**Supplementary File 4.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Variable** | **Estimate** | **Std. Error** | **t value** | **Pr (>Chisq)** |
| Calories | 0.002 | 0.022 | 7.751 | 0.350 |
| Cholesterol  | 42.656 | 5.940 | 7.181 | < 0.001 \*\*\* |
| Diet type | -9.422 | 2.680 | -3.518 | < 0.001 \*\*\* |