Supporting Information figure legends

Figure S1: Participant flow chart

Figure S2: Study flow diagram
Figure S1.

Pre-screened for the study
n = 56

BMI: n = 7
Already eating vegetarian: n = 3
Age: n = 2
Preexisting diabetes mellitus: n = 3
Other: n = 4

Invited to participate in the study
n = 36

Cancelled because of their own acute sickness: n = 3
Cancelled because of their partners' acute sickness: n = 1

Signed informed consent forms
n = 32

Dropped out because of their own acute sickness: n = 3

Completed the study
n = 30

Re-started after sickness: n = 1
Figure S2.