

Supplementary Table 1 Descriptive characteristics of the study population stratified by sex

Physical characteristics of subjects	Male	Female	P-value
	(n=27)	(n=42)	
Age (years)	32.3 ± 4.4	31.6 ± 4.5	0.5456
Weight (kg)	68.1 ± 9.4	60.5 ± 9.9	0.0266*
Height (cm)	172.7 ± 9.9	161.3 ± 8.9	<0.0001****
BMI (kg/m ²)	22.7 ± 1.7	22.5 ± 1.9	0.6135
Waist circumference (inch)	31.3 ± 3.0	30.1 ± 3.7	0.1738
Hip circumference (inch)	39.1 ± 4.1	40.1 ± 4.4	0.3219
BP/ systolic (mmHg)	112.6 ± 12.0	108.7 ± 9.7	0.1347
BP/diastolic (mmHg)	69.11 ± 8.8	70.3 ± 7.2	0.5437
HR	69.6 ± 11.2	71.8 ± 4.8	0.2700
Triglycerides (mmol/l)	0.8 ± 0.4	1.0 ± 0.4	0.1832
Total cholesterol (mmol/l)	4.7 ± 0.6	4.8 ± 0.5	0.4547
HDL cholesterol (mmol/l)	1.5 ± 0.3	1.4 ± 0.3	0.8295
Insulin Con. (mu/l)	4.2 ± 2.3	4.4 ± 1.9	0.7650
Fasting Glucose (mmol/L)	5.1 ± 0.6	4.8 ± 0.7	0.1045
HOMA-IR	0.9 ± 0.5	0.9 ± 0.4	0.8647
C-Peptide (pg/ml)	1.3 ± 0.4	1.2 ± 0.3	0.5893

All values are means ± standard deviations unless labeled otherwise

Supplementary Table 2 Descriptive dietary intake of the study population stratified by sex

All values are means $\pm$ standard deviations unless labeled otherwise.

Dietary intake	Male	Female	P-value
	(n=27)	(n=42)	
Total Calories (kcal)	2039 $\pm$ 534.4	1916.2 $\pm$ 422	0.3146
Carbs (g)	255.8 $\pm$ 122.2	236.16 $\pm$ 60	0.4401
Fat (g)	57.1 $\pm$ 26.1	54.3 $\pm$ 22.4	0.7047
Protein (g)	75.1 $\pm$ 22.7	85.9 $\pm$ 50.3	0.3654
Chol (mg)	153.4 $\pm$ 119.8	236.0 $\pm$ 172.0	0.0716
Sodium (mg)	1189.5 $\pm$ 432.4	1094.7 $\pm$ 388.2	0.4749
Sugars (g)	61.1 $\pm$ 28.4	68.0 $\pm$ 32.6	0.3145
Fibre (g)	18.6 $\pm$ 15.6	19.0 $\pm$ 12.6	0.9320

Supplementary Table 3 Descriptive Physical Activity level of the study population stratified by sex

All values are means $\pm$ standard deviations unless labeled otherwise.

Physical Activity level	Male	Female	P-value
	(n=27)	(n=42)	
Sedentary (%)	72.7 $\pm$ 5.7	71.8 $\pm$ 11.0	0.4546
Light intensity (%)	21.1 $\pm$ 5.4	22.3 $\pm$ 3.5	0.2352
Moderate intensity (%)	5.1 $\pm$ 2.2	5.1 $\pm$ 1.9	0.9739
Vigorous intensity (%)	0.9 $\pm$ 0.6	0.7 $\pm$ 0.5	0.3486
Moderate to Vigorous intensity (MVPA) (%)	6.0 $\pm$ 2.6	5.9 $\pm$ 2.1	0.7967

Supplementary Table 4 Descriptive characteristics of the study population by quartiles

All values are means $\pm$ standard deviations unless labeled otherwise.

Physical characteristics of subjects by quartiles	Lowest 25%	Mid-range	Highest 75%	P-value
	Q1 (n=18)	Q2 (n=27)	Q3 (n=42)	
Age (years)	32.7 $\pm$ 2.5	31.7 $\pm$ 2.9	33.48 $\pm$ 5.8	0.3587
Weight (kg)	67.0 $\pm$ 11.0	66.5 $\pm$ 11.7	60.9 $\pm$ 8.7	0.0999
Height (cm)	168.8 $\pm$ 11.2	168.0 $\pm$ 11.1	163.4 $\pm$ 11.3	0.2249
BMI (kg/m ²)	22.4 $\pm$ 1.9	22.4 $\pm$ 1.8	22.6 $\pm$ 1.6	0.9310
Waist circumference (inch)	31.0 $\pm$ 3.3	31.1 $\pm$ 3.0	31.2 $\pm$ 3.7	0.9772
Hip circumference (inch)	40.7 $\pm$ 4.6	40.2 $\pm$ 4.0	40.4 $\pm$ 4.6	0.9624
BP/ systolic (mmHg)	110.8 $\pm$ 8.9	110.1 $\pm$ 7.4	109.9 $\pm$ 13.2	0.9636
BP/diastolic (mmHg)	73.5 $\pm$ 7.5	69.1 $\pm$ 8.9	68.6 $\pm$ 5.9	0.0446
HR	73.7 $\pm$ 6.5	76.15 $\pm$ 6.6	73.7 $\pm$ 5.8	0.5479
Triglycerides (mmol/l)	1.1 $\pm$ 0.4	1.0 $\pm$ 0.4	0.8 $\pm$ 0.4	0.0483
Total cholesterol (mmol/l)	4.8 $\pm$ 0.6	4.8 $\pm$ 0.6	4.6 $\pm$ 0.4	0.3539
HDL cholesterol (mmol/l)	1.4 $\pm$ 0.4	1.5 $\pm$ 0.3	1.5 $\pm$ 0.4	0.7671
Insulin Con. (mu/l)	4.7 $\pm$ 2.0	4.2 $\pm$ 2.0	4.0 $\pm$ 2.1	0.5615
Fasting Glucose (mmol/L)	5.0 $\pm$ 0.4	5.0 $\pm$ 0.5	4.8 $\pm$ 0.9	0.4212
HOMA-IR	1.0 $\pm$ 0.4	0.9 $\pm$ 0.4	0.8 $\pm$ 0.4	0.4175
C-Peptide (pg/ml)	1.2 $\pm$ 0.2	1.2 $\pm$ 0.3	1.1 $\pm$ 0.3	0.6151