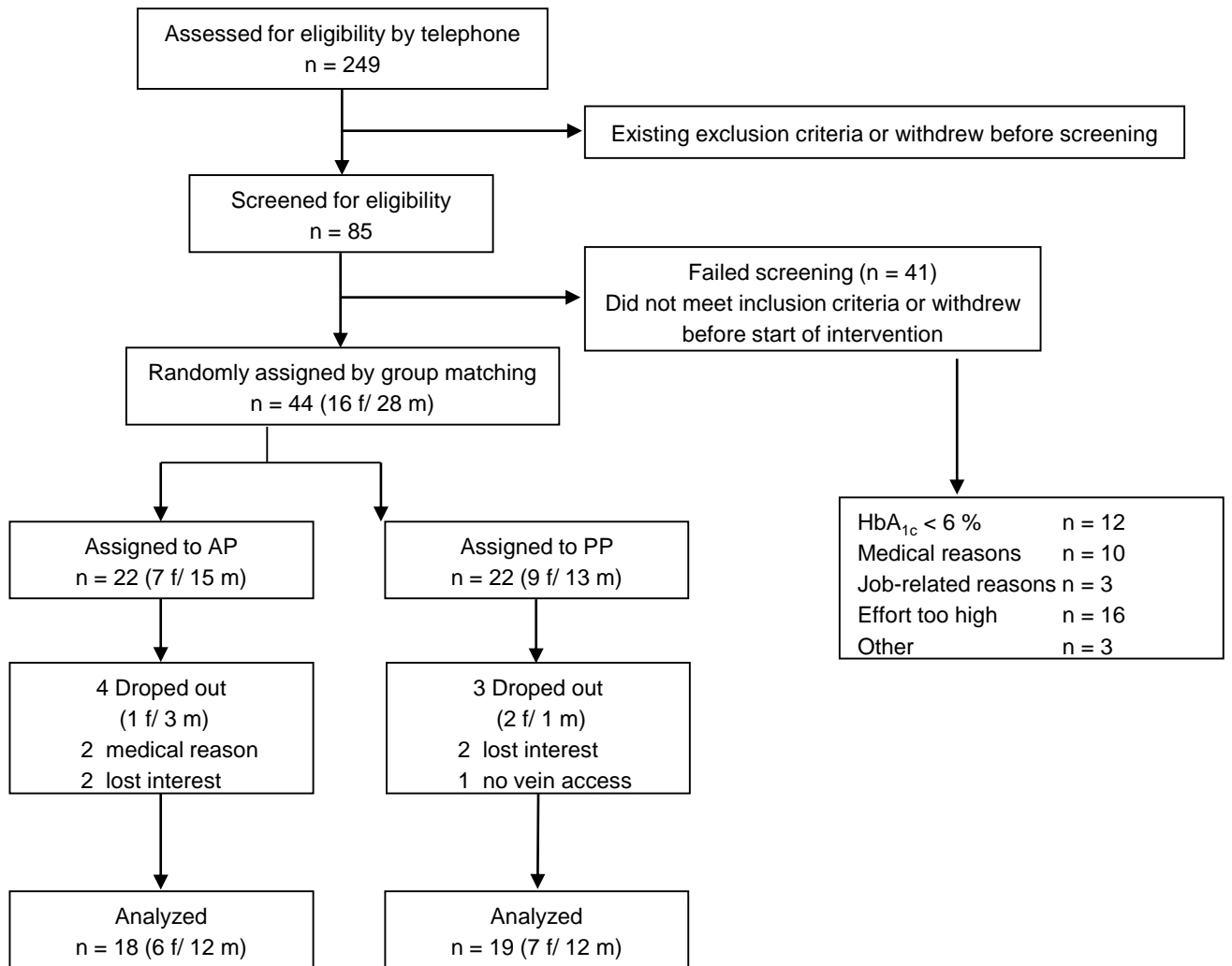
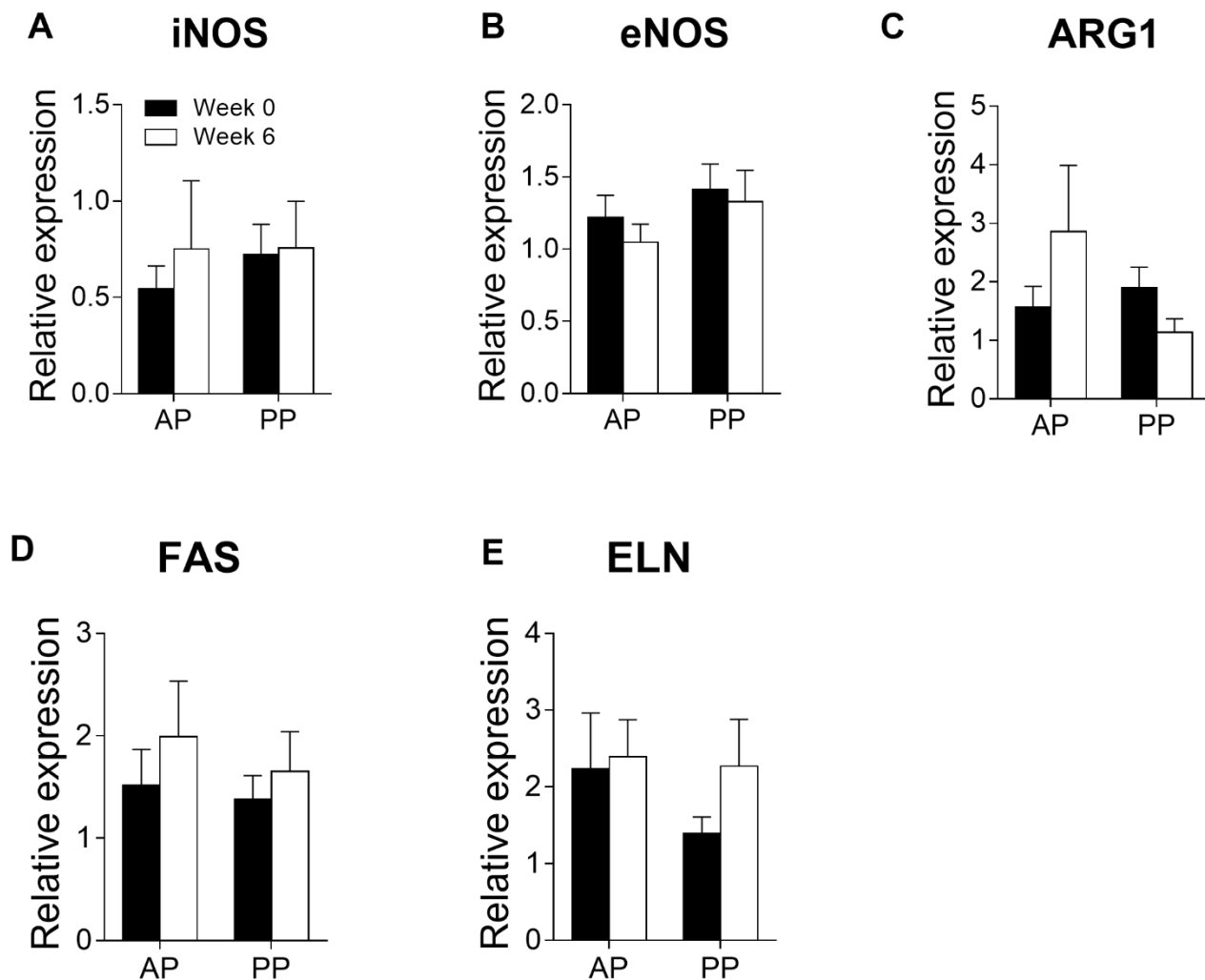


**Figure S1**



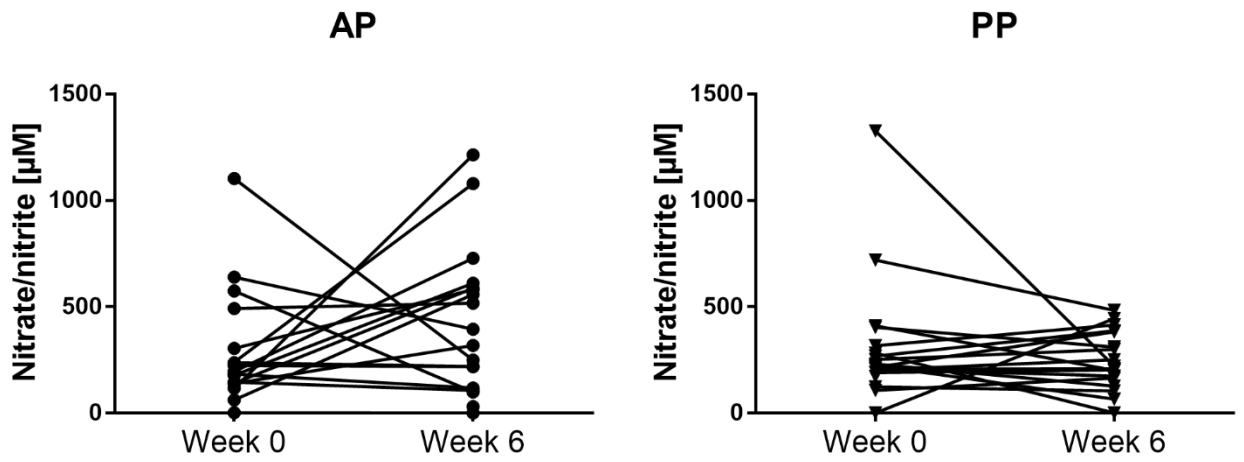
**Figure S1. Flowchart of the subject recruitment for the trial.**  
AP – animal protein; PP – plant protein.

**Figure S2**



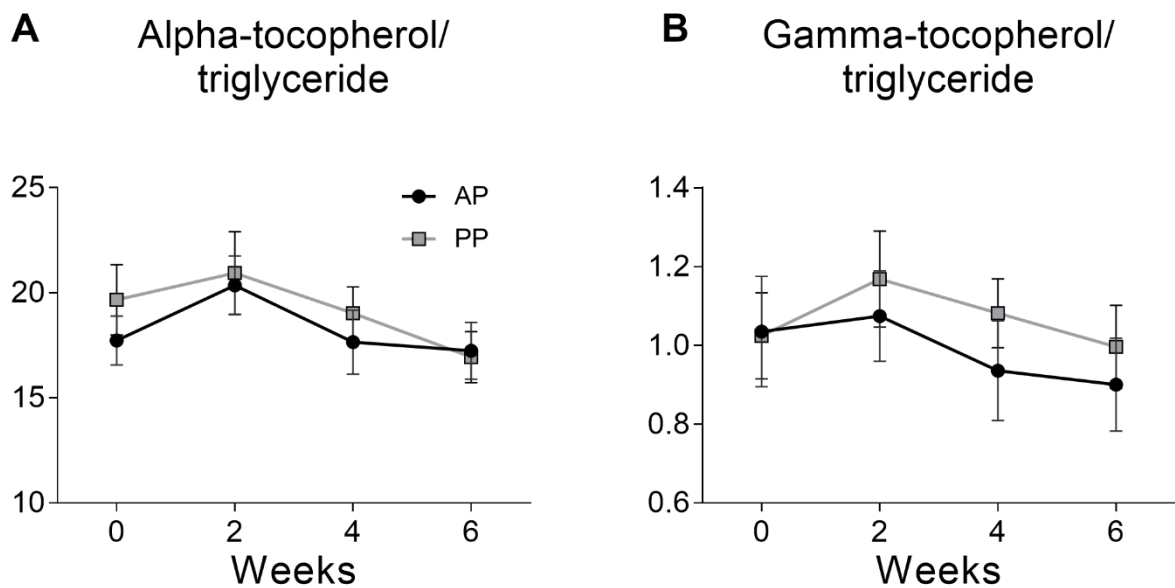
**Figure S2. Effects of animal and plant protein diets on the gene expression in adipose tissue.** Levels of mRNA for (A) inducible NO synthase (iNOS); (B) endothelial NO synthase (eNOS); (C) arginase 1 (Arg1); (D) Fas cell surface death receptor (FAS), and (E) elastin (ELN) in subcutaneous adipose tissue at baseline and after 6 weeks of dietary intervention. Values are means  $\pm$  SEM. \* $p < 0.05$  for week 6 vs. week 0.

**Figure S3**



**Figure S3. Individual changes in urine NO metabolite levels.** AP – animal protein, PP – plant protein group. nAP = 18, nPP = 19.

## Figure S4



**Figure S4. Plasma alpha-tocopherol (A) and gamma-tocopherol (B) normalised to the triglyceride levels over 6 weeks of intervention.** Values are means  $\pm$  SEM. \* $p < 0.05$ , \*\* $p < 0.01$  for AP vs. PP group; # $p < 0.05$ , ## $p < 0.01$  vs. week 0 in the AP group; <sup>s</sup> $p < 0.05$ , <sup>ss</sup> $p < 0.01$  vs. week 0 in the PP group.