

## Supplementary Materials: Positive effects of Tomato Paste on vascular function after a Fat Meal in Healthy Subjects.

Andrea Dalbeni <sup>1,\*</sup>, Davide Treggiari <sup>2</sup>, Angela Tagetti <sup>1</sup>, Michele Bevilaqua <sup>1</sup>, Sara Bonafini <sup>1</sup>, Martina Montagnana <sup>3</sup>, Giuliana Scaturro <sup>1</sup>, Pietro Minuz <sup>1</sup> and Cristiano Fava<sup>1</sup>

**Table S1.** Effect (at 2 and 3.5 hours) of a fat meal ± tomato paste (FM±TP) on BP, vascular exams and metabolic parameters in healthy, young men.

Variable at baseline	LFD&TP+FM (2h)	LFD-only+FM (2h)	Difference	P-value	LFD&TP+FM (3.5h)	LFD-only+FM (3.5h)	Difference	P-value
			LFD&TP+FM (2h) vs. LFD-only+FM (2h)	LFD&TP+FM (2h) vs. LF-only+FM (2h)			LFD&TP+FM (3.5h) vs. LFD-only+FM (2h)	LFD&TP+FM (3.5h) vs. LFD-nly+FM (2h)
SBP (mmHg)	121.9 ± 6.6	122.4±8.8	-0.4±9.0	0.84	121.2±8.9	121.0±9.6	0.2±9.3	0.92
DBP (mmHg)	70.7 ±6.8	71.8±6.8	-1.2±5.8	0.39	72.9±8.5	70.9±7.2	2.1±8.0	0.28
HR (bpm)	68.2±9.2	68.6±11.4	-0.4±6.9	0.80	66.4±11.2	64.4±9.3	2.0±8.4	0.31
Brachial artery diameter (mm)	4.2±0.4	4.1±0.4	0.1±0.4	0.39	4.1±0.7	4.1±0.4	-0.0±0.6	0.84
FMD (%)	4.2±2.6	3.4±2.7	0.8±3.1	0.27	4.1±2.0	4.5±3.5	-0.4±3.7	0.67
NMD (%)	4.1±2.2	3.4±2.2	0.6±3.2	0.58	n.p.	n.p.	n.p.	n.p.
Carotid DC (KPa <sup>-1</sup> 10 <sup>-3</sup> )	36.2±5.3	38.8±7.0	-2.6±6.1	0.08	37.1±4.9	37.5±7.1	-0.4±7.1	0.75
SI (m/sec)	6.4±0.6	6.5±0.8	-0.1±0.6	0.52	6.4±0.6	6.7±0.7	-0.2±0.8	0.20
RI (%)	60.6±10.9	61.4±12.1	0.9±11.3	0.76	66.0±11.6	66.7±10.9	-0.7±10.8	0.76
Total cholesterol (mg/dL)	151.2±25.4	148.3±28.3	2.8±18.3	0.51	152.5±25.5	147.8±25.2	4.6±15.8	0.21
HDL-cholesterol (mmol/L)	49.0±14.2	48.3±12.9	0.7±5.1	0.54	48.1±14.5	47.2±14.0	0.9±3.8	0.33
LDL-cholesterol (mmol/L)	74.5±24.7	73.3±26.9	1.1±13.2	0.71	77.2±24.9	74.1±23.2	3.1±10.4	0.21
Triglycerides (mmol/L)	151.0±59.3	140.9±49.8	10.2±45.4	0.34	144.1±64.5	138.3±69.4	5.8±39.3	0.52
Glucose (mmol/L)	92.8±21	95.7±12.4	-2.9±22.1	0.57	88.6±8.4	91.0±6.5	-2.4±9.4	0.27

FM, Fat Meal; TP, Tomato Paste; SBP, Systolic Blood Pressure; DBP, Diastolic Blood Pressure; HR, Heart Rate; FMD, Flow Mediated Dilatation; NMD, nitroglycerin mediated dilatation; DC, distensibility; SI, Stiffness Index; RI, Reflection Index, HDL, High density Lipoproteins; LDL, Low density Lipoproteins; n.p., not performed.