

Table S1: Comparison of body composition outcomes for all participants completing the study.

Variable	<i>n</i>	Baseline Mean (SD)	Week 8 Mean (SD)	Change (95% CI) ^a	Difference between diets ^b	<i>P</i> ^c
Weight (kg)						
HP	37	89.8 (14.9)	85.3 (14.7)	- 4.5 (-3.7, -5.4)	-1.3 (-2.5, -0.1)	0.039
HFib	37	91.8 (14.5)	88.5 (14.9)	-3.3 (-2.4, -4.2)		
BMI (kg/m ²)						
HP	37	32.9 (4.6)	31.3 (4.5)	-1.7 (-1.4, -2.0)	-0.5 (-0.9, -0.1)	0.020
HFib	37	33.6 (4.4)	32.5 (4.7)	-1.2 (-0.9, -1.5)		
Total body fat (kg)						
HP	34	38.2 (7.8)	34.2 (8.5)	-4.0 (-4.6, -3.4)	-1.3 (-2.4, -0.1)	0.029
HFib	36	41.8 (10.1)	39.3 (10.7)	-2.5 (-3.5, -1.6)		
Total body fat (%)						
HP	34	44.2 (4.4)	41.5 (5.5)	-2.7 (-3.2, -2.1)	-0.9 (-1.9, -0.3)	0.049
HFib	36	46.1 (5.5)	44.5 (6.6)	-1.5 (-2.3, -0.7)		
Total lean mass (kg)						
HP	34	45.0 (5.0)	44.8 (5.1)	-0.2 (-0.6, 0.2)	0.3 (-0.4, 0.9)	0.414
HFib	36	45.3 (4.7)	44.9 (4.9)	-0.4 (-0.9, 0.04)		
Truncal body fat (kg)						
HP	34	19.3 (4.6)	16.7 (5.1)	-2.6 (-3.1, -2.2)	-0.6 (-1.4, 0.1)	0.103
HFib	36	21.5 (5.5)	19.6 (5.9)	-1.8 (-2.5, -1.3)		
Waist (cm)						
HP	37	93.5 (10.8)	88.3 (10.4)	-5.4 (-6.3, -4.5)	-0.9, (-2.4, 0.5)	0.183
HFib	37	97.2 (12.0)	92.5 (11.4)	-4.7 (-3.6, -5.8)		
SBP ^d (mm Hg)						
HP	37	126 (16)	121 (15)	-5.4 (-8.4, -2.4)	-3.1 (-6.8, 0.6)	0.095
HFib	37	124 (14)	122 (13)	-1.7 (-4.4, 1.0)		
DBP ^e (mm Hg)						
HP	37	80 (10)	75 (8)	-4.7 (-6.7, -2.8)	-3.7 (-6.2, -1.1)	0.005
HFib	37	80 (10)	79 (10)	-0.9 (-3.1, 1.2)		

^a Change estimated by paired t-test; ^b difference between HP and HFib diets estimated by ANCOVA with adjustment for baseline value; ^c p-value for the difference between the HP and HFib diets, ^d systolic blood pressure, ^e diastolic blood pressure .