Supporting material

Supplemental Table 1 Mean values and standard deviations of blood parameters at time points 0 h, 1 h, 2 h, 4 h and 6 h separated by test meal

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 0 h | 1 h | 2 h | 4 h | 6 h |
|  | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD |
| *HFC meal*  |  |  |  |  |  |  |  |  |  |  |
| Glucose (mmol/L) | 5.01 | 0.41 | 5.51 | 1.16 | 4.95 | 0.67 | 4.46\*\* | 0.32 | 4.33\*\* | 0.29 |
| Insulin (mU/L) | 9.78 | 8.77 | 48.45\*\* | 54.31 | 30.79\*\* | 30.53 | 12.93\*\* | 8.97 | 7.29\*\* | 6.72 |
| Total cholesterol (mmol/L) | 5.01 | 0.64 | 4.90\* | 0.66 | 4.88\*\* | 0.66 | 4.93 | 0.67 | 4.97 | 0.67 |
| LDL-cholesterol (mmol/L) | 3.36 | 0.66 | 3.26\*\* | 0.66 | 3.19\*\* | 0.65 | 3.07\*\* | 0.63 | 3.15\*\* | 0.60 |
| HDL-cholesterol (mmol/L) | 1.40 | 0.34 | 1.36\*\* | 0.32 | 1.34\*\* | 0.31 | 1.27\*\* | 0.31 | 1.30\*\* | 0.32 |
| Triglyceride (mmol/L) | 1.38 | 0.71 | 1.79\*\* | 0.83 | 2.40\*\* | 1.01 | 2.66\*\* | 1.24 | 2.28\*\* | 1.32 |
| CRP (mg/L) | 1.19 | 1.16 | 1.16\*\* | 1.15 | 1.14\* | 1.13 | 1.13\*\* | 1.13 | 1.12\*\* | 1.11 |
| IL-6 (pg/mL) | 2.99 | 1.09 | nd | nd | nd | nd | nd | nd | 5.12\*\* | 2.71 |
| TNF-α (pg/mL) | 3.63 | 1.30 | nd | nd | nd | nd | nd | nd | 3.45 | 1.35 |
| Endotoxin (EU/mL) | 2.35 | 0.80 | nd | nd | nd | nd | nd | nd | 3.36\*\* | 1.65 |
| *HFD meal* |  |  |  |  |  |  |  |  |  |  |
| Glucose (mmol/L) | 5.03 | 0.48 | 5.70\*\* | 1.45 | 5.28 | 1.04 | 4.38\*\* | 0.38 | 4.35\*\* | 0.51 |
| Insulin (mU/L) | 9.53 | 6.52 | 49.24\*\* | 46.00 | 39.44\*\* | 37.95 | 14.93\*\* | 13.74 | 7.77\*\* | 6.83 |
| Total cholesterol (mmol/L) | 5.11 | 0.81 | 5.06 | 0.87 | 4.93\*\* | 0.84 | 5.04\* | 0.90 | 4.99 | 0.84 |
| LDL-cholesterol (mmol/L) | 3.40 | 0.81 | 3.33\*\* | 0.85 | 3.18\*\* | 0.80 | 3.13\*\* | 0.81 | 3.14\*\* | 0.79 |
| HDL-cholesterol (mmol/L) | 1.44 | 0.42 | 1.40 | 0.37 | 1.35\*\* | 0.39 | 1.31\*\* | 0.37 | 1.32\*\* | 0.40 |
| Triglyceride (mmol/L) | 1.34 | 0.80 | 1.67\*\* | 0.91 | 2.15\*\* | 1.10 | 2.55\*\* | 1.37 | 2.24\*\* | 1.26 |
| CRP (mg/L) | 1.36 | 1.58 | 1.35 | 1.60 | 1.32\*\* | 1.56 | 1.36 | 1.64 | 1.37 | 1.67 |
| IL-6 (pg/mL) | 3.66 | 2.64 | nd | nd | nd | nd | nd | nd | 4.95\*\* | 2.71 |
| TNF-α (pg/mL) | 3.56 | 1.32 | nd | nd | nd | nd | nd | nd | 3.12\*\* | 1.38 |
| Endotoxin (EU/mL) | 2.30 | 0.75 | nd | nd | nd | nd | nd | nd | 3.17\*\* | 1.39 |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *HFM meal*  |  |  |  |  |  |  |  |  |  |  |
| Glucose (mmol) | 5.08 | 0.45 | 5.41\* | 1.01 | 5.23 | 0.83 | 4.53\*\* | 0.53 | 4.45\*\* | 0.47 |
| Insulin (mU) | 9.69 | 8.08 | 46.47\*\* | 47.80 | 34.00\*\* | 26.37 | 15.97\*\* | 9.65 | 8.91 | 6.58 |
| Total cholesterol (mmol) | 5.33 | 0.92 | 5.11\*\* | 0.89 | 5.13\*\* | 0.90 | 5.18\*\* | 0.92 | 5.16\*\* | 0.87 |
| LDL-cholesterol (mmol) | 3.57 | 0.88 | 3.44\*\* | 0.86 | 3.37\*\* | 0.85 | 3.19\*\* | 0.76 | 3.26\*\* | 0.77 |
| HDL-cholesterol (mmol) | 1.42 | 0.37 | 1.35\*\* | 0.33 | 1.33\*\* | 0.34 | 1.27\*\* | 0.35 | 1.27\*\* | 0.33 |
| Triglyceride (mmol) | 1.47 | 0.76 | 1.78\*\* | 0.86 | 2.32\*\* | 1.06 | 3.19\*\* | 1.64 | 2.69\*\* | 1.52 |
| CRP (mg/L) | 1.77 | 1.54 | 1.72\*\* | 1.52 | 1.69\*\* | 1.50 | 1.66\*\* | 1.47 | 1.65\*\* | 1.47 |
| IL-6 (pg/mL) | 3.92 | 2.92 | nd | nd | nd | nd | nd | nd | 5.54 | 4.40 |
| TNF-α (pg/mL) | 3.57 | 1.48 | nd | nd | nd | nd | nd | nd | 3.36 | 1.21 |
| Endotoxin (EU/mL) | 2.38 | 0.78 | nd | nd | nd | nd | nd | nd | 3.68\*\* | 1.57 |

HFC meal, high-fat non-dairy control meal; HFD meal, high-fat dairy meal; HFM meal, high-fat non-dairy meal supplemented with milk; CRP, C-reactive protein; nd, values were not determined at these time points

\* Indicates a significant difference between t = 0 h and t = 1, 2, 4 or 6 h (\**P*≤0.05, \*\**P*≤0.01)