SUPPLEMENTAL MATERIAL

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Supplemental Table I. Targets and means of nutrients intakes consumed by participants in the CHH diet group during the 28-day intervention phase.

| Nutrient                  | Targets | CHH diet Actual intake Mean (95% CI) | DASH diet* |
|---------------------------|---------|-------------------------------------|------------|
| Total energy (kcal)       | 2000    | 2280 (2210,2349)                    | 2100       |
| Fat (% of total kcal)     | 25–27   | 24 (24,25)                          | 27         |
| Carbohydrates (% of total kcal) | 55–60   | 59 (59,60)                          | 55         |
| Protein (% of total kcal) | 17–19   | 18 (18,19)                          | 18         |
| Fiber (g/day)             | 30      | 26 (25,27)                          | 31         |
| Sodium (mg/day)           | 3000    | 2804 (2682,2926)                    | 3000       |
| Potassium (mg/day)        | 3700    | 3815 (3692,3937)                    | 4700       |
| Magnesium (mg/day)        | 500     | 512 (497,526)                       | 500        |
| Calcium (mg/day)          | 1200    | 983 (959,1006)                      | 1240       |

*, nutrient targets in DASH study.
## DECIDE-Diet Study Group

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