

Supplementary material

Table S1. Effects of yacon on morphometric parameters of HFD-fed rats

	SD	HFD	HFD Y340	HFD Y680
Final body weight (g)	429.8 ± 21.0	615.4 ± 28.8 ^a	572.77±10.12 ^{a,b}	520.28±23.52 ^{a,b,c}
BMI (%)	0.71 ±0.09	0.95 ± 0.02 ^a	0.98±0.05 ^a	0.81±0.03 ^{a,b}
Lee index (g/cm)	0.31 ± 0.01	0.34 ± 0.01 ^a	0.35±0.01 ^a	0.32±0.01 ^b
TC (cm)	17.50 ± 0.50	21.88 ± 1.70 ^a	18.50 ± 1.06 ^b	17.25±0.57 ^{a,b,c}
AC (cm)	17.33 ± 1.04	22.20 ± 1.24 ^a	19.33 ± 0.71 ^{a,b}	17.75±0.57 ^{a,b,c}
AC/TC	1.01 ± 0.02	1.09 ± 0.05 ^a	1.04 ± 0.03	0.98 ± 0.01 ^b

Values are means ± standard deviation (n = 6 rats/group). ^a p < 0.05 compared to the SD. ^b p < 0.05 compared to the HFD. TC, thoracic circumference; AC, abdominal circumference

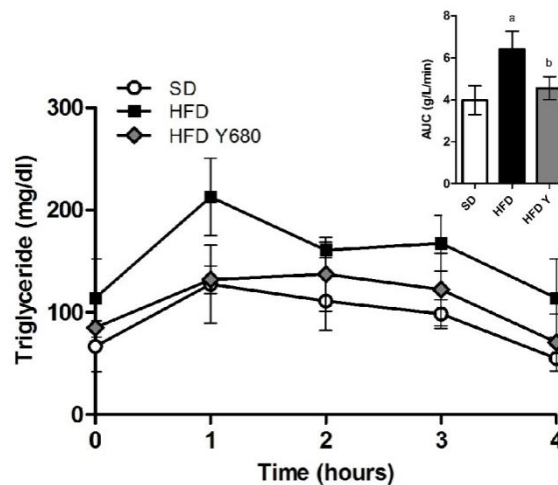


Figure S1. Effects of yacon flour on serum triglyceride after oral fat-loading in HFD-fed rats. Time course of triglycerides after a single yacon-tablet (680 mg FOS/kg body weight) followed of normal standard chow administration at 0,1,2,3 and 4 h (Insert: area under the curve of serum triglycerides following 2.5 ml/ kg b.w. of corn oil administration). Data are expressed as the mean ± standard deviation (n = 6 / group). ^ap < 0.05 vs. SD, ^bp < 0.05 vs. HFD. SD: Standard-diet fed rats; HFD: High-fat diet- fed rats; HFD Y680: High-fat diet- fed rats supplemented with yacon flour (680 mg FOS/kg body weight).

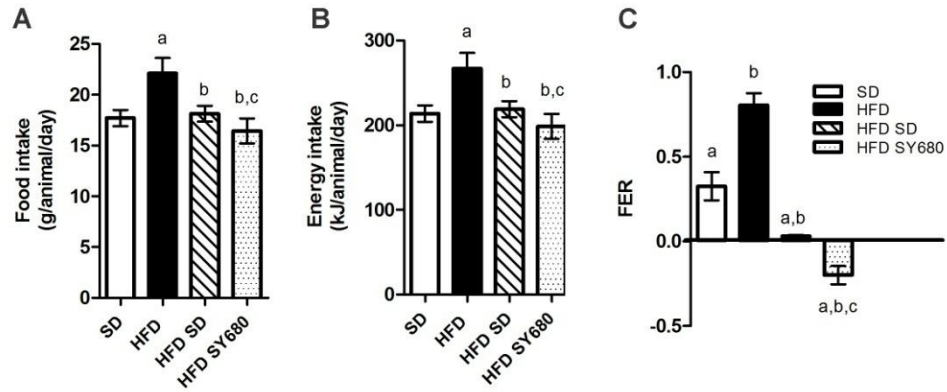


Figure S2. Effects of yacon supplement and the reversion to a SD diet on HFD-induced metabolic disease. A: Food intake. B: Energy intake. C: Feed efficiency ratio (FER). Data are mean \pm standard deviation ($n = 6$ / group). ^a $p < 0.05$ vs. SD, ^b $p < 0.05$ vs. HFD, ^c $p < 0.05$ vs. HFD SD. SD: Standard-diet fed rats; HFD: High-fat diet- fed rats; HFD SD: High-fat diet- fed rats reversed to a SD diet; HFD SY680: High-fat diet- fed rats reversed to a SD diet and supplemented with yacon flour (680 mg FOS/kg b. w.).