

Table S1 – Comparisons between low- vs high-fibre intake groups

Variable	Low-Fibre (<21.5 g/day) n=24	High-Fibre (>21.5g/day) n=24	p-value
Age (years)	57.7±7.7	55.6±11.0	0.461
Male %	54.2	70.8	0.556
MetS factors (>4) %	62.5	75.0	0.350
Metabolic Syndrome z-score	4.8±2.6	4.3±2.6	0.549
Body fat %	41.3±6.7	37.1±7.0	0.024
Average SBP (mmHg)	129.8±14.5	134.7±14.0	0.248
Average DBP (mmHg)	81.4±7.3	87.2±10.5	0.038
Waist-to-hip ratio	0.92±0.1	0.94±0.1	0.771
Mean OGTT glucose(mg/dl)	263.5±72.7	185.3±63.0	0.027
Type 2 Diabetes %	41.7	41.7	1.000
Aspirin use %	33.3	8.3	0.033
Never smoked %	25.0	79.2	0.001
Fibre intake (g/day)	16.1±3.0	28.9±7.7	0.001
CHO intake (g/day)	164.3±53.1	224.0±80.4	0.004
Energy (Kcal/day)	1847.7±737.8	2163.1±550.8	0.101
Cardio-respiratory fitness ($\dot{V}O_{2peak}$ – mL/kg/min)	25.7±5.9	29.9±7.1	0.064
IL-22 (pg/ml)	69.0±106.4	308.3±454.4	0.019
HsCRP (mg/l)	2.7 ±2.5	2.3±3.1	0.716

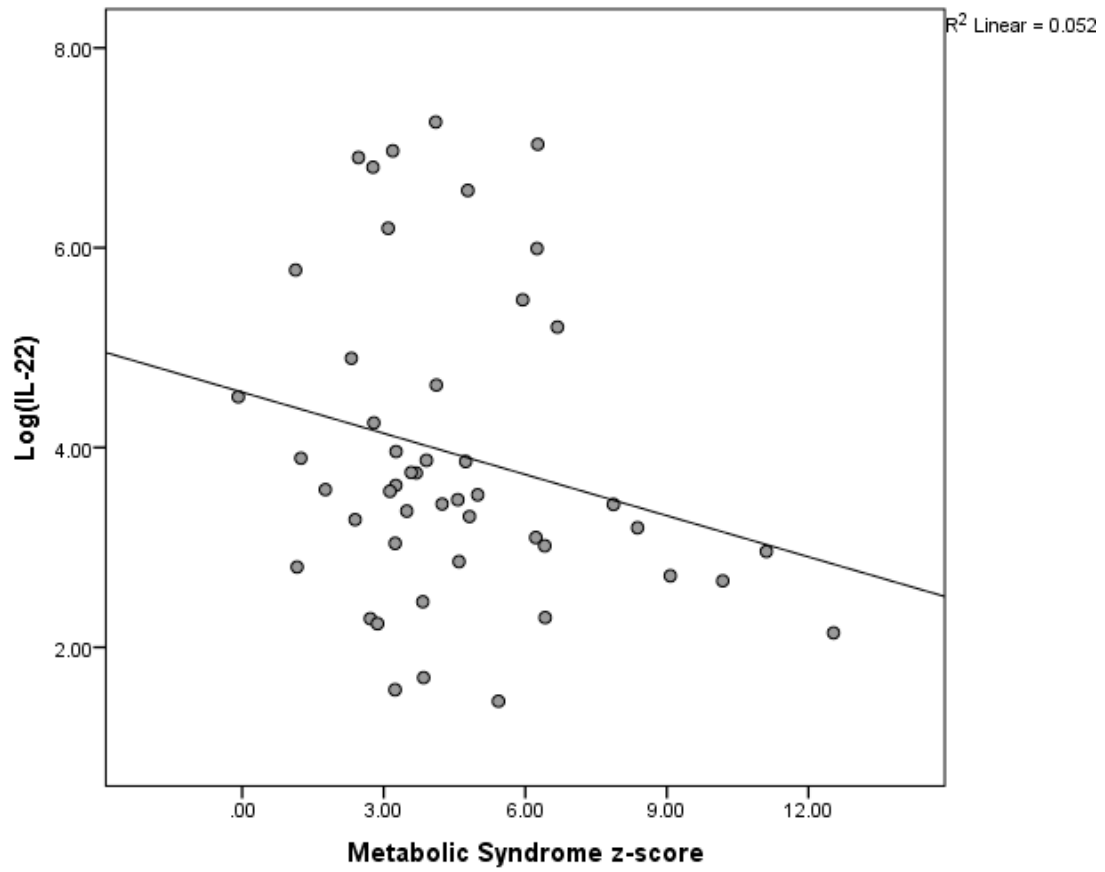


Figure S1. Bi-variate correlation between circulating IL-22 and Metabolic Syndrome z-score