

Table S1. Characteristic ¹H-NMR peaks for metabolites of interest.

Metabolite	Shift (ppm)	H's	Multiplicity	J-coupling (Hz)
Thymine	1.86	3	s	
Glucose	5.24	1	d	3.76
	4.65	1	d	7.95
Pyruvate	2.36	3	s	
Lactate	1.32	3	d	6.91
Alanine	1.47	3	d	7.30
Sorbitol	3.85	2	d	2.62
3-Hydroxybutyrate	1.19	3	d	6.23
Acetone	2.22	6	s	
Acetoacetate	2.27	3	s	
Glycerol	3.64	4	dd	11.8, 4.4
Acylcarnitine	3.18	9	s	
Carnitine	3.22	9	s	
Choline	3.19	9	s	
Glycine	3.54	2	s	
Taurine	3.27	2	t	8.67, 8.67
Citrate	2.65	2	d	15.1
α-Ketoglutarate	3.00	2	t	6.76, 6.76
Succinate	2.39	4	s	
Fumarate	6.51	2	s	
Malate	4.29	1	dd	10.00, 3.30
Oxaloacetate	3.67	2	s	
Isoleucine	0.924	3	t	7.40, 7.40
Leucine	0.945	6	t	5.70, 5.70
Valine	1.03	3	d	7.02
Phenylalanine	3.14	1	dd	14.44, 7.44
Tyrosine	6.91	2	d	8.61
Tryptophan	7.72	1	d	7.93
Glutamate	2.04	1	m	
Glutamine	2.44	2	m	

Table S2. qPCR primers.

Gene Name	Sequence (5'-3')
<i>Rpl32</i> forward	AAACTGGCGGAAACCCAGAG
<i>Rpl32</i> reverse	GCAATCTCAGCACAGTAAGATT
<i>Plin2</i> forward	TGTGTGTGTGTGTGTGTAGAG
<i>Plin2</i> reverse	GGCCAGTGAGATGGCTTAAT
<i>Pnpla2</i> forward	GAGTTTCGGATGGAGAGAATGT
<i>Pnpla2</i> reverse	GCCACAGTACACAGGGATAAA
<i>Ccl3</i> forward	CCTATGGACGGCAAATCCAC
<i>Ccl3</i> reverse	AGATCTGCCGTTTCTCTTGG
<i>Ccl5</i> forward	CATATGGCTCGGACACCACT
<i>Ccl5</i> reverse	GACTGCAAGGTTGGAGCACT
<i>Acox1</i> forward	TGCTTTGGTGTCTGTCACTTC
<i>Acox1</i> reverse	ATTGAGGCCAACAGGTTCCA
<i>Mcp-1</i> forward	CTTCCTCCACCACTATGCAGG
<i>Mcp-1</i> reverse	GATGCTACAGGCAGCAACTG
<i>Lxra</i> forward	GAGGGCTGCAAGGGATTCTT
<i>Lxra</i> reverse	CATTTGCGAAGGCGACACTC
<i>Tgf-β</i> forward	CCACGTAGTAGACGATGGGC
<i>Tgf-β</i> reverse	GCTAGCTGATTACTTCTGTGTAGT
<i>Ifn-β</i> forward	ACTACAAGCAGCTCCAGTTC
<i>Ifn-β</i> reverse	TGAGGTTGAGCCTTCCATTC
<i>Vegf-a</i> forward	CGACAGAAGGGGAGCAGAAA
<i>Vegf-a</i> reverse	CCTTGGCTTGTACATCTGC
<i>Vegf-c</i> forward	GTTCGGATGTCCGTTTCCT
<i>Vegf-c</i> reverse	GCCTTCGAAACCCTTGACCT

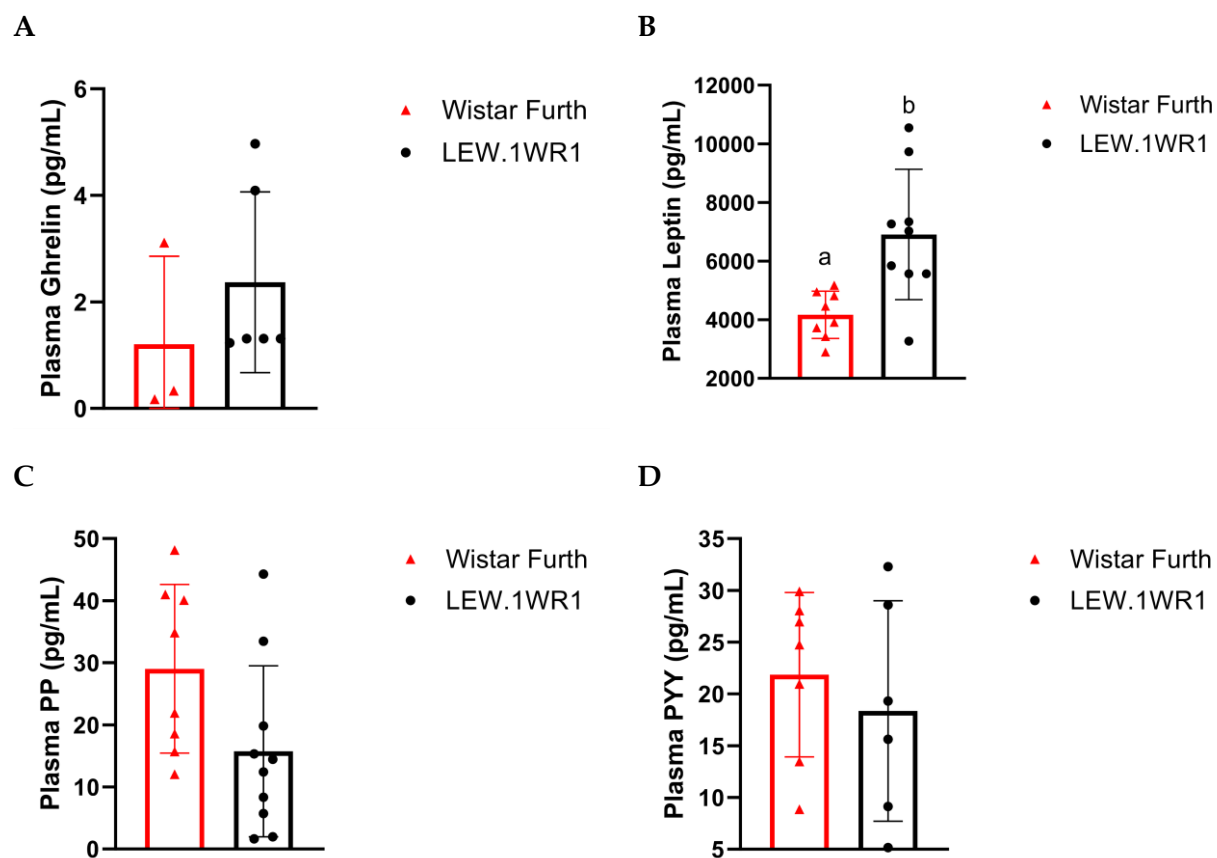


Figure S1. Plasma metabolites that are associated with hunger and satiety: (A) ghrelin (n.s., n = 3, 6), (B) leptin ($p = 0.0060$, n = 8, 9), (C) pancreatic polypeptide (PP) (n.s., n = 8, 10), and (D) peptide tyrosine tyrosine (PYY) (n.s., n = 7, 6).