

**Supplementary Table 1.** Spearman Correlation Coefficient among Variables

Nutrition intake	Protein	Fat	Carbohydrate	Fiber
Energy (kcal)	.90 ( $p < .001$ )	.76 ( $p < .001$ )	.94 ( $p = .010$ )	.72 ( $p < .001$ )
Protein (g)		.86 ( $p < .001$ )	.75 ( $p < .001$ )	.74 ( $p < .001$ )
Fat (g)			.55 ( $p < .001$ )	.51 ( $p < .001$ )
Carbohydrate (g)				.72 ( $p < .001$ )
Lipoprotein	HDL-C	TG	Non-HDL-C	TG/HDL-C ratio
TC (mg/dL)	.18 ( $p = .004$ )	.94 ( $p < .001$ )	.17 ( $p = .010$ )	.07 ( $p = .283$ )
HDL-C (mg/dL)		-.12 ( $p = .053$ )	-.28 ( $p < .001$ )	-.60 ( $p < .001$ )
TG (mg/dL)			.26 ( $p < .001$ )	.26 ( $p < .001$ )
Non-HDL-C (mg/dL)				.92 ( $p < .001$ )

HDL-C = High density lipoprotein-cholesterol; TC = Total cholesterol; TG = Triglyceride.