

Supplementary material

Table S1. Statistics and p-values of comparisons between omnivores and vegetarians for biochemical markers of inflammation, liver function, and insulin resistance in menstruating and non-menstruating obese men and women (BMI  $\geq 30$  kg/m<sup>2</sup>)

Variable	Obese men		Obese women that do not menstruate		Obese women that menstruate	
	F-test	pValue	F-test	pValue	F-test	pValue
hs-CRP	$F_{(1;52)} = 2.34$	0.1321	$F_{(1;25)} = 1.75$	0.1984	$F_{(1;47)} = 0.11$	0.7421
HOMAIR	$F_{(1;56)} = 0.08$	0.7851	$F_{(1;29)} = 0.40$	0.5326	$F_{(1;57)} = 2.87$	0.0955
ALT	$F_{(1;56)} = 3.07$	0.0854	$F_{(1;29)} = 1.02$	0.3200	$F_{(1;60)} = 1.45$	0.2327
AST	$F_{(1;56)} = 1.76$	0.1906	$F_{(1;29)} = 0.17$	0.6838	$F_{(1;60)} = 0.26$	0.6123
GGT	$F_{(1;55)} = 10.51$	<b>0.0020</b>	$F_{(1;29)} = 5.42$	<b>0.0271</b>	$F_{(1;57)} = 4.44$	<b>0.0395</b>
Ferritin	$F_{(1;56)} = 40.44$	<b>&lt; 0.0001</b>	$F_{(1;30)} = 10.15$	<b>0.0034</b>	$F_{(1;58)} = 6.92$	<b>0.0109</b>
HBA1C	$F_{(1;55)} = 0.17$	0.6815	$F_{(1;29)} = 0.25$	0.6183	$F_{(1;58)} = 1.58$	0.1807

Significant differences between omnivores and vegetarians are highlighted in bold.