**Supplementary Table S1**. Demographic data of the study population including age, ethnicity, gender, and diet type.

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| --- | --- | --- | --- |
| Characteristics | Young (20-29 yrs.)  subjects (n=18) | Middle age (30-49 yrs.)  subjects (n=13) | Older subjects (≥50 yrs.)  (n=20) |
| Age, years Mean( SD, range) | 23.17 (3.40, 9) | 40.54 (7.07, 19) | 66.30 (6.90, 24) |
| Ethnicity Emirati (%) | 100% | 100% | 100% |
| Gender (M %, F %) | (11.11, 88.89) | (38.46, 61.54) | (25%, 75%) |
| Diet (High Fiber Content %) | 55.56% | 69.23% | 60% |