

Table S1 Food frequency questionnaire of adulthood volunteers who consumed anthocyanins-enriched diet at doses of 2 and 4 g/day with low DII but high DAQ-S. (N=23/arm). Data were presented as mean±S.E.M. *p-value<0.05; compared between before and after a 5-day study period.

Parameters	Anthocyanins-enriched diet (2 g/day)		Anthocyanins-enriched diet (4 g/day)	
	Baseline (N=23)	5-day (N=23)	Baseline (N=23)	5-day (N=23)
Rice cooked (scoop)	22.50±1.81	26.85±1.92 (p=0.107)	28.57±2.97	27.85±2.42 (p=0.956)
Meat (piece)	33.37±6.11	30.17±4.66 (p=0.843)	44.52±6.78	57.22±7.65 (p=0.187)
Egg	11.87±1.53	12.04±1.82 (p=0.942)	8.13±1.60	7.91±1.61 (p=0.826)
Milk (glass/box)	6.70±1.27	5.83±1.07 (p=0.921)	2.35±0.37	2.70±0.76 (p=0.972)
Vegetables (cup)	8.02±1.65	10.91±1.77 (p=0.244)	9.96±1.64	13.20±1.84 (p=0.193)
Fruit (cup)	8.26±1.63	9.70±1.68 (p=0.465)	6.48±1.67	10.26±1.72 *(p=0.025)