

Supplementary data

Supplementary Figure

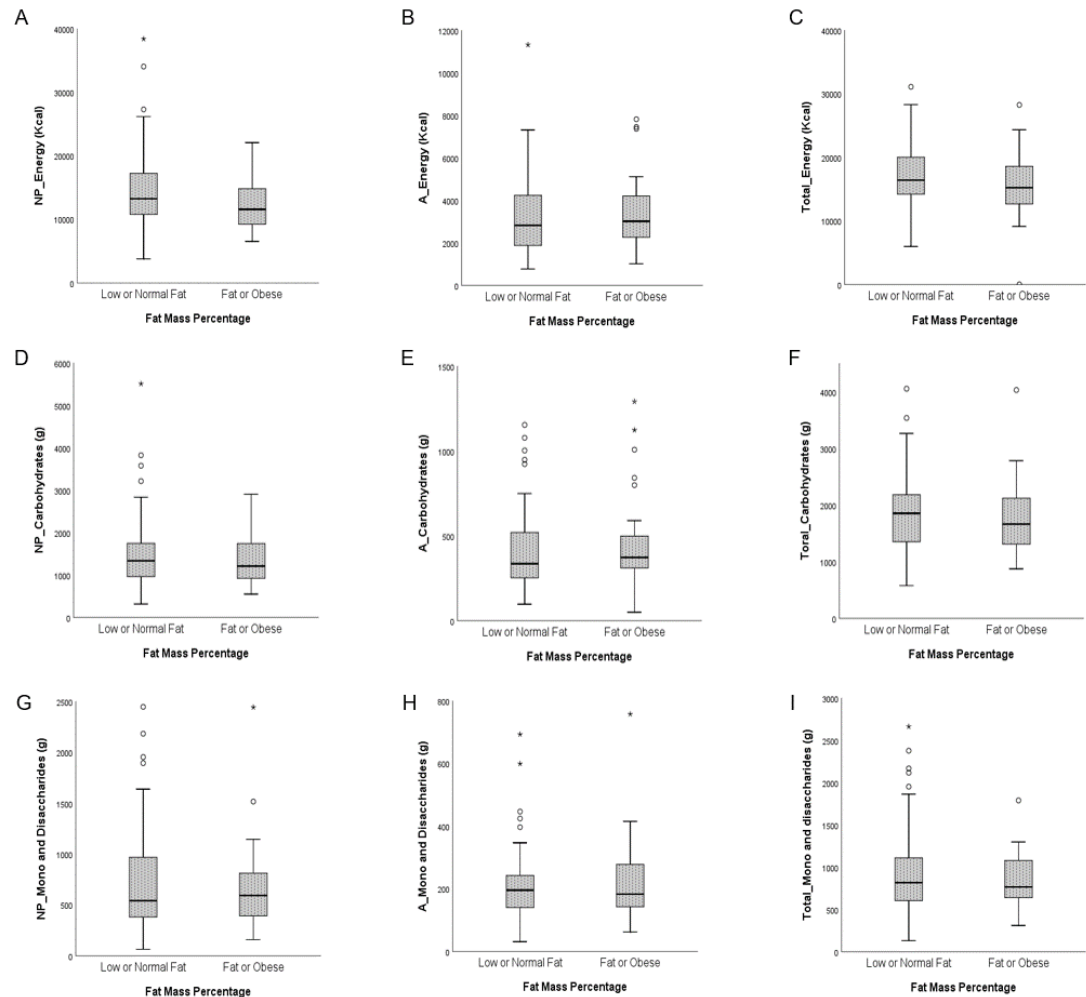


Figure S1. Distribution of energy and carbohydrates consumption in individuals with low or normal fat mass and individuals with higher fat mass percentage, defined accordingly to established cut-off points. Data shown weekly consumption of energy (A, B, C), carbohydrates (D, E, F) and mono and disaccharides fatty acids (G, H, I) from naturally present (left column) or added sources (central column), as well as the total weekly consumption (right column).

Table S1. Summary of the Spearman correlation analysis between Hip Circumference and Waist/Hip Ratio with the sources of dietary lipids and sugars.

	Hip (cm)		Waist/Hip	
	ρ	p value	ρ	p value
NKQ				
NP_Energy (Kcal)				
NP_Fat (g)	-0.261	0.02		
NP_MUFA (g)	-0.227	0.044		
NP_Uns FA (g)				
NP_Sat FA (g)	-0.338	0.002		
NP_Cholesterol (g)				
NP_Carbohydrates (g)				
NP_Mono/Disaccharides (g)			-0.283	0.011
A_Energy (Kcal)				
A_Fat (g)				
A_MUFA (g)				
A_Uns FA (g)				
A_Sat FA (g)				
A_Cholesterol (g)			0.232	0.039
A_Carbohydrates (g)				
A_Mono/Disaccharides (g)				
Total_Energy (Kcal)				
Total_Fat (g)	-0.285	0.011		
Total_MUFA (g)	-0.236	0.036		
Total_Uns FA (g)				
Total_Sat FA (g)	-0.302	0.007		
Total_Cholesterol (g)				
Total_Carbohydrates (g)				
Total_Mono/Disacch. (g)				