**Supplementary File 3.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Variable** | **Estimate** | **Std. Error** | **t value** | **Pr (>Chisq)** |
| Calories | -0.001 | 0.017 | -0.395 | 0.693 |
| Cholesterol | 40.621 | 3.810 | 10.672 | < 0.001 \*\*\* |
| Diet type | -9.610 | 1.695 | -5.669 | < 0.001 \*\*\* |