

Additional file 1

Schedule on intake of the intervention foods

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
W 1	The day you were at the dietitian: - 0.5 tablespoons flaxseeds - 0.5 dl green soybeans - 1 tablespoon roasted soybeans	- 0.5 tablespoons flaxseeds - 0.5 dl green soybeans - 1 tablespoon roasted soybeans	- 1 tablespoon flaxseeds, - 0.5 dl green soybeans - 1.5 tablespoons roasted soybeans	- 1 tablespoon flaxseeds - 0.5 dl green soybeans - 2 tablespoons roasted soybeans	- 1.5 tablespoons flaxseeds - 1 dl green soybeans - 2 tablespoons roasted soybeans	- 1.5 tablespoons flax seeds - 1 dl green soybeans - 2.5 tablespoons roasted soybeans	- 2 tablespoons flax seeds - 1 dl green soybeans - 2.5 tablespoons roasted soybeans
W 2	- 2.5 tablespoons flaxseeds - 1 dl green soybeans - 3 tablespoons roasted soybeans	- 3 tablespoons flaxseeds - 1 dl green soybeans - 3.5 tablespoons roasted soybeans This is the daily intake for the rest of the time!	Try to get into a routine! Perhaps flaxseeds for breakfast, green soybeans for dinner, and roasted soybeans as evening snacks?	Remember to drink extra water! The intestines need it to be able to process the extra fiber.			The dietitian will call one day, do you have any questions?
W 3		Try making hummus from the green soybeans and put it on crispbread!					
W 4	Now it's halftime! Remaining from: Flax seeds: ___ package Green soybeans: ___ package Roasted soybeans: ___package (fill in quantity)			Maybe try a new recipe? Feel free to search the internet for inspiration!			
W 5							
W 6							The last day! Remaining from: Flaxseeds: ___ package green soybeans: ___ package roasted soybeans: ___ package (fill in quantity)

Remember! 3 tablespoons flaxseeds (28 grams), 1 dl (47 g) green soybeans, and 3.5 (28 g) tablespoons roasted soybeans a day. Do not forget to drink extra water, the intestine needs it for the extra fiber in the diet. Good luck!