

Online Supporting Material

Supplemental Table 1 Characteristics of the adolescents aged 14-18 y¹

	Value
Age, <i>y</i>	16.2 ± 1.2
Females, %	49.1
Blacks, %	45.1
BMI percentile	61.6 ± 27.8
FFST mass, <i>kg</i>	46.4 ± 9.9
Fat mass, <i>kg</i>	15.9 ± 9.5
SAAT, <i>cm</i> ³	871 ± 735
VAT, <i>cm</i> ³	96 ± 61
Systolic blood pressure, <i>mm Hg</i>	111 ± 10
Diastolic blood pressure, <i>mm Hg</i>	60 ± 6
Fasting serum glucose, <i>mmol/L</i>	4.99 ± 0.41
HOMA-IR	3.7 ± 2.1
Plasma triglycerides, <i>mmol/L</i>	0.77 ± 0.45
Plasma total cholesterol, <i>mmol/L</i>	3.79 ± 0.74
Plasma LDL cholesterol, <i>mmol/L</i>	2.36 ± 0.71
Plasma HDL cholesterol, <i>mmol/L</i>	1.22 ± 0.28
Serum leptin, <i>μg/L</i>	11.8 ± 12.5
Plasma adiponectin, <i>mg/L</i>	8.7 ± 4.7
Plasma resistin, <i>μg/L</i>	11.9 ± 6.1
Plasma C-reactive protein, <i>mg/L</i>	1.1 ± 2.4
Moderate/Vigorous PA, <i>min/d</i>	43 ± 29
Socioeconomic status	34 ± 9
Dietary intake	

Energy, <i>kJ/d</i>	8100 ± 2580
Protein, % <i>energy</i>	13.9 ± 2.7
Fat, % <i>energy</i>	33.4 ± 4.8
Carbohydrate, % <i>energy</i>	53.6 ± 6.3
Total fructose	
g/d	60.2 ± 24.7
% <i>energy</i>	12.5 ± 3.6
Free fructose	
g/d	33.1 ± 16.6
% <i>energy</i>	6.9 ± 3.0
Free sucrose	
g/d	54.1 ± 26.3
% <i>energy</i>	11.1 ± 4.0
Fiber	
g/d	10.7 ± 4.4
g/4196 kJ	5.6 ± 1.5
Total sugars	
g/d	134 ± 53
% <i>energy</i>	27.7 ± 6.7
Added sugars	
g/d	89 ± 76
% <i>energy</i>	17.9 ± 12.9
Free fructose subgroups	
Vegetables, <i>g/d</i>	6.1 ± 4.6
Fruit, <i>g/d</i>	7.5 ± 8.9
100% fruit juices, <i>mL/d</i>	48 ± 72
HFCS subgroups	
Sugar-sweetened foods, <i>g/d</i>	60.4 ± 28.7

Sugar-sweetened beverages, *mL/d*

576 ± 360

Values are means ± SD or %, *n* = 559. FFST, fat-free soft-tissue; SAAT, subcutaneous abdominal adipose tissue; VAT, visceral adipose tissue; PA, physical activity; HFCS, high-fructose corn syrup.