

Table S1 Effects of diets on body weights.

Diets	Standard diet	Soybean sprouts*
Male	27.8±0.9	25.6±1.0 (0.0001)
Female	23.1±0.6	22.6±1.5 (0.73)

*Soybean sprouts means the diet including soybean sprout.

Six individuals were measured for each.

The numbers of in parentheses indicated *p* values in a standard diet and the diet including soybean sprout.