Figure 1. Flow diagram of participants from screening to data analysis

137 Assessed for eligibility

Excluded (n=113)
Not meeting inclusion criteria (n=68)
Declined to participate (n=45)

Randomized (n=24)

Excluded (n=6)
Not completing 2 diet treatments (n=6)

Biological samples analysed (n = 18)
(n=18 HF, 17 LF, 17 LFn3)

Excluded (n = 2)
Elevated FSH (n=1)
Inadequate urine collection (n=1)

Statistical analysis (n = 16)
(n=15 HF, 15LF, 16 LFn3)