

Supplemental Tables and Figures

Table S1. Controlled Diet Composition.

Variable	Standardized Composition
Carbohydrate	55% kcals
Protein	15% kcals
Total Fat	30% kcals
Saturated Fat	8% kcals
Fiber	<8g / 1000 kcals
Sodium	<3,000 mg/day

All variables were standardized across calorie levels.

Table S2. Habitual physical activity.

Variable	Placebo (n=9)		Inulin (n=13)	
	Baseline	Week 6	Baseline	Week 6
Sedentary time (min/d)	534 ± 42	422 ± 31	586 ± 39	563 ± 33
Light PA (min/d)	304 ± 34	205 ± 25	242 ± 38	248 ± 19
Moderate PA (min/d)	36 ± 10	3 ± 11	28 ± 8	21 ± 5
Vigorous PA (min/d)	3 ± 3	0 ± 1	0 ± 0	1 ± 1

Data are mean ± SEM. There were no changes in any of the PA variables with intervention in the placebo and inulin groups (all p>0.05). Abbreviations used: PA = physical activity.

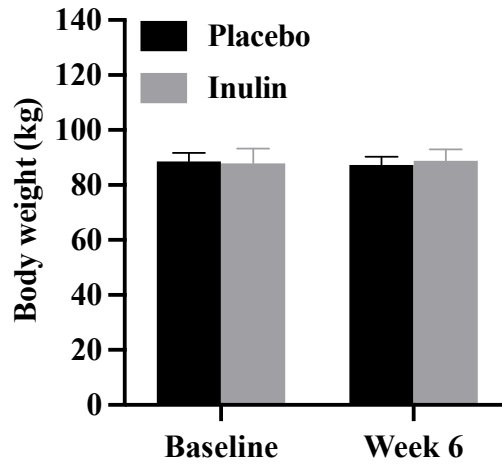


Figure S1. Data are mean \pm SEM. There were no differences in body weight with the intervention in the placebo or inulin groups (all $p>0.05$)

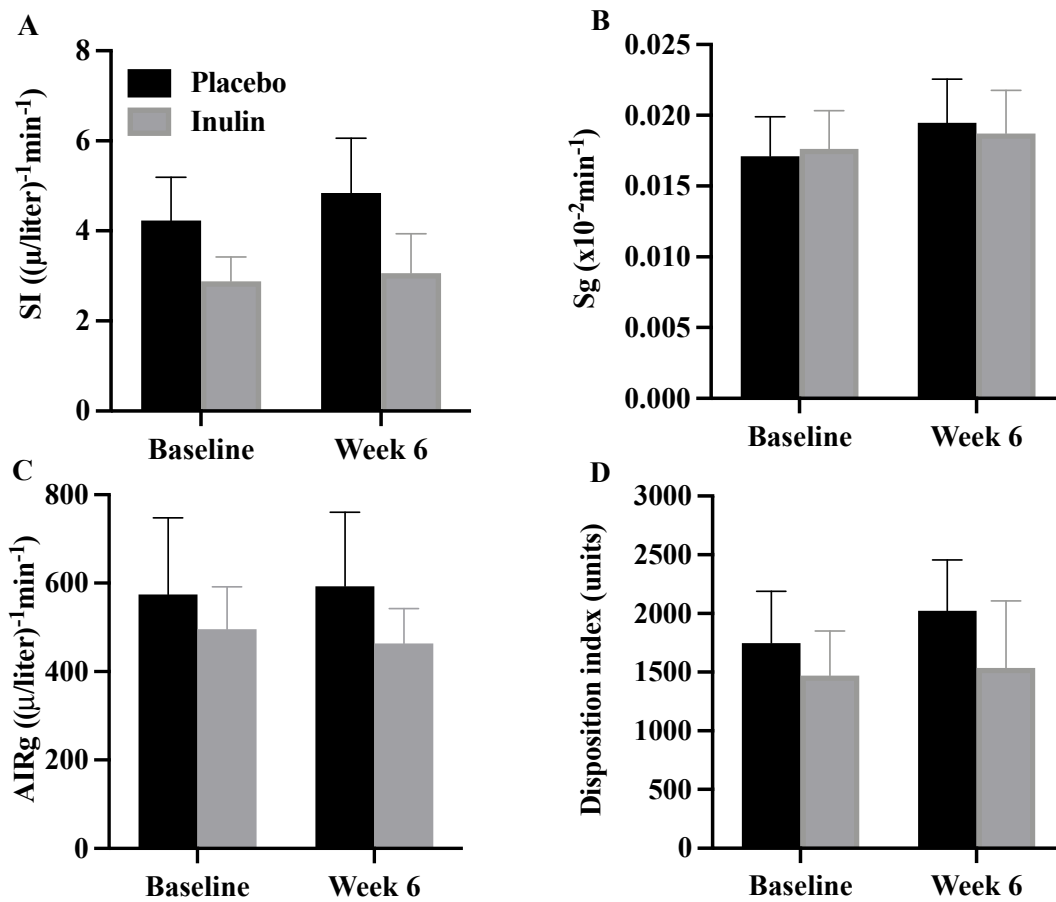


Figure S2. Data are mean \pm SEM. There were no changes in any of the IVGTT-related variables with the intervention in the placebo or inulin groups (all $p>0.05$). A, SI=insulin sensitivity; B, Sg=glucose effectiveness; C, AIRg=acute insulin response to glucose; D, Disposition index.