

Supplemental table 2. Daily food intake of RC+F and RC+FP groups

	RC+F	RC+FP	p
Energy, kcal	1816.2 ± 520.5	1684.8 ± 455.4	0.138
Carbohydrate, g	215.5 ± 73.4	233.0 ± 74.9	0.181
Protein, g	78.2 ± 34.2	66.9 ± 25.5	0.069
Fat, g	58.9 ± 23.2	50.4 ± 21.0	0.077
Dietary fiber, g	14.2 ± 3.3	16.3 ± 5.5	0.062
Sodium, mg	3355.9 ± 1107.3	3541.1 ± 1290.0	0.268

Mean ± S.D., p-value by independent t-test.

RC+F: rice cake containing dietary fibers, RC+FP: rice cake containing dietary fibers and *Artemisia annua* and *Gynura procumbens* Merr.,