

Supplementary Online Content

Jenkins DJA, Jones PJH, Lamarche B, et al. Effect of a dietary portfolio of cholesterol-lowering foods given at 2 levels of intensity of dietary advice on serum lipids in hyperlipidemia: a randomized controlled trial. *JAMA*. 2011;306(8):831-839.

eTable 1. Representative diets followed in control and dietary portfolio treatment groups

eTable 2. Adverse events

eFigure. Schematic representation of the study protocol

This supplementary material has been provided by the authors to give readers additional information about their work.

eTable 1. Representative Diets Followed in Control and Dietary Portfolio Treatment Groups^a

Control	Dietary Portfolio
Breakfast	
Raisin bran cereal	Hot oat bran cereal
Skim milk	Soy beverage
Strawberries	Strawberries
Fat-free vanilla yogurt	Sugar and psyllium
Double-fruit jam	Oat bran bread
	Enriched margarine†
	Double-fruit jam
Snack*	
Bran muffin	Almonds
Light margarine	Soy beverage
Fresh fruit	Fresh fruit
Lunch	
Italian noodle soup with vegetables	Spicy black bean soup
Sandwich (grilled fat-free cheese, whole-wheat bread, light margarine)	Sandwich (soy deli slices, oat bran bread, enriched margarine†, lettuce, tomato, cucumber)
Salad (mixed greens and lettuce, tomato, cucumber, oil and vinegar dressing)	
Snack*	
Bran muffin	Almonds
Light margarine	Psyllium
Fresh fruit	Fresh fruit
Dinner	
Egg omelette (egg white, egg substitute, fat-free cheese, green peppers, onions, safflower oil)	Tofu bake with ratatouille (firm tofu, eggplant, onions, sweet peppers)
Pasta primavera	Pearled barley
Vegetables (eg, broccoli, cauliflower)	Vegetables (eg, broccoli, cauliflower)
Snack*	
Fresh fruit	Fresh fruit
Skim milk	Psyllium
	Soy beverage

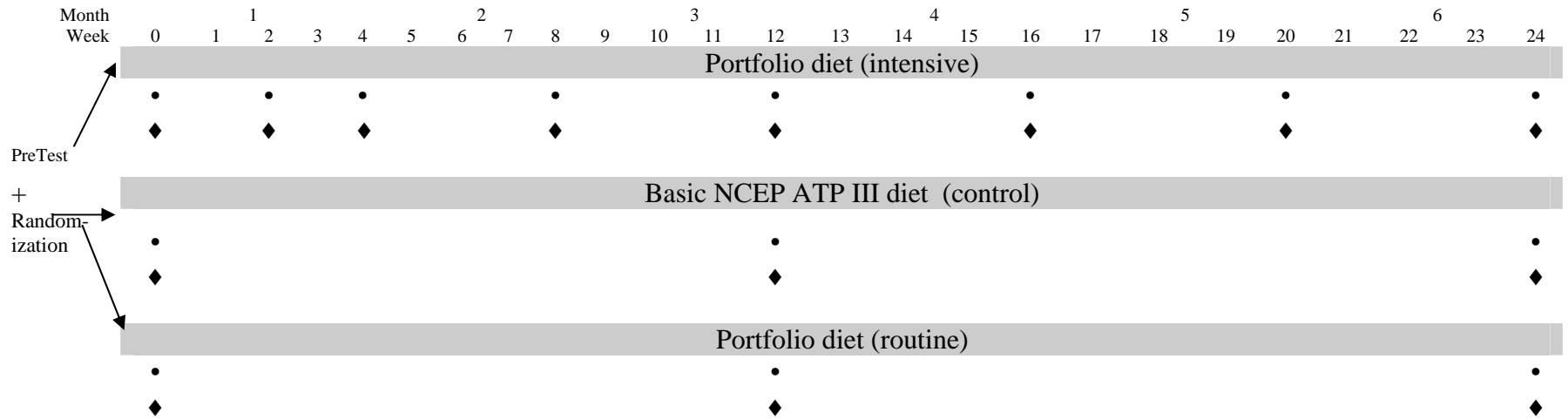
*Snacks could be eaten with meals if desired.
†Margarine was enriched with plant sterols.

^aPublished in Jenkins et al. *JAMA*. 2003;290(4):502-510 in a previous study in which food was provided.

eTable 2. Adverse Events

Event	Intensive Treatment	Routine Treatment	Control Treatment
Gastro-intestinal	-Diarrheal episode -Flare up of Diverticulitis	-Diarrheal episode -Abdominal pains for 3 wks	
Chest pain			-Chest pain episode to hospital emergency—no diagnosis -Chest pain (?or indigestion)
Allergy	-Facial flushing and itching at back of neck. Skin test positive for soy	-Skin rash. Skin test positive for soy and almonds	-Rash on arms and legs (?allergic) -Rash on chest after garlic—sensitive to sulphur drugs
Liver			-Hemangioma
Headache, dizziness, Depression	-Headache, dizziness, Depression -Blurred vision and dizziness	-Dizzy spell -Light headed -Tired and dizzy	-Migraines
Nerve damage	-Nerve damage from nerve block		-Nerve damage from nerve block
Hair loss	-Dry hair -Hair loss	-Hair loss	-Hair loss
Respiratory		-Asthmatic attacks started before study and worsened during study	
Breast tenderness/ Enlargement	-Tender left breast—mammogram NAD -Breast felt enlarged; mammogram--increased breast density	-Left breast tender on inspiration; previous rib fracture -Right breast tender to touch	
Infection	-Epididymitis -Gingivitis -UTI	-Bladder infection—E. Coli	-Prostatitis
Vagina	-Atrophic vaginitis (treated with estrogen cream)	-Vaginal spotting (blood)—NAD—previous endometriosis.	
Bleeding/bruising	-Nose bleed		
Total events	N=15 (out of 101)	N=12 (out of 122)	N=9 (out of 122)

eFigure. Schematic Representation of the Study Protocol



- Blood, BP & 7-day diet record
- ◆ Anthropometry