**Supplementary Figure 1**.

**Red Meat Consumption**

**Insulin/Glucose Haemostasis and Inflammation**

***Body Mass Index***

***Waist Circumference***

***Anthropometrically-Predicted Visceral Adipose Tissue***

**Lipid Accumulation Product**

**Visceral Adipose Tissue**

**Red Meat Consumption**

**Insulin/Glucose Haemostasis and Inflammation**

**γ**

**α**

**β**

**γ’**