

Article

Miso (Fermented Soybean Paste) Suppresses Visceral Fat Accumulation in Mice, Especially in Combination with Exercise

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Supplementary Materials

Table S1. Composition of Miso sample and replaced material.

Miso sample		Miso replaced material ¹	
	(g/100g)		(g/100g)
protein	16.6	casein	16.6
lipid	8.6	soybean oil	8.6
carbohydrate	47.7	corn starch	47.7
Salt equivalent	19.0	NaCl	19.0
other	8.1	cellulose	8.1
Energy (kcal/100g)	335	Energy (kcal/100g)	335

¹ Miso replaced material reproduced to match the nutritional composition of Miso.

Table 2. Primer pairs used for the real time qRT-PCR analysis.

Genbank ID	Gene name		Primer sequence (5' to 3')
NM_133904	<i>Acc</i>	Forward	CGCTCACCAACAGTAAGGTGG
		Reverse	GCTTGGCAGGGAGTTCCTC
NM_015729	<i>Aco</i>	Forward	TAACTTCCTCACTCGAAGCCA
		Reverse	CTGGGCGTAGGTGCCAATTA
NM_001163689	<i>Atgl</i>	Forward	CAACGCCACTCACATCTACGG
		Reverse	GGACACCTCAATAATGTTGGCAC
NM_007393	β -actin	Forward	GGCTGTATTCCCCTCCATCG
		Reverse	CCAGTTGGTAACAATGCCATGT
NM_007824	<i>Cyp7a1</i>	Forward	GGGATTGCTGTGGTAGTGAGC
		Reverse	GGTATGGAATCAACCCGTTGTC
NM_007988	<i>Fasn</i>	Forward	CCTGGATAGCATTCCGAACCTG
		Reverse	TTCACAGCCTGGGGTCATCTTTGC
NM_008062	<i>G6pdx</i>	Forward	TGGGTCCACCACTGCCACTTTTG
		Reverse	ATTGGGCTGCACACGGATGACCA
NM_008255	<i>Hmgcr</i>	Forward	AGCTTGCCCGAATTGTATGTG
		Reverse	TCTGTTGTGAACCATGTGACTTC
NM_001039507	<i>Hsl</i>	Forward	TTCTCCAAAGCACCTAGCCAA
		Reverse	TGTGGAAACTAAGGGCTTGTTG
NM_001198933	<i>Me</i>	Forward	CCTCACCACCTCGTGAGGTCAT
		Reverse	CGAAACGCCTCGAATGGT
NM_011144	<i>Ppara</i>	Forward	AGAGCCCCATCTGTCCTCTC
		Reverse	ACTGGTAGTCTGCAAACCAAA
NM_011146	<i>Ppar</i>	Forward	GGAAGACCACTCGCATTCCTT
		Reverse	TCGCACTTTGGTATTCTTGGAG
NM_011480	<i>Srebp1c</i>	Forward	GATGTGCGAACTGGACACAG
		Reverse	CATAGGGGGCGTCAAACAG

Acc, acetyl-Coenzyme A carboxylase beta; *Aco*, acyl-Coenzyme A oxidase 1, palmitoyl; *Atgl*, patatin-like phospholipase domain containing 2; β -actin, actin, beta; *Cyp7a1*, cytochrome P450, family 7, subfamily a, polypeptide 1; *Fasn*, fatty acid synthase; *G6pdx*, glucose-6-phosphate dehydrogenase X-linked; *Hmgcr*, 3-hydroxy-3-methylglutaryl-Coenzyme A reductase; *Hsl*, lipase, hormone sensitive; *Me*, Malic enzyme; *Ppara, peroxisome proliferator activated receptor alpha; *Ppar, peroxisome proliferator activated receptor gamma; *Srebp1c*, sterol regulatory element binding transcription factor 1 sterol regulatory element binding transcription factor 1.**