

S1 Table. Nutritional composition of vegetable juice products used in this study.

juice	nutrition in 100 mL					
	energy (kcal)	protein (g)	lipid (g)	carbohydrate (g)	dietary fiber (g)	sodium (mg)
A	35	0.4	0	7.8	0.4	25
B	40	0.4	0	9.5	0.3	35
C	36	1.1	0	7.3	1.0	46
D	26	1.0	0	5.0	0.8	24
E	35	1.0	0	7.5	0.5	62