Supplementary Table 1 – Age and gender adjusted univariate correlations between liver enzymes and anthropometric and metabolic variables

	ALT	***P***	**AST**	***P***	**GGT**	***P***
	r	*P*				
BMI (*kg/m*^{2})	0.24	<0.0001	0.18	<0.0001	0.09	0.02
Waist (*cm*)	0.22	<0.0001	0.13	0.001	0.07	0.05
Fat mass (%)	0.23	<0.0001	0.15	0.008	0.12	0.002
Fasting glucose (*mg/dl*)	0.15	<0.0001	0.12	0.001	0.07	0.06
1-h glucose (*mg/dl*)	0.18	<0.0001	0.14	0.001	0.10	0.01
2-h glucose (*mg/dl*)	0.21	<0.0001	0.16	<0.0001	0.16	<0.0001
Fasting insulin *(μU/ml)*	0.23	<0.0001	0.23	<0.0001	0.09	0.02
1-h insulin *(μU/ml)*	0.18	<0.0001	0.13	0.001	0.06	0.12
2-h insulin *(μU/ml)*	0.26	<0.0001	0.24	<0.0001	0.14	0.001
Total cholesterol (*mg/dl*)	0.11	0.004	0.04	0.24	0.14	<0.0001
HDL (*mg/dl*)	-0.14	<0.0001	-0.12	0.001	-0.01	0.72
Triglycerides (*mg/dl*)	0.19	<0.0001	0.13	<0.0001	0.20	<0.0001
IGF-1 (*ng/ml*)	-0.16	<0.0001	-0.12	0.004	-0.11	0.01
hsCRP (*mg/l*)	0.11	0.008	0.09	0.03	0.09	0.04
Liver IR index	0.33	<0.0001	0.24	<0.0001	0.14	0.001

BMI=Body Mass Index; ALT= Alanine aminotransferase; AST=aspartate aminotransferase; GGT=gamma-glutamyltransferase