

**A**

**Study subjects**

39 participants (26 women, 13 men)

- Insulin resistant (HOMA-IR > 50<sup>th</sup> percentile for sex)
- Overweight or class 1 obese (BMI: 27 – 35 kg/m<sup>2</sup>)
- Otherwise healthy
- Assessed for other eligibility

High carbohydrate branch (HC) – 55%  
(n=16)

Low carbohydrate branch (LC) – 40%  
(n=23)

2 week baseline diet

2 week baseline diet

Randomly assigned to a sequence of two experimental diets for two weeks with a two week baseline washout in between

Low RS diet    High RS diet  
4 g amylose    66 g amylose

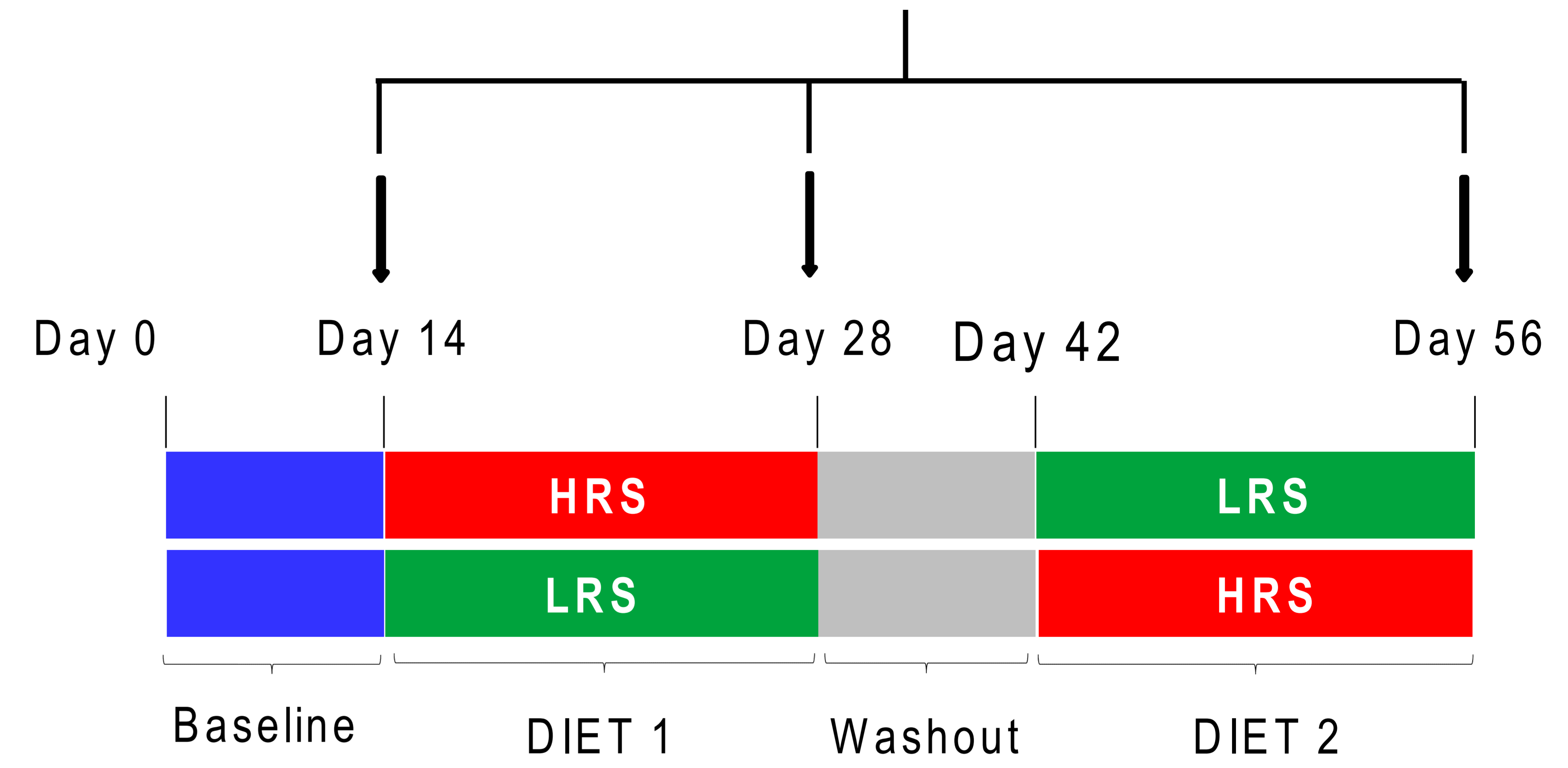
Low RS diet    High RS diet  
3 g amylose    48g amylose

Collection of endpoint responses following baseline and two experimental diets

- Fecal samples
- Fasting, post-heparin, postprandial blood samples

**B**

3 sample taking points (Day 14, Day 28, Day 56)



**Baseline Diet**  
40% Carb  
40% Fat  
20% Protein

**Washout**  
7 days home diet  
7 days baseline

**Low carb, HRS diet**  
40% Carb (48 g of amylose)  
41% Fat  
19% Protein

**Low carb, LRS diet**  
39% Carb (3 g of amylose)  
40% Fat  
21% Protein

**High carb, HRS diet**  
51% Carb (66 g of amylose)  
27% Fat  
22% Protein

**High carb, LRS diet**  
53% Carb (4 g of amylose)  
26% Fat  
22% Protein