

Supporting material

Supplementary Table S1. Mean values and standard deviations of blood parameters at time points 0 h, 1 h, 2 h, 4 h and 6 h separated by test meal

	0 h		1 h		2 h		4 h		6 h	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD
<i>HFC meal</i>										
Glucose (mmol/L)	5.01	0.41	5.51	1.16	4.95	0.67	4.46**	0.32	4.33**	0.29
Insulin (mU/L)	9.78	8.77	48.45**	54.31	30.79**	30.53	12.93**	8.97	7.29**	6.72
Total cholesterol (mmol/L)	5.01	0.64	4.90*	0.66	4.88**	0.66	4.93	0.67	4.97	0.67
LDL-cholesterol (mmol/L)	3.36	0.66	3.26**	0.66	3.19**	0.65	3.07**	0.63	3.15**	0.60
HDL-cholesterol (mmol/L)	1.40	0.34	1.36**	0.32	1.34**	0.31	1.27**	0.31	1.30**	0.32
Triglyceride (mmol/L)	1.38	0.71	1.79**	0.83	2.40**	1.01	2.66**	1.24	2.28**	1.32
CRP (mg/L)	1.19	1.16	1.16**	1.15	1.14*	1.13	1.13**	1.13	1.12**	1.11
IL-6 (pg/mL)	2.99	1.09	nd	nd	nd	nd	nd	nd	5.12**	2.71
TNF- α (pg/mL)	3.63	1.30	nd	nd	nd	nd	nd	nd	3.45	1.35
Endotoxin (EU/mL)	2.35	0.80	nd	nd	nd	nd	nd	nd	3.36**	1.65

	0 h		1 h		2 h		4 h		6 h	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD
<i>HFD meal</i>										
Glucose (mmol/L)	5.03	0.48	5.70**	1.45	5.28	1.04	4.38**	0.38	4.35**	0.51
Insulin (mU/L)	9.53	6.52	49.24**	46.00	39.44**	37.95	14.93**	13.74	7.77**	6.83
Total cholesterol (mmol/L)	5.11	0.81	5.06	0.87	4.93**	0.84	5.04*	0.90	4.99	0.84
LDL-cholesterol (mmol/L)	3.40	0.81	3.33**	0.85	3.18**	0.80	3.13**	0.81	3.14**	0.79
HDL-cholesterol (mmol/L)	1.44	0.42	1.40	0.37	1.35**	0.39	1.31**	0.37	1.32**	0.40
Triglyceride (mmol/L)	1.34	0.80	1.67**	0.91	2.15**	1.10	2.55**	1.37	2.24**	1.26
CRP (mg/L)	1.36	1.58	1.35	1.60	1.32**	1.56	1.36	1.64	1.37	1.67
IL-6 (pg/mL)	3.66	2.64	nd	nd	nd	nd	nd	nd	4.95**	2.71
TNF- α (pg/mL)	3.56	1.32	nd	nd	nd	nd	nd	nd	3.12**	1.38
Endotoxin (EU/mL)	2.30	0.75	nd	nd	nd	nd	nd	nd	3.17**	1.39

	0 h		1 h		2 h		4 h		6 h	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD
<i>HFM meal</i>										
Glucose (mmol)	5.08	0.45	5.41*	1.01	5.23	0.83	4.53**	0.53	4.45**	0.47
Insulin (mU)	9.69	8.08	46.47**	47.80	34.00**	26.37	15.97**	9.65	8.91	6.58
Total cholesterol (mmol)	5.33	0.92	5.11**	0.89	5.13**	0.90	5.18**	0.92	5.16**	0.87
LDL-cholesterol (mmol)	3.57	0.88	3.44**	0.86	3.37**	0.85	3.19**	0.76	3.26**	0.77
HDL-cholesterol (mmol)	1.42	0.37	1.35**	0.33	1.33**	0.34	1.27**	0.35	1.27**	0.33
Triglyceride (mmol)	1.47	0.76	1.78**	0.86	2.32**	1.06	3.19**	1.64	2.69**	1.52
CRP (mg/L)	1.77	1.54	1.72**	1.52	1.69**	1.50	1.66**	1.47	1.65**	1.47
IL-6 (pg/mL)	3.92	2.92	nd	nd	nd	nd	nd	nd	5.54	4.40
TNF- α (pg/mL)	3.57	1.48	nd	nd	nd	nd	nd	nd	3.36	1.21
Endotoxin (EU/mL)	2.38	0.78	nd	nd	nd	nd	nd	nd	3.68**	1.57

HFC meal, high-fat non-dairy control meal; HFD meal, high-fat dairy meal; HFM meal, high-fat non-dairy meal supplemented with milk; CRP, C-reactive protein; nd, values were not determined at these time points

* Indicates a significant difference between t = 0 h and t = 1, 2, 4 or 6 h (* $P \leq 0.05$, ** $P \leq 0.01$)