**SUPPLEMENTARY DATA**

Detailed nutrient composition for various tree nuts. Data adapted from USDA FoodData Central, Kornsteiner-Krenn et al. [1] and Bolling et al. [2]. ORAC, oxygen radical absorbance capacity.

\*mg GAE/68g

a µmol TE/68g

b µg/68 g

c g/68g

d % of total fatty acids

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Supplemental Table 1.** Detailed Comparison of Phenolic, Antioxidant, Vitamin, and Fatty Acid Composition of Tree Nuts | | | | | | | | | | | |
| Nut Type (mg/68g) | Flavan-3-ols | Anthocyanins | Proanthocyanidins | ORACa | ℽ-tocopherol | Folateb | Vitamin B6 | Total Lipidc | n9, 18:1 d | n6,18:2 d |
| Pecan | 10.87 | 12.25 | 324 | 12,199.2 | 16.6 | 15 | 142.8 | 48.9 | 46.2 | 39.1 |
| Almond | 3.04 | 1.67 | 120 | 3,028.7 | 0.6 | 30 | 93.2 | 35.7 | 68.1 | 22.9 |
| Walnut | 0 | 1.84 | 41 | 9,207.9 | 14.1 | 67 | 365 | 44.3 | 14.3 | 63.4 |
| Pistachio | 4.66 | 4.12 | 154 | 5,426.4 | 15.4 | 33.3 | 741.2 | 31.2 | 56.7 | 30.3 |
| Brazil nut | 0 | 0 | nd | 965.6 | 5.4 | 15 | 68.7 | 45.6 | 26.1 | 55.6 |
| Cashew | 1.35 | 0 | 1\* | 1,360 | 3.6 | 17 | 283.6 | 31.5 | 62 | 18.7 |
| Macadamia | 0 | 0 | nd | 1,156 | 0 | 8 | 187 | 50.1 | 60.1 | -- |
| Hazelnuts | 3.57 | 4.56 | 334 | 6,558.6 | 0 | 77 | 383 | 41.3 | 84 | 7.5 |

**Supplemental Table 2.** Foods to Exclude (Avoid) during the 4-week Intervention

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| **Fruits** | **Vegetables/Spices** | **Meats/Fish** | **Nuts/Legumes** |
| Raisins | Arugula | Pepperoni | Tree nuts (such as pecans\*, almonds, walnuts, pistachios, brazil nuts, hazelnuts, macadamia nuts, etc.) |
| Prunes | Spinach | Salami | Nut butters (such as peanut butter) |
| Plums | Heavily spiced dishes | Deli meat (sliced beef, ham, turkey, chicken) | Peanuts |
| Blueberries | Cabbage | Bacon | Black beans |
| Raspberries | Kale | Hot Dogs | Kidney beans |
| Strawberries | Beets, and beet juice |  | Pinto beans |
| Blackberries | Radishes |  |  |
| Cranberries (dried or fresh) | Lettuce |  |  |
| Cherries | Mint (fresh, dried, candied) |  |  |
| Agave | Peppermint |  |  |
| Dark Chocolate | Artichokes |  |  |
| Cocoa powder | Celery |  |  |
|  | Dill |  |  |
|  | Leeks |  |  |
|  | Turnips |  | \*control group only |

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| **Supplemental Table 3.** Nutrient breakdown for pecans (68 grams) | |
| Energy (kcal) | 469.9 |
| Carbohydrates (g) | 9.4 |
| Total Sugars (g) | 2.7 |
| Total Dietary Fiber (g) | 6.5 |
| Protein (g) | 6.2 |
| Fat (g) | 48.9 |
| SFA (g) | 4.2 |
| MUFA (g) | 27.7 |
| Oleic Acid | 27.6 |
| Palmitoleic Acid | 0.1 |
| PUFA (g) | 14.7 |
| ALA (ω-3) | 0.7 |
| Linoleic Acid (ω-6) | 14.0 |
| γ-Tocopherol (mg) | 16.6 |
| Anthocyanins (mg) | 12.3 |
| Proanthocyanidins (mg) | 324 |
| Flavan-3-ols (mg) | 10.9 |
| Kcal= kilocalorie; g=gram; SFA=Saturated Fatty Acid; MUFA=Monounsaturated Fatty Acid; PUFA=Polyunsaturated Fatty Acid; ALA=Alpha-Linolenic Acid. | |