

Replacement of dietary saturated fat with unsaturated fats increases numbers of circulating endothelial progenitor cells and decreases number of microparticles: findings from the randomized, controlled DIVAS study

Article

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Supplemental Table 1. Effects of replacing dietary SFA with MUFA or n-6 PUFA on numbers of EPC, EMP and PMP after 16 weeks

	SFA group			MUFA group			n-6 PUFA group			Overall
	Baseline	Week 16	Δ	Baseline	Week 16	Δ	Baseline	Week 16	Δ	<i>P</i> ¹
EPC, /mL blood	936 ± 83	925 ± 92	-10 ± 55 ^a	883 ± 73	1124 ± 95	241 ± 53 ^{b*}	956 ± 89	1044 ± 84	87 ± 68 ^{ab}	0.023
EMP, /μL blood	57.5 ± 4.3	65.9 ± 4.2	8.5 ± 5.1 ^{a*}	59.2 ± 4.2	39.9 ± 2.6	-19.3 ± 4.4 ^{b*}	56.4 ± 3.5	39.4 ± 2.7	-17.0 ± 3.5 ^{b*}	<0.001
PMP, /μL blood	187 ± 25	218 ± 17	31 ± 29 ^a	213 ± 26	147 ± 15	-67 ± 27 ^{b*}	180 ± 15	139 ± 12	-40 ± 17 ^{b*}	<0.001

Data are mean ± SE for *n*=59-65 subjects per group. No significant differences between diet groups were identified at baseline (week 0; one-way ANOVA). ¹ Overall between group diet effects for Δ were derived from general linear models with baseline values for the variable of interest, BMI, age, sex and intervention diet as prognostic factors; *P*≤0.05 was considered significant. If significant, post-hoc analyses used Tukey correction to adjust for multiple treatments (different superscript letters within a row identify significant differences between diet groups (*P*≤0.05)) and one-sample t-tests determined whether Δ for each diet group was significantly different to zero (**P*≤0.05). Abbreviations: Δ: change from baseline at week 16, EMP: endothelial microparticles, EPC: endothelial progenitor cells, PMP: platelet microparticles.