

Supplemental Table 1: Changes in individual and total diacylglycerol (pMol/mg protein) by intervention group

	WL		EX	
	PRE	POST	PRE	POST
N (male/female)	8 (3/5)		8 (4/4)	
Diacylglycerol (pMol/mg)				
C14:0/16:0	4.8±2.2	2.1±0.7*	3.7±1.5	3.1±2.2*
C14:0/18:0	5.0±3.8	1.6±0.7*	5.9±1.6	4.2±1.6*
C14:0/18:1	12.8±5.3	8.3±2.9*	14.8±7.1	9.5±8.0*
C16:0/18:0	198.5±70.5	141.6±54.7*	452.1±93.4	323.4±102.2*
C16:0/18:1	121.2±27.8	94.2±20.4*	108.8±30.4	47.6±17.4*
C16:1/18:0	2.44±0.58	2.13±0.77	2.66±0.72	0.87±0.33*
C16:1/18:1	77.9±22.6	47.2±9.0*	33.8±15.7	6.3±2.4*
C18:0/18:1	36.1±4.4	30.6±4.1*	23.9±6.9	12.2±4.9*
DI-C14:0	7.5±0.8	4.5±0.8*	1.6±0.4	0.5±0.1*
DI-C16:0	52.1±9.2	36.3±6.4*	41.5±8.9	22.9±9.4*
DI-C16:1	16.4±3.1	9.7±2.2	2.3±1.0	0.2±0.0*
DI-C18:0	195.2±44.9	145.2±17.3	517.4±136.9	283.2±108.4*
DI-C18:1	128.7±20.0	95.6±14.4*	48.6±9.8	14.50±5.14*
Total DAG	942.6±288.5	665.4±132.3*	1137.2±256.4	694.0±224.4*

Data are mean±SEM. A two-way (group x time) repeated measures analysis of variance was used to assess differences. Data were log transformed when ANOVA assumption of normality was not met.

* $P < 0.05$ within-group intervention. † $P < 0.05$ between-groups difference.