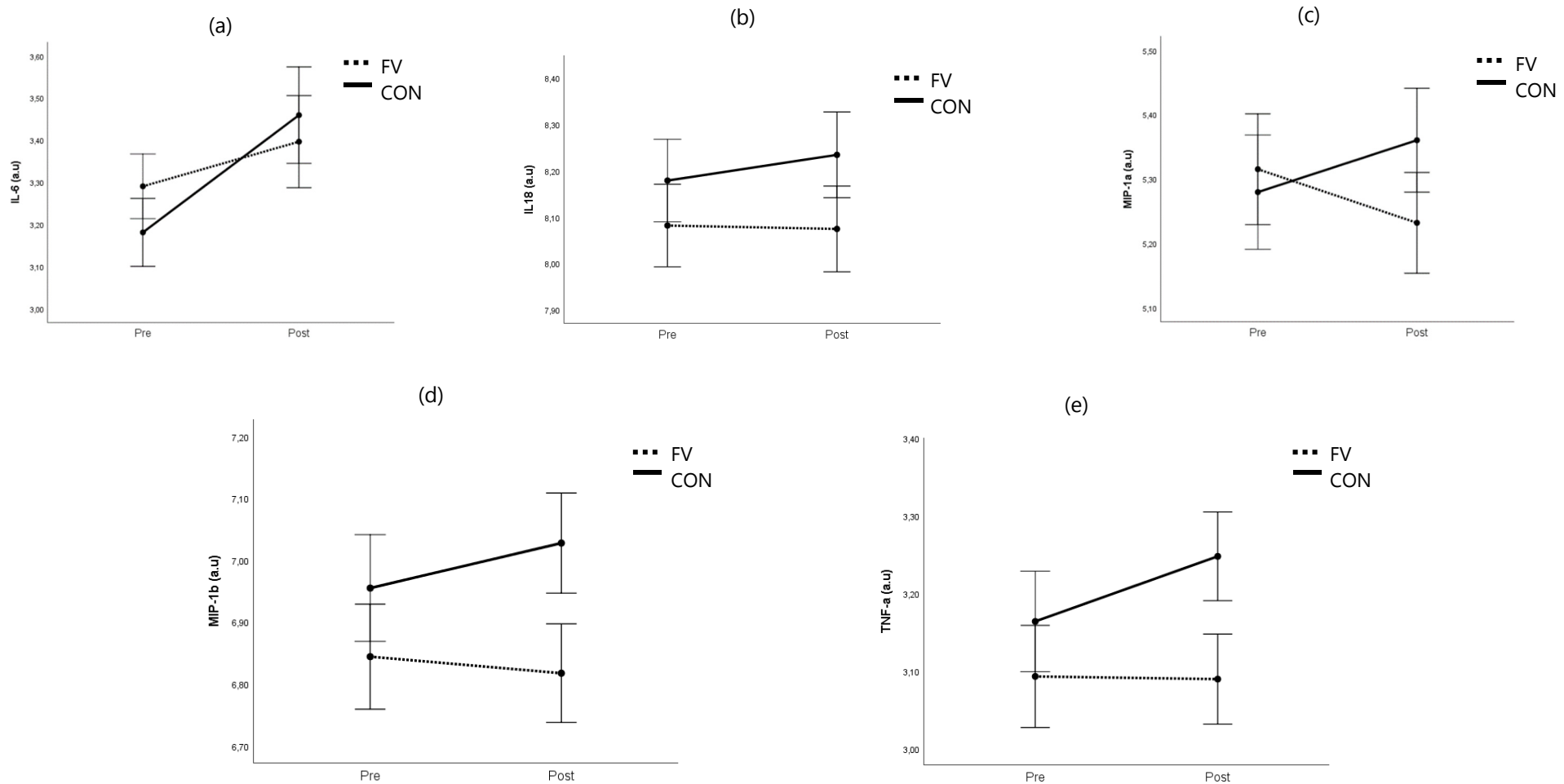


## Supplementary Materials



**Supplementary Figure S1.** Effect of intervention on IL-6 (a) , IL-18 (b), MIP-1 $\alpha$  (c), MIP-1 $\beta$  (d) and TNF- $\alpha$  (e). FV; fruit and vegetable group, CON; control group. a.u; arbitrary units. No significant time x group interaction was denoted.