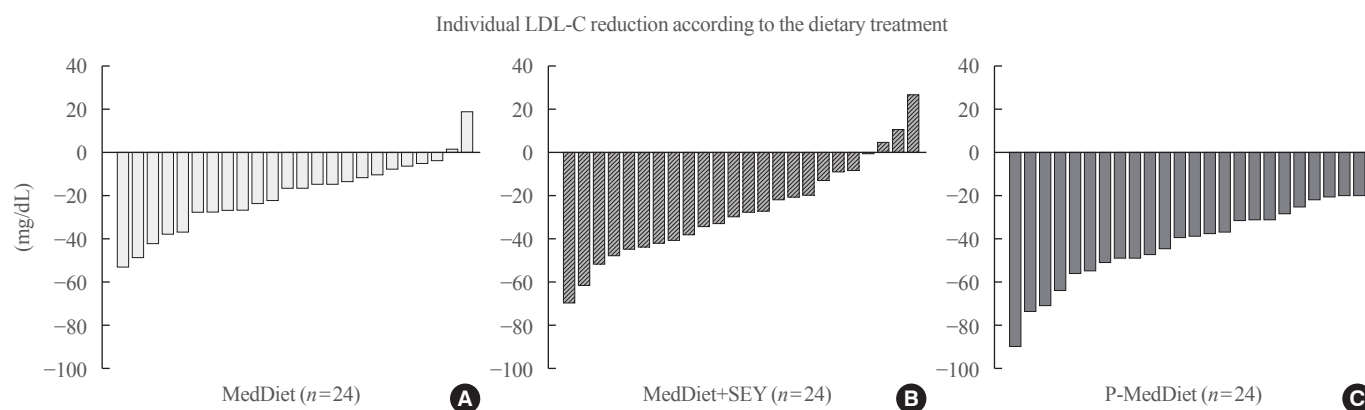


**Supplemental Table S1.** Servings of Various Food Categories Consumed Daily or Weekly during the Study According with the Dietary Treatment

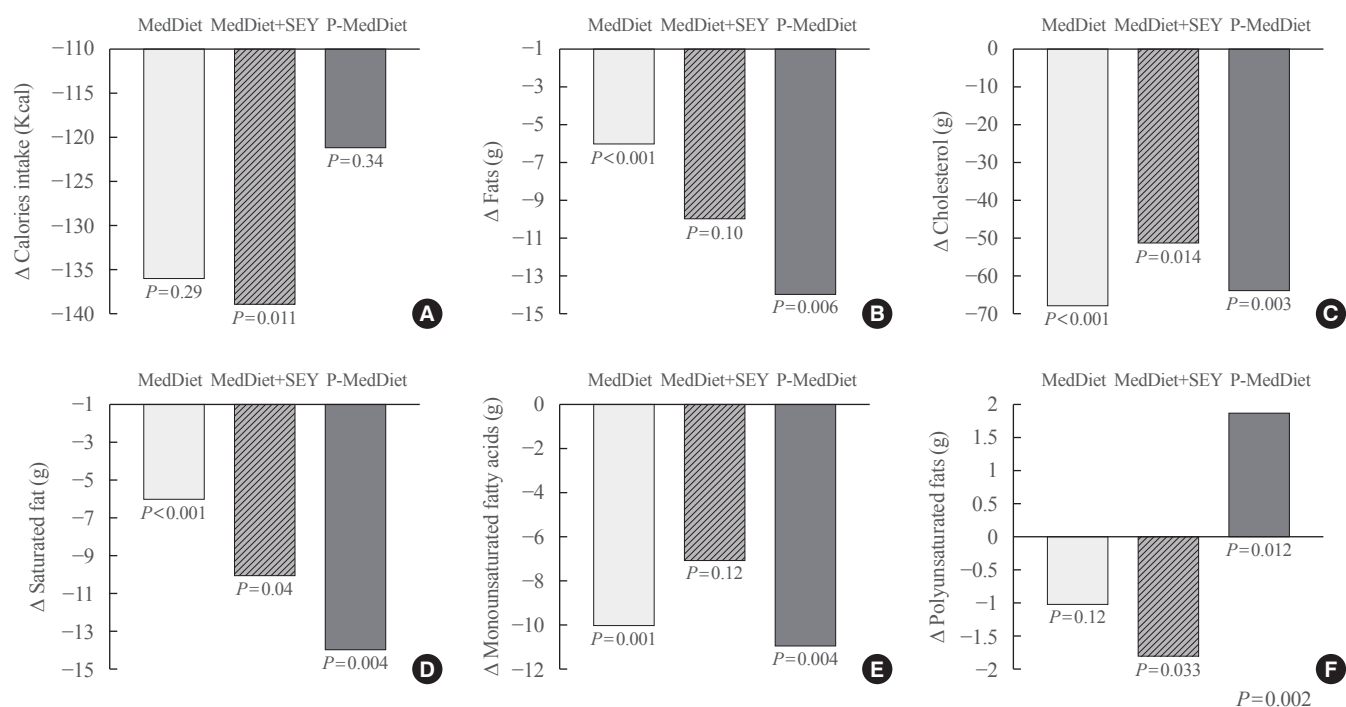
| Food categories                      | MedDiet<br>(n=24) | MedDiet+SEY<br>(n=24) | P-MedDiet<br>(n=24) |
|--------------------------------------|-------------------|-----------------------|---------------------|
| Whole-grain products,<br>serving/day | 4–5               | 4–5                   | 4–5 <sup>a</sup>    |
| Fruit/vegetables,<br>serving/day     | 8–10              | 8–10                  | 8–10                |
| Nuts, serving/day                    | 1–2               | 1–2                   | -                   |
| Legumes, serving/wk                  | 2–3               | 2–3                   | 2–3                 |
| Cheese and yogurt,<br>serving/wk     | 2                 | 2 <sup>b</sup>        | 2 <sup>b</sup>      |
| Poultry, serving/wk                  | <3                | <3                    | <3                  |
| Red meat, serving/wk                 | <2                | <2                    | <2                  |
| Fish, serving/wk                     | 3–4               | 3–4                   | 3–4                 |
| Extravirgin olive oil, g/wk          | >200              | >200                  | >200                |
| Chitosan, times/day                  | -                 | -                     | 1                   |
| Green tea, cups/day                  | -                 | -                     | 2–3                 |

MedDiet, Mediterranean Diet; SEY, sterol-enriched yogurt; P-MedDiet, Portfolio-Mediterranean Diet.

<sup>a</sup>2 serving/day of oats or barley; <sup>b</sup>1 serving/day of sterol-enriched yogurt.



**Supplemental Fig. S1.** Individual low density lipoprotein cholesterol (LDL-C) reduction according to the dietary treatment. (A) Mediterranean Diet (MedDiet). (B) Sterol-enriched yogurt (SEY). (C) Portfolio-Mediterranean Diet (P-MedDiet).



**Supplemental Fig. S2.** Nutrients intake changes during the dietary treatment. (A) Calories intake change, (B) fats change, (C) cholesterol change, (D) saturated fat change, (E) monounsaturated fatty acids change, and (F) polyunsaturated fats change. MedDiet, Mediterranean Diet; SEY, sterol-enriched yogurt; P-MedDiet, Portfolio-Mediterranean Diet.