

ESM Methods

Plasma glucose and serum insulin concentrations were measured using the glucose oxidase method (YSI 2300 STAT PLUS, Ohio, USA) and Automated Chemiluminescence (ACS Centaur, Siemens Healthcare Diagnostics Inc. NY, USA), respectively. Serum NEFA concentrations were measured using a commercial kit (FFA Half-micro test, Boehringer, Mannheim, Germany). Serum hsCRP and FGF21 concentrations were measured by ELISA (Immunodiagnostic, Bensheim, Germany and R&D Systems, United Kingdom, respectively). Luminex (EMB Millipore, Missouri 63304, USA) was used to measure IL-6, leptin, MCP-1, IL-8 and adiponectin (Milliplex assay HADCY MAG-61K-06), TNFRI and soluble TNFRII (Milliplex assay HSCRMAG-32K-01) and MIF (single-plex HCCBP1MAG-58K-01) concentrations.