



Figure S1. Mean daily consumption of dietary fat sources in both groups. The y-axis shows the main dietary fat sources consumed, while the x-axis shows the median daily amount of fat consumed from fat sources. **(A)** The main dietary fat sources in omnivore participants. Meat, eggs and dairy contributed the most to daily fat intake in omnivore participants; **(B)** The main dietary fat sources in vegan participants. Nuts and seeds were the main source of daily fat intake for vegans, followed by olive oil and dairy alternatives.