

Table 1: Descriptive statistics at baseline for the flaxseed and control group*

Variable	Flaxseed group (n=29)	Control group (n=23)	P
Age (y)	38.28 ±7.46	41.74 ±7.20	0.097
Height (m)	1.58 ±0.04	1.54 ±0.05	0.423
Weight (kg)	76.67 ±7.40	74.19 ±8.52	0.268
BMI (kg/m²)	30.67 ±2.83	30.92 ±2.84	0.757
WC (cm)	98.51 ±8.11	100.21 ±7.01	0.430
WHR	0.87 ±0.05	0.89 ±0.07	0.206
Physical activity (h/d)	27.79 ±2.18	27.44 ±2.22	0.571
Energy (kcal/day)	1594.16±516.74	1539.67±528.63	0.711
Total carbohydrates (g/day)	248.81±81.58	249.60±91.43	0.974
Total fat (g/day)	45.84±21.52	41.21±16.16	0.395
Total protein (g/day)	51.97±18.89	48.65±19.80	0.543
All values are mean± SD. *Independent sample t-test. BMI= body mass index; WC= waist circumference; WHR= waist to hip circumference			

Table 2: Dietary intake of participants at baseline and week 12

Variables	Flaxseed group			Control group			P **
	Baseline	Week 12	P *	Baseline	Week 12	P *	
Energy (kcal)	1594.16±516 ¹	1554.85±516	0.767	1539.67±528	1495.03±437	0.780	0.593
Total fat (g/day)	45.84±21.52	42.06±21.56	0.423	41.21±16.16	42.07±16.00	0.876	0.416
Total protein (g/day)	51.97±18.89	52.33±23.18	0.951	48.65±19.80	48.53±13.55	0.983	0.954
Total carbohydrates (g/day)	248.81±81.58	247.65±82.82	0.901	249.60±91.43	247.17±78.49	0.990	0.944
Dietary Fiber (g/day)	13.16±6.71	15.52±5.91	0.011	13.82±5.70	12.80±5.41	0.399	0.121
SAFAs (g/day)	12.71±7.02	12.51±7.61	0.920	11.70±5.60	13.28±7.32	0.479	0.605
MUFAs (g/day)	13.55±7.32	12.40±7.38	0.466	12.23±6.51	12.40±6.30	0.938	0.722
PUFAs (g/day)	14.02±8.86	12.04±7.58	0.245	11.98±6.38	11.83±4.61	0.930	0.320
Alpha Linolenic Acid	0.191±.16	0.263±.17	0.001	0.190±.20	0.090±.10	0.015	<0.001

All values are mean± SD. MUFAs= Monounsaturated Fatty Acids; PUFAs= Polyunsaturated Fatty Acids; SAFAs= Saturated Fatty acids. *Paired t-test, **Independent sample t-test

Table 3: Comparison of anthropometric indices and biochemical factors between flaxseed and control group

Variables	Flaxseed group			control group			P **
	Baseline	Week12	P*	Baseline	Week12	P *	
Weight (kg)	76.67±7.41	74.31±7.5	<0.001	74.19±8.5	73.23±8.6	0.042	0.039
BMI (kg/m2) ²	30.67±2.8	29.72±2.9	<0.001	30.92±2.8	30.52±3.03	0.043	0.051
WC (cm)	98.51±8.1	93.17±5.9	<0.001	100.21±7.0 1	99.39±7.01	0.197	<0.001
WHR	0.87±0.05	0.84±0.04	0.003	0.89±0.07	0.89±0.06	0.586	0.021
Adiponectin (ng/mL)	12.11±7.1	17.15±6.1	0.001	18.71±8.9	16.83±10.5	0.150	0.001
Leptin (ng/mL)	53.76±17.2	45.84±20.9	0.012	50.65±22.6	52.56±18.8	0.639	0.055
TG (mg/dl)	160.55 ± 47.3	123.28±30.4	<0.001	150.86±39. 2	142.36±42. 7	0.072	0.561
TC (mg/dl)	192.07±33.9	174.55±30.7	<0.001	185.61±28. 2	183.26±31	0.504	0.322
LDL-C (mg/dl)	114.97±25.3	112.17±27.7	0.387	114.77±23. 9	113.22±26. 4	0.665	0.795
HDL-C (mg/dl)	48.34±7.2	47.72±6.4	0.567	52.48±21.9	52.61±21.3	0.882	0.602

All values are mean± SD. BMI= Body Mass Index; WHR= Waist To Hip Ratio; WC= Waist Circumference; *paired t-test; ** Independent sample t-test

