

**Supplementary Table 1** Number of genes altered by short-term and mild-to-moderate CR

			5%	10%	20%	30%	Overlap†
liver	Up	1 week	69	420	613	326	40
		1 month	347	286	384	363	
	Down	1 week	114	168	289	408	50
		1 month	148	168	188	207	
	Up + Down	1 week	183	588	902	734	90
		1 month	495	454	572	570	
			5%	10%	20%	30%	Overlap†
adipose	Up	1 week	247	585	653	915	45
		1 month	117	426	800	485	
	Down	1 week	140	396	431	759	14
		1 month	187	806	824	770	
	Up + Down	1 week	387	981	1084	1674	59
		1 month	304	1232	1624	1255	
			5%	10%	20%	30%	Overlap†
muscle	Up	1 week	365	363	588	672	50
		1 month	496	565	525	690	
	Down	1 week	319	300	641	845	51
		1 month	545	532	549	732	
	Up + Down	1 week	684	663	1229	1517	101
		1 month	1041	1097	1074	1422	
			5%	10%	20%	30%	Overlap†
brain (hypothalamus)	Up	1 week	350	417	433	349	0
		1 month	59	37	8	69	
	Down	1 week	996	996	996	996	3
		1 month	17	21	111	79	
	Up + Down	1 week	1346	1413	1429	1345	3
		1 month	76	58	119	148	
			5%	10%	20%	30%	Overlap†
intestine	Up	1 week	-	-	-	-	47
		1 month	284	293	214	425	
	Down	1 week	-	-	-	-	23
		1 month	86	210	316	133	
	Up + Down	1 week	-	-	-	-	70
		1 month	370	503	530	558	

† The number of gene probes overlapped in the same direction throughout all the CR groups. The values were determined according to the criteria described in Materials and methods. 5%: 5% calorie restriction. 10%: 10% calorie restriction. 20%: 20% calorie restriction. 30%: 30% calorie restriction.