

1 **Supplementary Data 1**

2 A table of sensitivity values for the avocado study.

3 **Supplementary Data 2**

4 A table of sensitivity values for the grain study.

5 **Supplementary Data 3**

6 A table of sensitivity values for the walnut study.

7 **Supplementary Data 4**

8 A table of sensitivity values for the almond study.

9 **Supplementary Data 5**

10 A table of sensitivity values for the broccoli study.

11 **Supplementary Data 6**

12 A table of sensitivity values for the study of high-fiber foods or fermented foods.