

Table S1. Levels of 21 miRNAs in plasma of the adults from a population-based study grouped by Body Mass Index.

Fold change	Body Mass Index		p-value
	< 25 kg/m ²	> 25 kg/m ²	
miR-15a	1.2 (1.1,1.4)	1.2 (1.1,1.4)	0.940
miR-16	1.6 (1.3,2.0)	1.3 (1.2,1.5)	0.146
miR-21	1.3 (1.0,1.6)	1.4 (1.2,1.7)	0.498
miR-28-3p [*]	1.6 (1.2,2.0)	1.6 (1.3,2.0)	0.760
miR-30a-5p	1.1 (1.0,1.3)	1.2 (1.0,1.3)	0.661
miR-30d	1.3 (1.0,1.6)	1.4 (1.1,1.6)	0.661
miR-122	1.7 (1.0,2.3)	2.2 (1.4,3.0)	0.245
miR-126	1.3 (1.0,1.5)	1.2 (1.1,1.4)	0.874
miR-130b [*]	1.4 (1.2,1.7)	1.3 (1.1,1.5)	0.440
miR-139-3p [#]	0.5 (0.4,0.6)	0.5 (0.4,0.5)	0.423
miR-140-5p [§]	1.3 (1.0,1.5)	1.1 (0.9,1.3)	0.302
miR-146a	1.5 (1.1,1.8)	1.7 (1.4,1.9)	0.395
miR-150	1.3 (1.0,1.6)	1.2 (1.0,1.5)	0.790
miR-222 ^{**}	1.3 (1.0,1.5)	1.4 (1.2,1.7)	0.311
miR-223 ^{**}	1.9 (1.4,2.3)	1.6 (1.3,2.0)	0.444
miR-363 ^{**}	1.3 (1.1,1.5)	1.2 (1.0,1.3)	0.325
miR-375	1.7 (1.2,2.3)	1.2 (1.0,1.4)	0.066
miR-376a	1.9 (1.2,2.6)	2.0 (1.6,2.4)	0.920
miR-486-5p	1.3 (1.1,1.5)	1.2 (1.1,1.3)	0.368
miR-532-5p [£]	1.4 (1.1,1.7)	1.3 (1.1,1.5)	0.539
miR-let-7c	1.2 (0.9,1.6)	1.4 (1.2,1.6)	0.430

*n=190; #n=142; §n=177; **n=191; £n=185. Data are presented in mean with 95% confidence interval (in parenthesis). Differences assessed by Adjusted Wald test, being $p < 0.05$ were statistically significant.