**Table S1.** Sample TRIM Menu Items for Single Day

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|  | **TRF** | **UFP** |
| **Breakfast items, g** | | |
| Lentil kale white bean salad | 93 | 45 |
| Almonds, sliced | 30 | 10 |
| Triscuits® | 10 | - |
| Cereal, Special K® | 46 | 46 |
| Sugar, white, granulated | 6 | 6 |
| Mixed fruit, in juice, individual cup | 226 | - |
| Milk, skim, with vitamins A & D | 240 | 240 |
| **Lunch items, g** | | |
| Tuna Salad | 120 | 30 |
| Lentil kale white bean salad | 132 | 180 |
| Salt, table (add to lentil kale white bean salad) | 0.5 | 0.5 |
| Oil, olive (add to lentil kale white bean salad) | 8 | - |
| Triscuits® | 15 | 15 |
| Sara Lee® Whole Wheat Bread | 52 | - |
| Jelly | 14 | - |
| Mixed fruit, in juice, individual cup | - | 226 |
| **Dinner items, g** | | |
| TRIM Cozy Beef Stew | 175 | 175 |
| Salt, table (add to cozy beef stew) | 0.8 | 0.8 |
| Spinach, fresh, leaf | 50 | 50 |
| Tomatoes, cherry, red, fresh | 65 | 65 |
| Vinegar, rice, original seasoned | 15 | 15 |
| Oil, olive | - | 8 |
| Tuna Salad | - | 90 |
| Almonds, sliced | - | 20 |
| Triscuits® | - | 10 |
| Sara Lee® Whole Wheat Bread | - | 52 |
| Jelly | - | 14 |
| **Snack items, g** | | |
| Peanuts, dry roasted, unsalted | 10 | 10 |
| Mandarin orange, canned, in juice | 113 | 113 |