**Supplementary data**

Table S1. Theoretical distribution of ME

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | N | |  | HF | |  | HP | |  | One-way ANOVA | Cohen’s d | | |
|  | Mean | SE |  | Mean | SE |  | Mean | SE |  | P-value | N vs. HF | N vs. HP | HF vs. HP |
| ME | 9158.5 | 217.8 |  | 9875.9 | 303.5 |  | 9675.2 | 185.2 |  | 0.183 | 0.954 | 0.906 | 0.279 |
| EX | 6841.7 | 153.1 | a | 6763.8 | 197.1 | a | 7695.9 | 205.5 | b | 0.007 | 0.156 | 1.571 | 1.566 |
| ST | 2316.8 | 123.1 | ab | 3112.1 | 266.4 | b | 1979.3 | 183.5 | a | 0.005 | 1.315 | 0.711 | 1.721 |
| WG | 1801.6 | 106.1 | a | 1674.6 | 180.8 | a | 2626.4 | 166.6 | b | 0.002 | 0.297 | 1.936 | 1.868 |
| MT | 5040.1 | 75.2 |  | 5089.2 | 97.4 |  | 5069.5 | 67.0 |  | 0.074 | 0.200 | 0.146 | 0.082 |
| AT | 1498.3 | 131.4 | ab | 2230.0 | 280.9 | b | 922.9 | 219.3 | a | 0.004 | 1.146 | 1.035 | 1.788 |
| LT | 818.5 | 30.4 | a | 882.1 | 51.1 | a | 1056.4 | 44.7 | b | 0.006 | 0.527 | 2.052 | 1.241 |

Values with different letters indicate significant differences.Bonferroni test was used as a post-hoc test.