Table 1. Nutritional parameters of control and 20 % added walnut (20W) restructured beef steaks (adapted from Serrano et al., 2005).

	Control	20W	SEM
Moisture (mg/100 g)	74.69[a]	61.12[b]	0.23
Protein (mg/100 g)	20.56[a]	19.54[b]	0.19
Fat (mg/100 g)	1.57[a]	14.52[b]	0.07
Ash (mg/100 g)	3.13[a]	3.18[a]	0.07
Calories (kcal/100 g)	99	213	-
PUFA (mg/100 g)	263.0[a]	10130[b]	126.3
ω-6 (mg/100 g)	239.5[a]	8013[b]	126.4
ω-3 (mg/100 g)	23.40[a]	2116[b]	29.65
PUFA/SFA ratio	0.47[a]	6.67[b]	0.13
MUFA+PUFA/SFA ratio	1.37[a]	7.43[b]	0.14
ω-6/ω-3 ratio	10.23[a]	3.79[b]	0.28
Atherogenic index	0.53[a]	0.09[b]	0.00
Thrombogenic index	1.22[a]	0.13[b]	0.01
Cholesterol (mg/100 g)	43.60[a]	37.50[b]	0.65
α-tocopherol (mg/100 g)	0.09[a]	0.20[b]	0.00
γ-tocopherol (mg/100 g)	0.01[a]	4.07[b]	0.07
δ-tocopherol (mg/100 g)	nd	0.87	0.02
Iron (mg/100 g)	2.08[a]	2.61[b]	0.06
Calcium (mg/100 g)	7.69[a]	18.82[b]	0.25
Magnesium (mg/100 g)	20.21[a]	41.38[b]	0.47
Manganese (mg/100 g)	< 0.07[a]	0.63[b]	0.00

[1]Different letters in the same row indicate significant differences ($P<0.05$). SEM = Standard error of the mean

Table 2.- Selection of serum biomarkers assessed in the *randomised, crossover, placebo-controlled intervention study* (adapted from Olmedilla-Alonso et al., 2008).

Biomarkers of exposition [a], function [b] and risk [c]*	**With walnuts** **Variation from baseline ($CI_{95\%}$)** ***P* value**	**Without walnuts (control)** **Variation from baseline ($CI_{95\%}$)** ***P* value**
Serum γ-tocopherol [a] (μg/dl)	+ 8.9 (1.0 , 16.8) P= 0.029	3.5 (-3.7, 10.8) P= 0.324
Serum total cholesterol [b] (mg/dl)	- 10.7 (-17.1, - 4.2) P= 0.002	- 3.8 (-11.5, 3.8) P= 0.309
Serum LDL-cholesterol [c] (mg/dl)	- 7.6 (-2.2 , -13.0) P= 0.007	-3.1 (-11.2, 5.1) P= 0.448
Serum HDL-cholesterol (mg/dl)	- 1.7 (- 3.9, 0.6) P= 0.139	-0.4 (-2.0, 1.1) P= 0.581
Blood pressure [c] (diastolic) (mm Hg)	- 2.4 (- 1.7 ; 0.9) P= 0.099	- 0.4 (- 7.4 , 6.7) P= 0.920
Body weight [c] (kg)	- 0.49 (-0.05, -0.92) P= 0.029	- 0.18 (-0.6, 0.2) P= 0.334

$CI_{95\%}$: confidence interval at 95%. The differences has been established relate to baseline data that correspond to the mean of the data for each subject at the start of the two assays and final data correspond to the mean of analyses on days 28 and 35 of the intervention study period.