

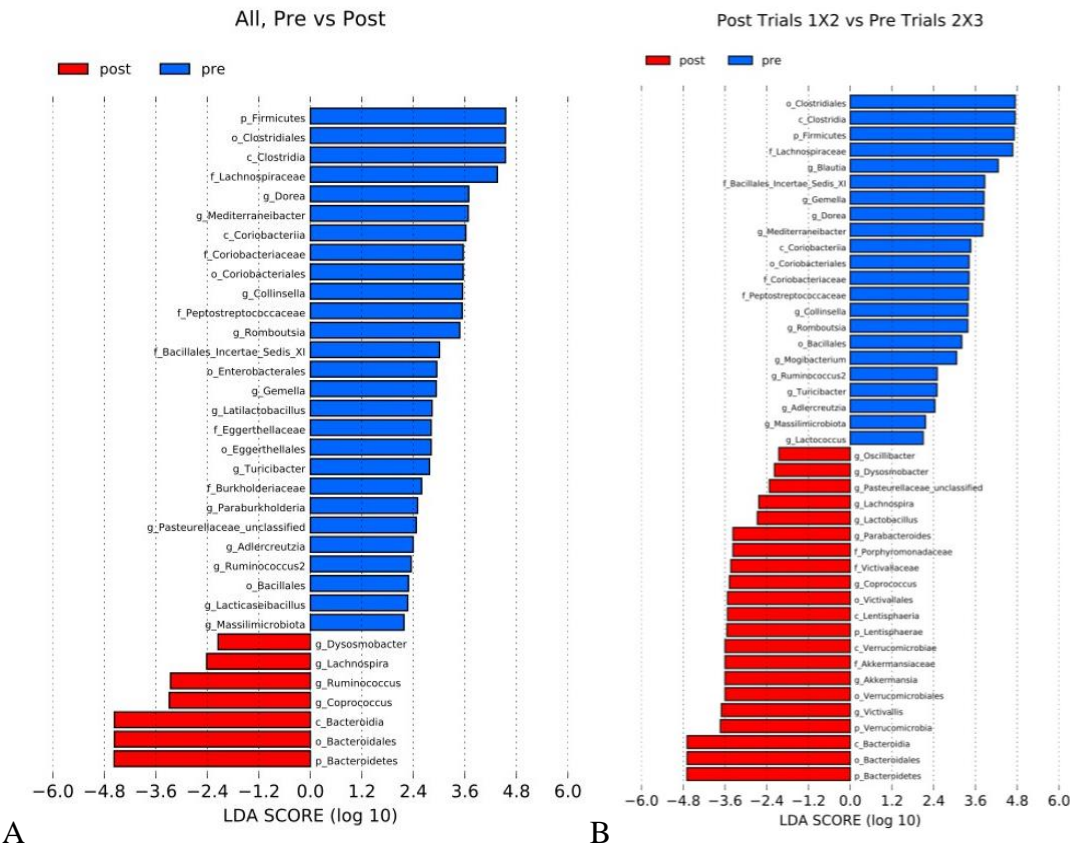
Healthy Dietary Pattern Cycling Affects Gut Microbiota and Cardiovascular Disease Risk Factors: Results from a Randomized Controlled Feeding Trial with Young, Healthy Adults

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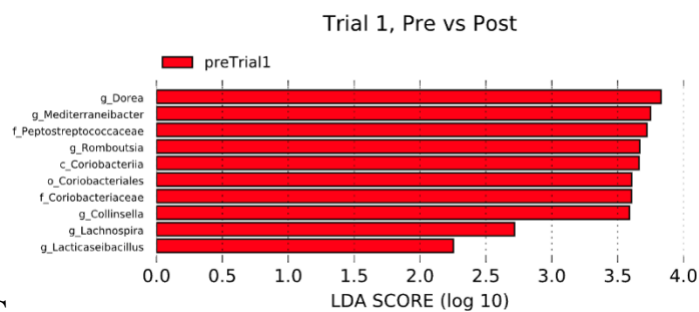
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Supplemental Figure S1. Taxa that were differentially represented based on linear discriminant analyses between post versus pre samples¹.

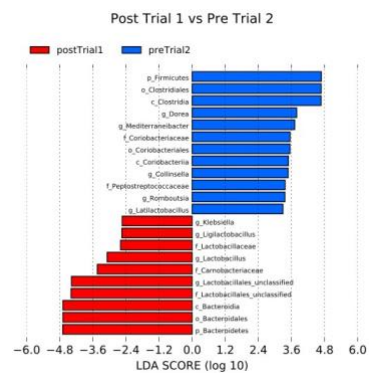
¹(A) when adopting the healthy dietary pattern (HDP), (B) when abandoning the HDP, (C) when adopting the HDP for the first time (Trial 1), (D) when abandoning the HDP for the first time (post Trial 1 vs pre Trial 2), (E) when adopting the HDP for the second time (Trial 2), (F) when abandoning the HDP for the second time (post Trial 2 vs pre Trial 3), and (G) when adopting the HDP for the third time (Trial 3). Bacterial taxa were represented with abbreviated taxonomic level followed by taxonomic name: p, phylum; c, class; o, order; f, family; g, genus.



C

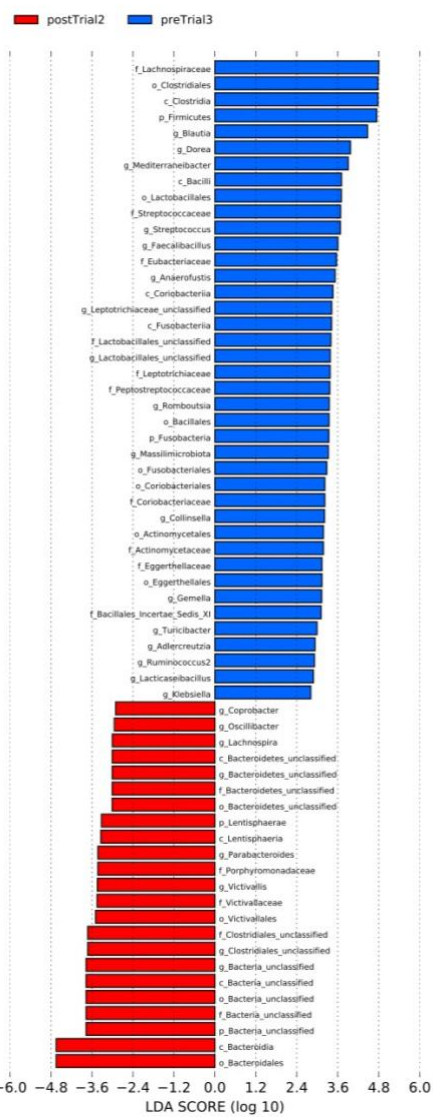


D

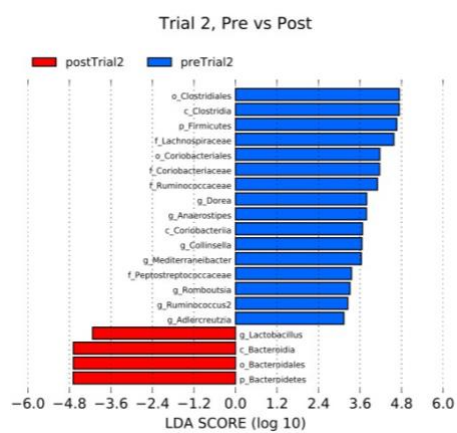


E

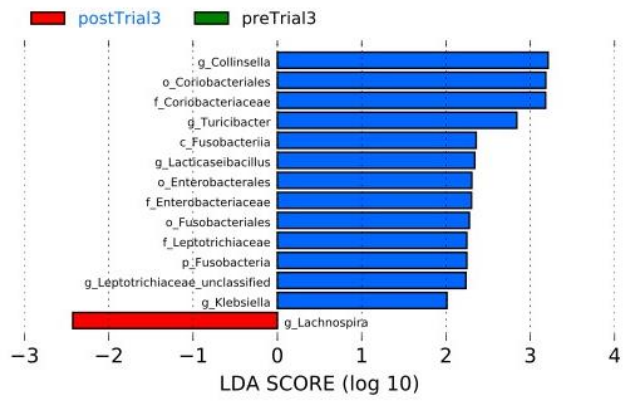
Post Trial 2 vs Pre Trial 3



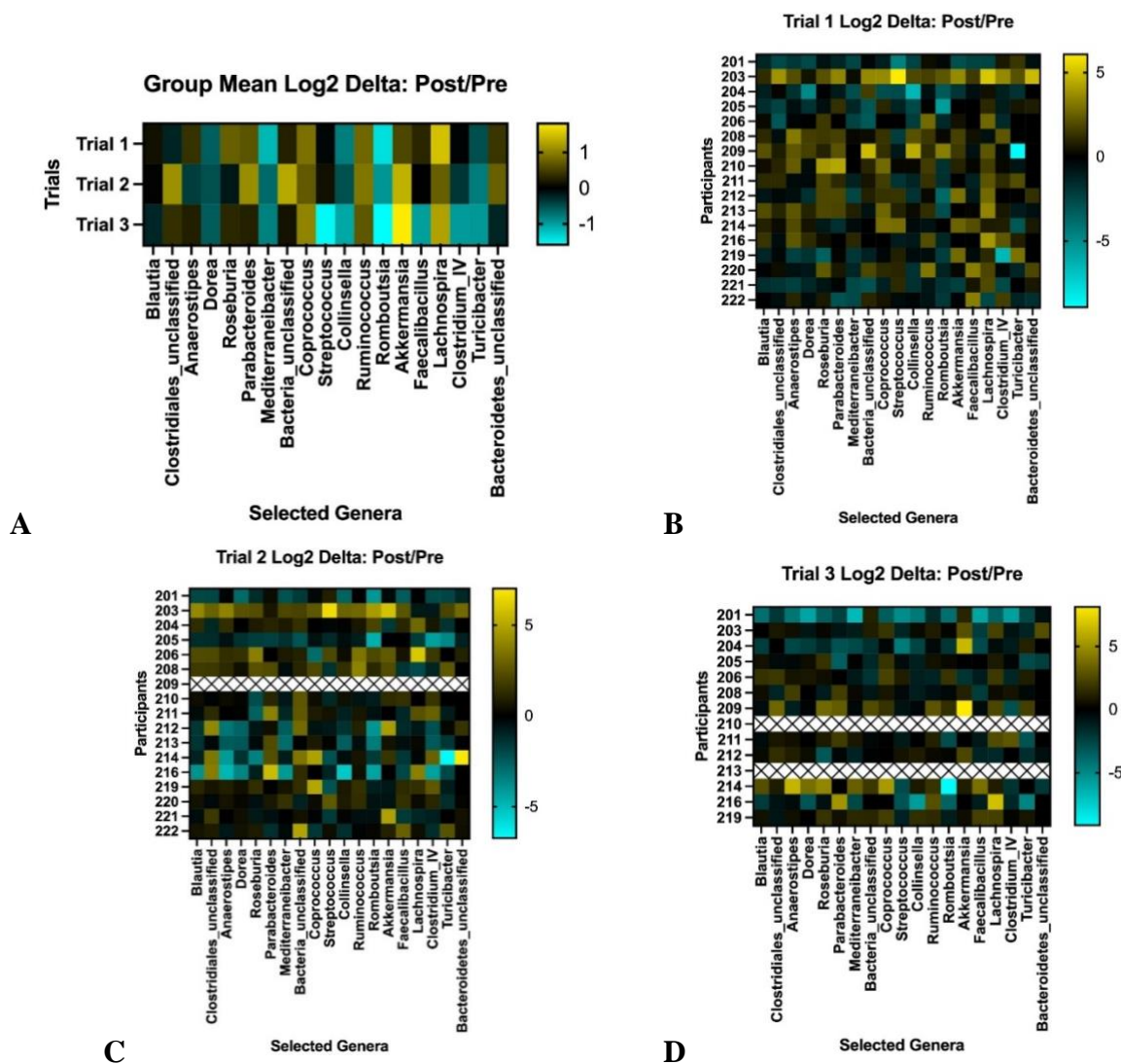
F



Trial 3, Pre vs Post

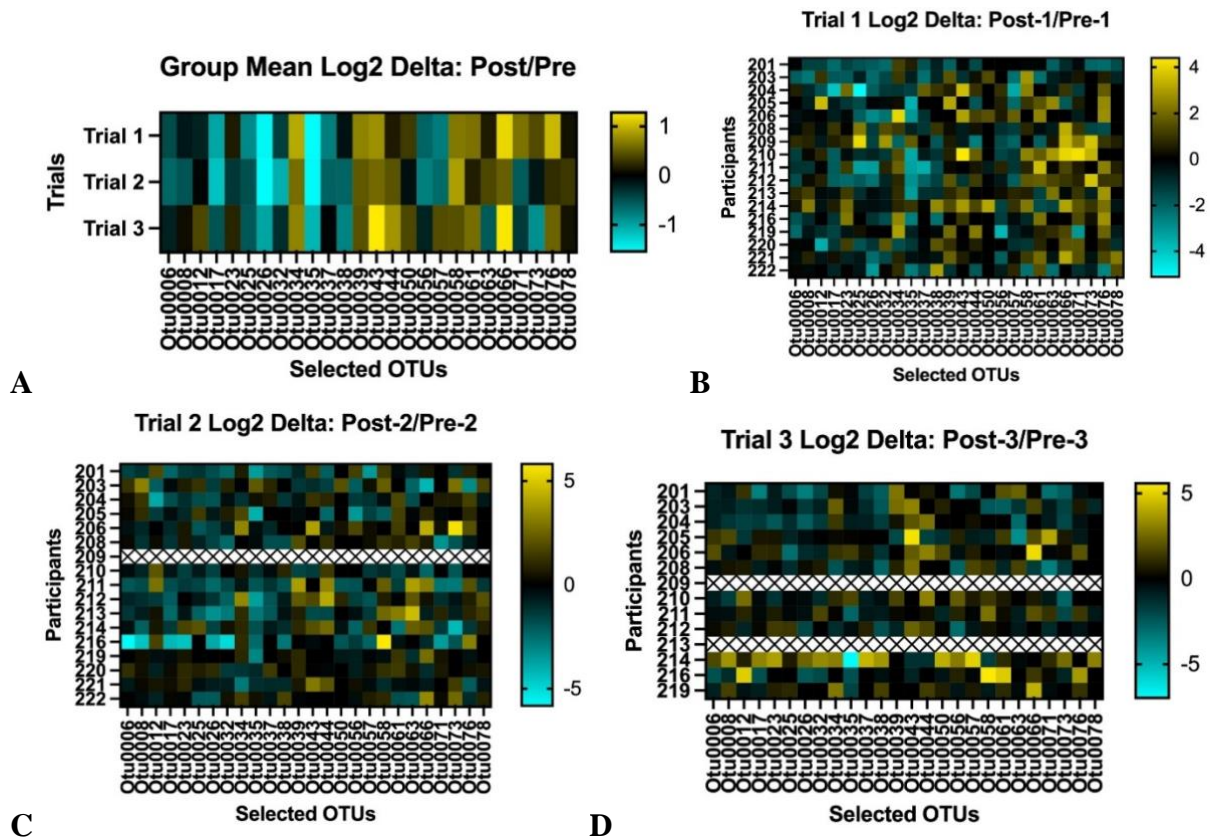


G



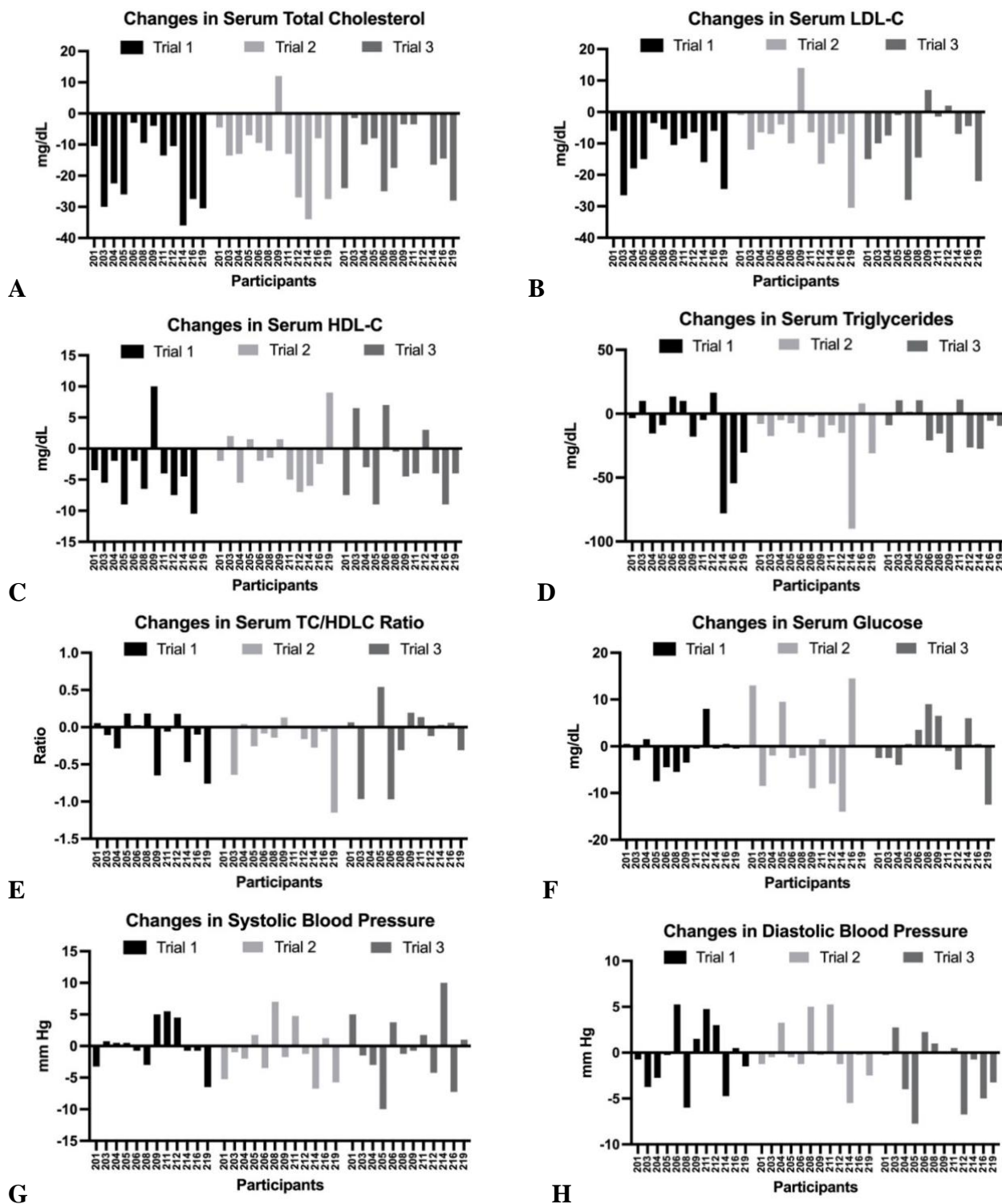
Supplemental Figure S2. Heatmaps of log₂-delta values (post-/pre-fold changes) of selected genera with at least 0.1% of relative abundance with three HDPs combined (A), within HDP 1 (B), HDP 2 (C), and HDP 3 (D)¹.

¹HDP, healthy dietary pattern, or trial.



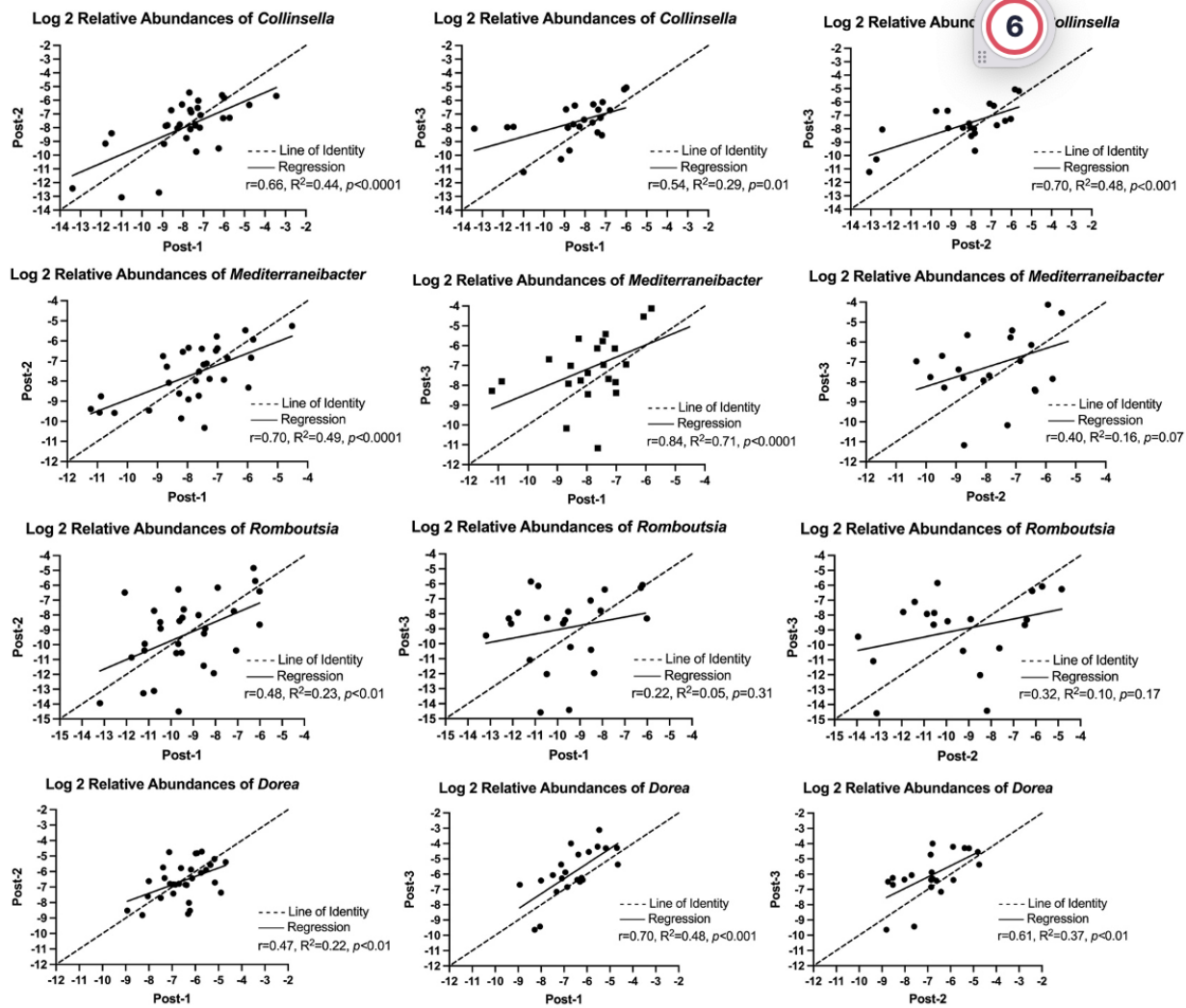
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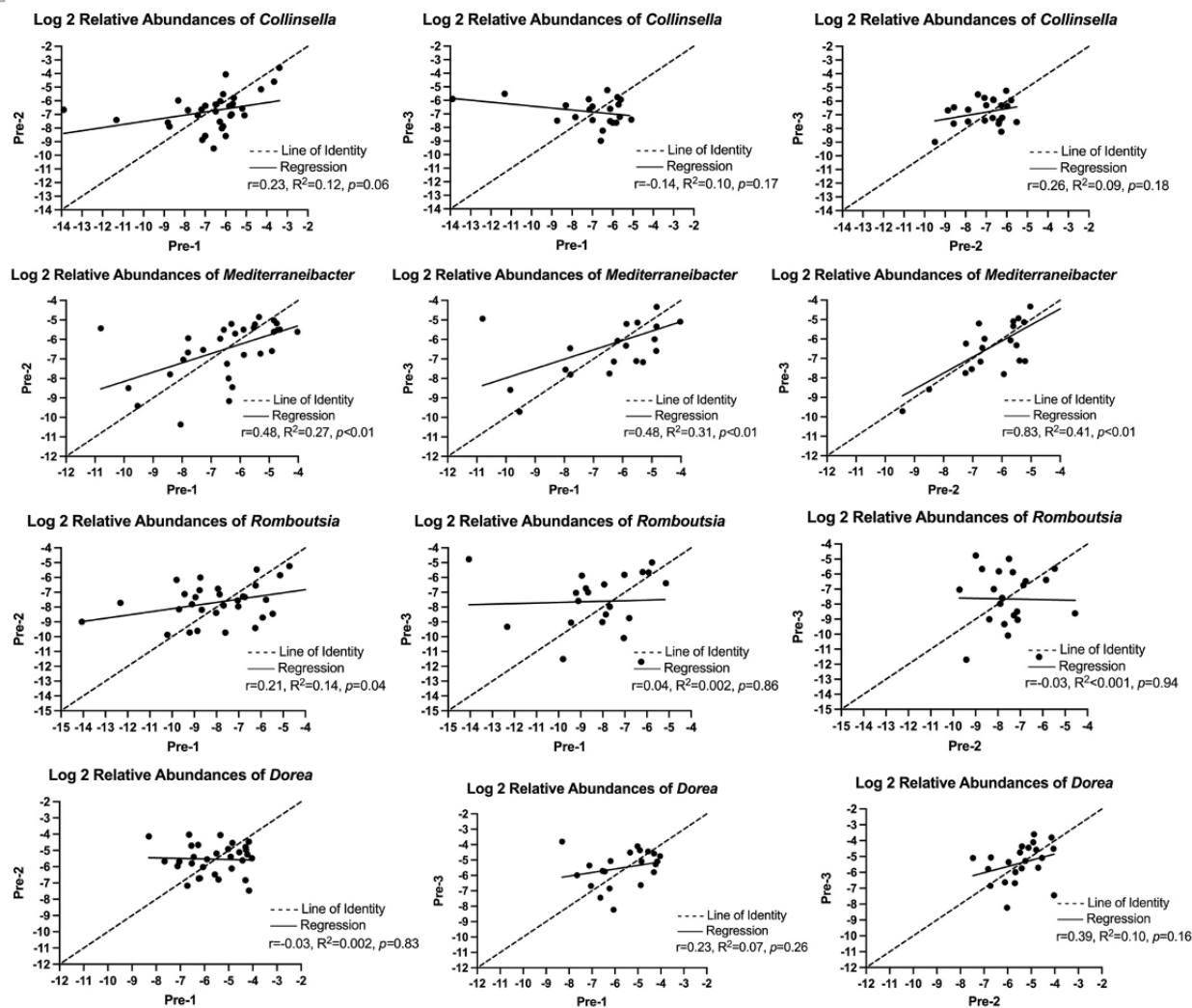
Supplemental Figure S4. Individual responses of serum total cholesterol (A), LDL-C (B), HDL-C (C), Triglycerides (D), TC/HDL-C ratio (E), glucose (F), and systolic blood pressure (G) and diastolic blood pressure (H)¹.

¹Using unadjusted post-pre change values (N=12). LDL-C, low-density lipoprotein cholesterol; TC, total cholesterol; HDL-C, high-density lipoprotein cholesterol. Trial refers to healthy dietary pattern (HDP).



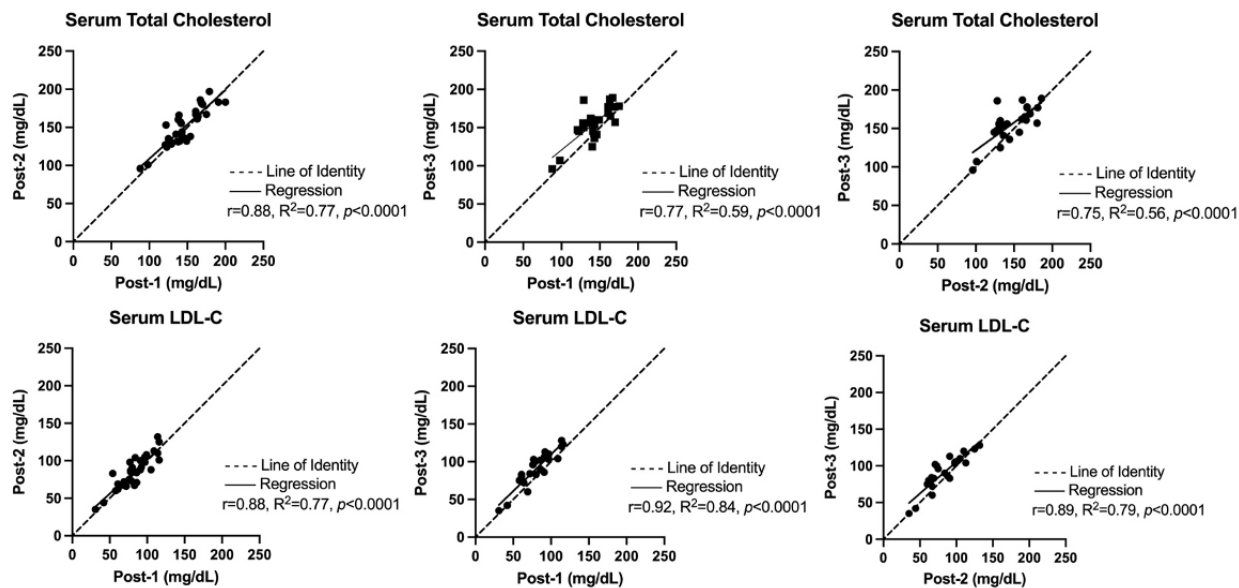
Supplemental Figure S5. Pairwise correlation analyses of selected bacterial genera using post-HDP values among the 3 HDPs¹.

¹Pearson's r and R^2 with significance measurement ($p<0.05$) are included in each plot. HDP, healthy dietary pattern.



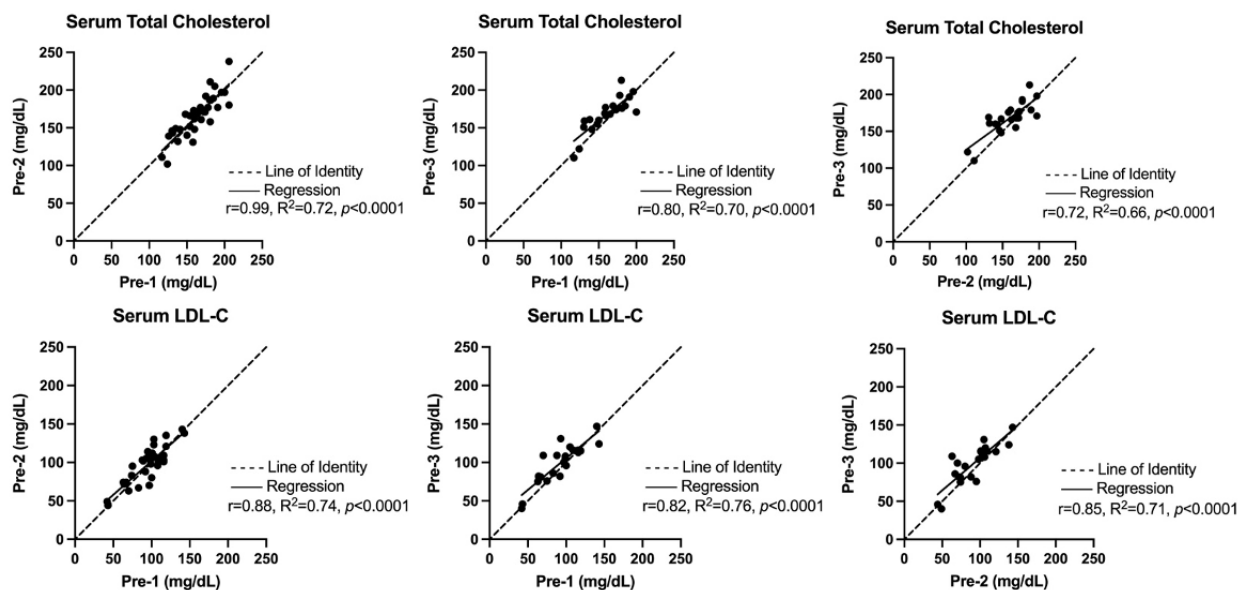
Supplemental Figure S6. Pairwise correlation analyses of selected bacterial genera using pre-HDP values among the 3 HDPs¹.

¹Pearson's r and R^2 with significance measurement ($p<0.05$) are included in each plot. HDP, healthy dietary pattern.



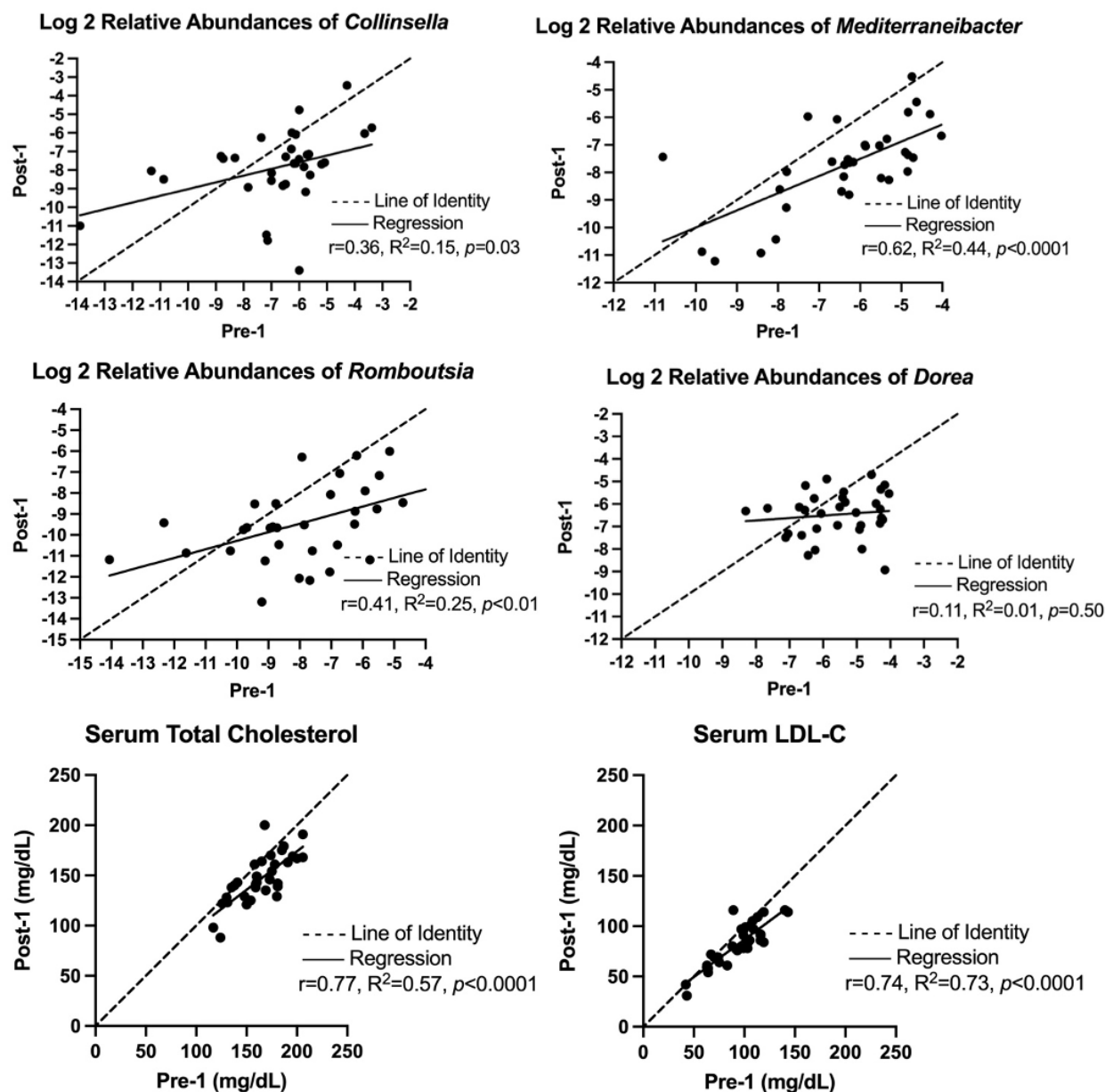
Supplemental Figure S7. Pairwise correlation analyses of selected blood lipids using post-HDP values among the 3 HDPs¹.

¹Pearson's r and R^2 with significance measurement ($p < 0.05$) are included in each plot. Results of correlation analyses using full completers who finished and provided blood lipid data for 3 HDPs ($N=12$) showed same statistical significance. HDP, healthy dietary pattern.



Supplemental Figure S8. Pairwise correlation analyses of selected blood lipids using pre-HDP values among the 3 HDPs¹.

¹Pearson's r and R^2 with significance measurement ($p<0.05$) are included in each plot. Results of correlation analyses using full completers who finished and provided blood lipid data for 3 HDPs ($N=12$) showed same statistical significance. HDP, healthy dietary pattern.



Supplemental Figure S9. Correlation analyses of selected bacterial taxa and blood lipids between pre-1 and post-1¹.

¹Pearson's r and R^2 with significance measurement ($p<0.05$) are included in each plot.