S1 Table. Comparison of Dietary Compositions during Ramadan and after Ramadan

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| **Diet Parameter** | **Ramadan**  | **After Ramadan**  | **p value**  |
| Energy (kcal, mean, SD)Carbohydrate (g, mean, SD)Protein (g, mean, SD) | 1 455 (687)191 (84)46 (27) | 1 402 (315)169 (25)52 (14) | 0.790.210.17 |
| Fat (g, mean, SD) | 60 (32) | 60 (20) | 0.63 |
|  Saturated Fatty Acid (g, mean, SD) | 13 (7) | 15 (3) | 0.32  |
|  Mono-Unsaturated Fatty Acid (g, mean, SD) | 25 (13) | 23 (9) | 0.88 |
|  Poly-Unsaturated Fatty Acid (g, mean, SD) | 16 (12) | 17 (6) | 0.20 |
| Cholesterol (g, mean, SD) | 117 (76) | 219 (57) | 0.58 |
| Fiber (g, mean, SD) | 13 (6) | 10 (4) | 0.84 |

 Saturated Fatty Acid=SFA, Mono-Unsaturated Fatty Acid= MUFA, Poly-Unsaturated Fatty

 Acid= PUFA. p value < 0.05 is considered statistically significant