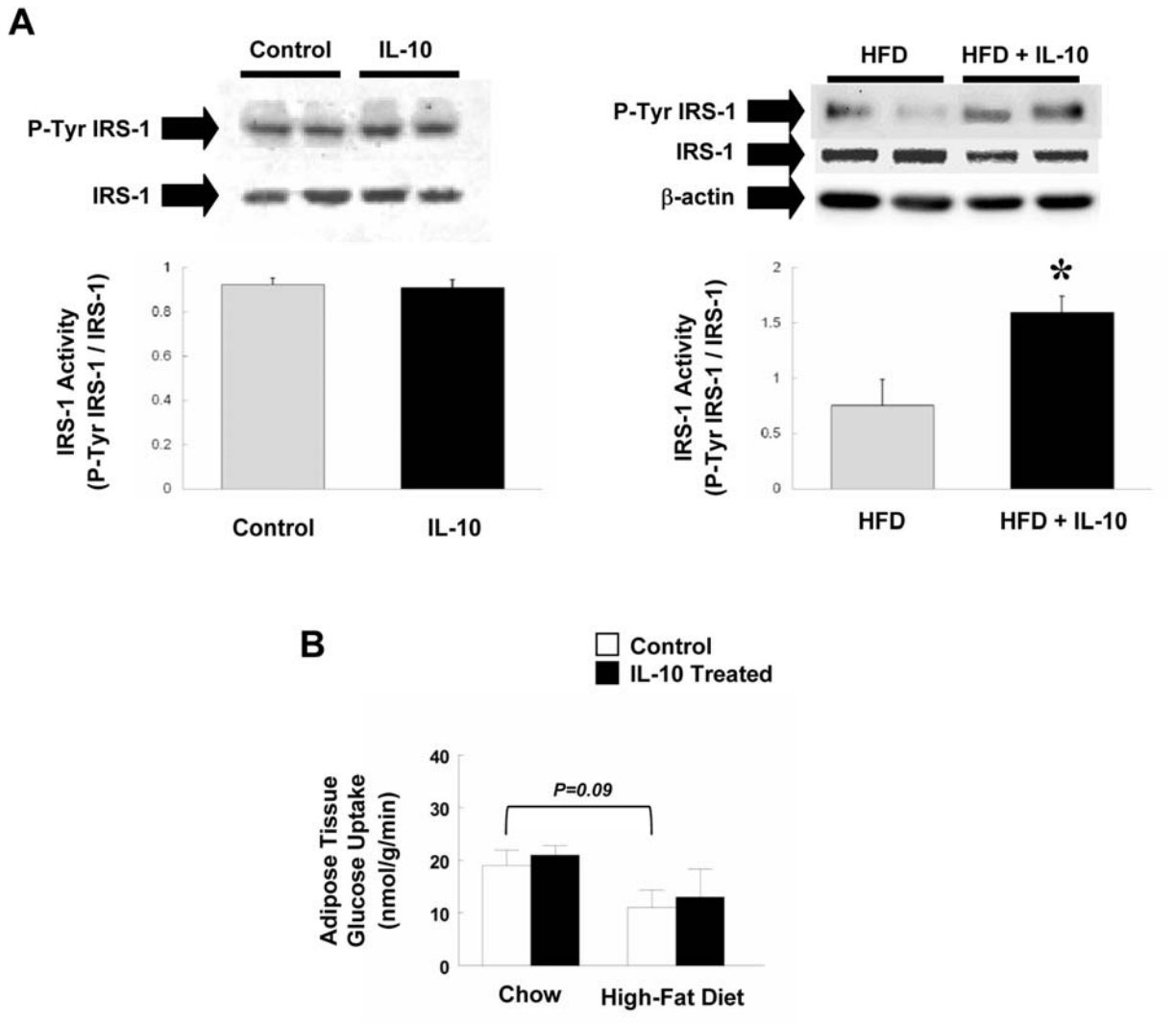
Supplementary Table 1. Composition of high-fat diet (Harlan Teklad TD93075) and standard chow diet (Harlan Teklad LM-485).

	High-Fat Diet (4.8 Kcal/g)	**Chow Diet (3.1 Kcal/g)**
Nutrient Information	% kcal from	% kcal from
Protein	21.2	25.0
Carbohydrate	24.0	58.0
Fat	54.8	17.0
Formula	**g/Kg**	**Representative Ingredients**
Casein	289.0	Ground corn
DL-Methionine	3.33	Dehulled soybean meal
Corn Starch	207.3	Ground oats
Sucrose	90.5	Wheat middlings
Vegetable Shortening, hydrogenated (Primex)	274.1	Dehydrated alfalfa meal
Corn Oil	16.0	Soybean oil
Cellulose	53.12	Corn gluten meal
Vitamin Mix, Teklad (40060)	13.33	Iodized salt
Mineral Mix, AIN-76 (170915)	46.66	Brewers dried yeast
Calcium Carbonate	6.66	Calcium carbonate
Approx. Fatty Acid Profile	**% of Total Fat**	
Saturated-Fat	28%	
Trans-Fat	30%	
Monounsaturated (cis)-Fat	28%	
Polyunsaturated (cis)-Fat	14%	

Supplementary Figure 1. Skeletal muscle insulin signaling and adipose tissue glucose uptake in mice fed chow or HFD for 3 wks with a 3-day IL-10 or saline (control) treatment. Muscle samples were obtained 15 min after insulin injection. **A.** Insulin-stimulated tyrosine phosphorylation of IRS-1 and IRS-1 protein levels in chow and HFD-fed mice. **B.** Insulin-stimulated glucose uptake in white adipose tissue. **P*<0.05 vs. HFD. Values are means±S.E. for 4~8 mice in each experimental group. A Student's t-test was used in A, and a 2-way ANOVA was used in B for statistical analysis.



Supplementary Figure 2. Metabolic cage analysis of WT and MCK-IL10 mice following chow or HFD. **A.** Daily VO_2 consumption in chow-fed WT and MCK-IL10 mice. **B.** Daily VO_2 consumption in HFD-fed WT and MCK-IL10 mice. Values are means±S.E. for 4 mice in each experimental group.