

Supplementary Table S2. Effect of LFP on body weight relative organ weight in rats fed a high-calorie diet

Organ	ND	HD	HD+LLFP	HD+MLFP	HD+HLFP
Heart (g)	0.30 ± 0.02 ^a	0.28 ± 0.02 ^a	0.30 ± 0.02 ^a	0.30 ± 0.03 ^a	0.30 ± 0.03 ^a
Liver (g)	3.19 ± 0.28 ^a	3.17 ± 0.28 ^a	3.17 ± 0.36 ^a	3.14 ± 0.21 ^a	3.09 ± 0.20 ^a
Spleen(g)	0.20 ± 0.03 ^a	0.17 ± 0.02 ^a	0.17 ± 0.03 ^a	0.18 ± 0.05 ^a	0.17 ± 0.01 ^a
Spleen(g)	0.20 ± 0.03 ^a	0.17 ± 0.02 ^a	0.17 ± 0.03 ^a	0.18 ± 0.05 ^a	0.17 ± 0.01 ^a
Kidney(g)	0.80 ± 0.05 ^a	0.74 ± 0.03 ^a	0.73 ± 0.05 ^a	0.73 ± 0.07 ^a	0.73 ± 0.07 ^a

Data are expressed as means ± SD (n=10). Different letters indicate significant differences among each group (P<0.05). Body weight related organ weight (%) is (organ weight/body weight)*100. The groups are abbreviated as: Normal diet (ND), High calories diet (HD), HD with low dose of LFP (HD+LLFP), HD with medium dose of LFP (HD+MLFP), HD with high dose of LFP (HD+HLFP).