

Supplementary Materials

Table S1. Phytochemicals present in intervention groups fruit.

	Beta-carotene	Alpha-carotene	Lutein/zeaxanthin	Beta-cryptoxanthin	Lycopene	Anthocyanins	Flavonols	Flavones	Flavanones (hesperidin)	Flavan-3-ols	Proanthocyanidins	Phenolic acids	Phytosterols	Glutathione	Fructooligosaccharides/inulin	Limonoids
Group A																
Apple	S	S				S	Y			Y	Y	Y				
Banana	T										T		Y		Y	
Group B																
Citrus fruit	Y		Y	Y	S				Y				Y	Y		Y
Prune	Y					Y	Y			Y	Y	Y				

Key: Y= Yes present, T= trace, S= small amount

Table S2. Phytonutrients present in Group A and B intervention vegetables/herbs.

Vegetable	Carotenoids					Other terpenoids					Flavonoids						Other Phenolics				Sulphur compounds		Alkaloids			Other												
	Beta-carotene	Alpha-carotene	Lutein/zeaxanthin	Beta-cryptoxanthin	Lycopene	Saponins	Monoterpenes	Triterpenoids	Phytosterols	Sequiterpene lactones	Anthocyanins	Flavonols	Flavones	Flavonones	Flavan-3-ols	Isoflavones	Proanthocyanidins	Phenolic acids	Lignans	Coumarins	Coumestans	Glucosinolates/isothiocyanates	Allium Sulphur Compounds	Beetains	Glycoalkaloids	Capsaicinoids	Polyacetylenes	Lipoic acid	Chlorophyll	Glutathione	Glucuronic acid	Fructans (FOS, frulin)	Capsaicin	Capsiate				
Group A																																						
Mint	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Oregano	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Basil	1	0	1	1	0	0	1	0	0	0	0	1	1	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	
Cabbage, white/green	1	0	1	0	0	0	0	0	0	0	0	1	1	0	0	0	0	1	1	0	0	1	0	0	0	0	0	0	0	0	0	1	1	1	0	0		
Carrots	1	1	1	0	0	0	0	0	0	0	0	1	1	0	0	0	0	1	1	1	0	0	0	0	0	0	0	1	1	0	1	0	0	0	0	0		
Cauliflower	0	0	0	0	0	0	0	0	1	0	0	1	1	0	0	0	0	1	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
Parsnips	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	1	0	0	0	0	0	1	0	0		
Peas, green	1	0	1	0	0	1	0	0	1	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	1	1	0	1	1	0	0	0		
Pumpkin	1	1	0	1	0	0	0	1	0	0	0	1	1	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
Silverbeet	1	1	1	0	0	0	0	0	0	0	0	1	0	0	1	0	0	0	0	0	0	0	0	1	0	0	0	0	0	1	0	0	0	0	0	0		
Spinach	1	0	1	0	0	1	0	0	0	1	0	1	1	0	0	0	0	1	0	0	1	0	0	0	0	0	0	0	1	1	1	0	0	0	0	0		
Sweetcorn	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
Sweet potato	1	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0		
Watercress	1	0	1	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	1	0	0	0	0	0	0	0		
Zucchini, green	1	0	1	0	0	0	0	1	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0		
Total	10	3	9	3	0	3	3	2	2	1	0	10	5	0	0	1	6	3	2	2	3	0	1	0	0	2	3	6	2	2	4	0	0	77				
Group B																																						
Beans, green	1	1	1	0	0	1	0	0	0	0	0	1	0	0	0	1	0	0	1	0	0	0	0	0	0	0	0	0	0	1	0	1	1	0	0	0		
Bok Choy	1	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0	0	0	1	0	0	0	0	0	0		
Broccoli	1	0	1	0	0	0	0	0	1	0	0	1	0	0	0	0	0	1	1	0	0	1	0	0	0	0	0	0	1	1	1	1	0	0	0	0		
Cabbage, Chinese	1	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0	0	1	1	0	0	1	0	0	0	0	0	0	0	1	0	1	1	1	0	0		
Cabbage red	1	0	1	0	0	0	0	0	0	0	1	1	1	0	0	0	0	1	1	0	0	1	0	0	0	0	0	0	0	0	0	1	1	0	0	0		
Cucumber, common	1	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0		
Garlic	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	1	0	0	1	0	0		
Leeks	1	0	1	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	1	0	0	1	0	0	0	0		
Lettuce, iceberg	1	0	1	0	0	0	0	0	1	1	0	1	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0	0		
Mushrooms, white button	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
Onions	0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	1	0	0	0		
Parsley, continental	1	0	1	0	0	0	1	0	0	0	0	1	1	0	0	0	0	0	0	1	0	0	0	0	0	0	1	0	1	0	0	0	0	0	0	0		
Sage	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
Rosemary	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
Rocket	1	0	1	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0		
Spring Onions	1	0	1	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	1	0	1	0	0	0		
Tomatoes, standard red	1	1	1	0	1	1	0	0	0	0	0	1	0	1	0	0	0	1	0	0	0	0	0	0	1	0	0	0	0	0	1	1	0	0	0	0		
Total	11	1	8	0	1	1	3	1	2	1	1	13	5	1	0	0	8	4	1	0	5	4	0	1	0	1	1	8	4	5	6	0	0	97				

0 Absent, 1 Present.