Telephone Screening (n=1145)

- Declined (n=391)
  - Project requirement (n=115)
  - Unknown reason (n=276)
- Excluded (n=62)
  - Not meeting inclusion criteria (n=12)
  - Medication/illness (n=22)
  - Menopausal status/irregular cycle (n=11)
  - Unstable weight (n=13)
  - Age (n=4)

Clinical assessment (n=692)

- Declined (n=132)
  - Project requirement (n=115)
  - Unknown reason (n=17)
- Excluded (n=390)
  - Inclusion criteria (n=242)
  - Medication/illness (n=39)
  - Age (n=1)
  - Fish oil supplements (n=3)
  - Vegetarian/allergies (n=3)
  - Smoking (n=1)
  - Pregnancy (n=1)
  - Unknown (n=100)

Randomized (n=170)

- RCFFN (n=69)
  - Males (n=25)
  - Females (n=44)
- INAF (n=58)
  - Males (n=32)
  - Females (n=26)
- PSU (n=43)
  - Males (n=18)
  - Females (n=25)

Dropouts (n=15)
  - Health issue; unrelated (n=3)
  - Moving (n=3)
  - Diet issue (n=2)
  - Too much commitment (n=2)
  - Wanted to lose weight (n=1)
  - Discomfort during study (n=1)
  - No reason (n=1)
  - Pregnancy (n=1)
  - Violation of protocol (n=1)

Completed (n=54)

Analyzed (n=130)

Dropouts (n=12)
  - Health issue; unrelated (n=3)
  - Too much commitment (n=3)
  - Family/Job issues (n=3)
  - Diet issue (n=2)
  - Wanted to lose weight (n=1)

Completed (n=46)

Dropouts (n=13)
  - Food issue (n=4)
  - Family/Work/Academic issue (n=3)
  - Too much commitment (n=3)
  - Wanted to lose weight (n=2)
  - Health issue; unrelated (n=1)

Completed (n=30)