

**Additional file 2: Table S1.** Subject Characteristics at Baseline<sup>1</sup>.

	Arabinoxylan	Microcrystalline Cellulose	Between Group <i>p</i> value <sup>2</sup>
Number	15	16	
Age (y)	33.7 ± 9.7	32.1 ± 7.4	0.91
Sex (female/male)	10/5	11/5	
Height (cm)	171.5 ± 8.4	168.8 ± 7.6	0.25
Weight (kg)	84.8 ± 12.3	81.9 ± 10.5	0.40
BMI (kg/m <sup>2</sup> )	28.7 ± 2.7	28.7 ± 2.0	0.99
Waist circumference (cm)	95.7 ± 8.8	92.9 ± 6.0	0.30
Percent body fat (%)	33.0 ± 9.3	32.0 ± 7.3	0.63
Females	36.4 ± 2.9	38.0 ± 6.1	0.20
Males	22.5 ± 3.6	23.0 ± 5.3	0.84
Ethnicity (%)			0.56
White	60.0	43.8	
Asian	20.0	31.3	
Black	13.3	6.3	
Other	6.7	18.8	
Employment (%)			0.40
Student	26.7	50.0	
Employed	66.7	43.8	
Unemployed	6.7	6.3	

<sup>1</sup> Data presented as mean ± standard deviation or as a percentage.

<sup>2</sup> Continuous variables were analyzed by Mann-Whitney test, and count variables were analyzed by Chi-Squared test. BMI, body mass index.