

Table S1A. Summary of macronutrient composition of the diets used in the present study.

Name	Standard diet (STD)	Western diet (WD) Set 1	Western diet (WD) Set 2
Content	Lobofeed B	Sausage Crakers Candy bar (Mars)	Tilsit cheese Potato chips Candy bar (Bounty)
Total Kcal/g	3.57	4.56	5.13
<b>FAT</b>			
Kcal/g	0.25	2.79	3.15
% fat	8%	31%	35.3%
<b>PROTEIN</b>			
Kcal/g	0.77	0.48	0.80
% prot	25%	12.8%	20.4%
<b>CARBOHYDRATE</b>			
Kcal/g	2.6	1.8	0.85
% carb	67%	45.1%	21.4%

Table S1B. Western diet composition.

	<b>Total kcal/100g</b>	<b>Protein g</b>	<b>Total fat g</b>	<b>Total Carb g</b>	<b>Dietary fiber g</b>	<b>Sodium g</b>
<b>Polish dry sausage made of pork; Tarczyński</b>	611	26	55	3	0	3.3
<b>Tilsit cheese Hochland</b>	356	25.6	27.9	0.1	0	1.25
<b>potato chips; Lays Salt, Pepsi Co.</b>	526	32	52	5.9	1.4	4.4
<b>crakers (Lajkonik)</b>	476	8.8	21	62	1.7	2.3
<b>Candy bar Bounty (Mars Inc.)</b>	488	3.7	26.1	58.3	0	0.26
<b>Candy bar Mars (Mars Inc.)</b>	452	3.7	17	70.3	0	0.39
<b>10% fructose solution</b>	398	0	0	99.8	0	0