

**Table 2.** Dietary intakes of study participants during the run-in period and throughout the study

	Control food			Synbiotic food			<i>P</i> <sup>**</sup>
	Run-in (n=26)	Throughout the study (n=26)	<i>P</i> <sup>*</sup>	Run-in (n=26)	Throughout the study (n=26)	<i>P</i> <sup>*</sup>	
Energy (kcal/d)	2324±203	2384±237	0.542	2370±141	2396±239	0.368	0.659
Carbohydrates (g/d)	326.8±30.2	326.4±45.1	0.955	323.2±48.9	337.3±39.6	0.315	0.363
Protein (g/d)	88±9.5	88±13.2	0.991	85.1±18.9	93.6±21.4	0.099	0.143
Fat (g/d)	82.5±12.5	87.5±10.2	0.118	79.9±18.1	82.6±14.6	0.642	0.715
SFA (g/d)	23.8±5.6	26.3±3.8	0.067	22.8±7.4	24.1±5.6	0.488	0.609
PUFA (g/d)	27.6±6.4	25.9±5.5	0.279	27.6±6.7	23.6±5	0.067	0.372
MUFA (g/d)	21.7±5.1	25.4±5.9	0.013	20.9±7.5	22.8±6.9	0.407	0.504
Cholesterol (mg/d)	210.8±110.8	216.7±107.1	0.815	209.3±159.1	190.6±102.9	0.504	0.512
Dietary fiber (g/d)	18.1±4	19.5±4.2	0.180	17.9±4.8	20.5±3.8	0.022	0.397

Data are means± standard deviations.

\**P*-values were obtained via the paired t test. \*\**P*-values were obtained via the independent t test for the comparison of dietary intakes throughout the study between the two groups.

SFA: Saturated fatty acid; PUFA: Polyunsaturated fatty acid; MUFA: Monounsaturated fatty acid.