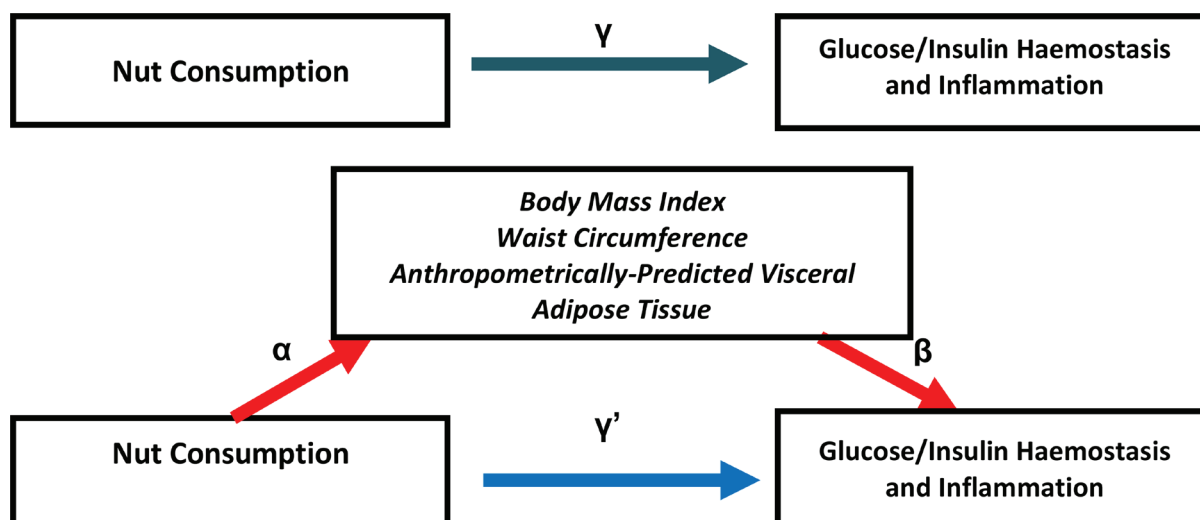


The impact of nuts consumption on glucose/insulin homeostasis and inflammation markers mediated by adiposity factors among american adults

SUPPLEMENTARY MATERIALS



Supplementary Figure 1: Mediation model for the association between nut consumption, glucose/insulin homeostasis and inflammation with body mass index (BMI), waist circumference (WC) and anthropometrically-predicted visceral adipose tissue (apVAT), lipid accumulation product (LAP) and visceral adiposity index (VAI) as mediators. Path α represents the regression coefficient for the association of nut consumption with BMI, WC, apVAT, LAP and VAI. Path β represents the regression coefficient for the association of BMI, WC, apVAT and VAI with glucose/insulin homeostasis and inflammation. The product of regression coefficients α and β represents the mediated effect (indirect effect) of BMI, WC, apVAT, LAP or VAI ($\alpha\beta$). Path γ , represents the direct effect of nut consumption with glucose/insulin homeostasis and inflammation, after adjustment for BMI, WC, apVAT, LAP or VAI. Path γ' represents the simple total effect of nut consumption on glucose/insulin homeostasis and inflammation, without adjustment for BMI, WC, apVAT, LAP or VAI.