

# SUPPLEMENTARY FILE

**Table S1.** Composition of particular diets used in the study [61].

	High-fiber diet		Basic diet		Standard diet	
Breakfast	milk	400 mL	cereal coffee + milk	250 mL		
	oat flakes or others	50 g	light bread	80 g	hot chocolate	250 mL
	wholemeal bread	80 g	butter	10 g	mixed bread	80 g
	cottage cheese	100 g	cottage cheese	100 g	ham sausages	150 g
	jam / 25 g	25 g	(+ 10 g chives and 25 g cucumber)		mustard	10 g
Lunch	tea	250 mL				
	mixed bread	80 g	tea	250 mL		
	rennet cheese	50 g	mixed bread	60 g	coffee with milk	120 mL
	ham	40 g	chicken pate	120 g	crispbread	20 g
	tomato	150 g	apple	150 g	gouda cheese	50 g
Dinner	banana	120 g				
	strawberry compote	200 mL	strawberry compote	250 mL	compote	220 mL
	red borscht (30g beetroot + 25 g vegetables: carrot, parsley, celery)	400 mL	with fruit pieces (30 g) vegetable soup (100 g vegetables: carrot, celery, parsley, cauliflower)		coffee with milk	120 mL
	potatoes	300 g			tomato soup with noodles	400 mL
	pork chop	150 g			potatoes	300 g
	cooked vegetables (carrot + peas (1:1) with butter)	300 g	potatoes	400 mL	grilled cod	200 g
	apple	150 g	chicken cutlet	300 g	sauerkraut salad	120 g
			red cabbage salad	150 g	milk chocolate with nuts	25 g
				120 g		
Supper	hot chocolate	220 mL	tea with milk	250 mL		
	mixed bread	80 g	meatballs in sauce	100 g	tea	250 mL
	butter	10 g	noodles	120 g	mixed bread	60 g
	chicken ham	80 g	salad (carrot, apple, mayonnaise)	100 g	sausages	80 g
	pepper	150 g	yeast cake with crumble	50 g	pickled cucumber	70 g

**Table S2.** Nutritional values of diets used in the study [61].

	High-fiber diet	Basic diet	Standard diet
<b>Protein</b>	151 g (19% of energy)	104 g (16.4% of energy)	138.4 g (22.6% of energy)
<b>Fat</b>	120.3 g (24% of energy)	101 g (35.6% of energy)	114.4 g (42% of energy)
<b>Carbohydrates</b>	423.2 g (47% of energy)	331 g (47.1% of energy)	237.4 g (35.4% of energy)
<b>Fiber</b>	50.3 g	27.8 g	21.0 g
<b>Energy</b>	3186.6 kcal	2545 kcal	2451 kcal

<b>Vitamin A</b>	4.75 mg	2.83 mg	0.47 mg
<b>Vitamin C</b>	307.2 mg	76.6 mg	50.7 mg
<b>Vitamin E</b>	24.8 mg	15.7 mg	14.3 mg
<b>Calcium</b>	1618.5 mg	502 mg	1067 mg
<b>Sodium</b>	3410.8 mg	2207 mg	4053 mg
<b>Potassium</b>	6924.8 mg	4700 mg	5156 mg
<b>Magnesium</b>	689.3 mg	349 mg	497 mg
<b>Iron</b>	21.4 mg	13.6 mg	15 mg

The nutritional value of the diets was calculated using Dietetyk 2006 software (Jumar, Poland).