



Supplemental figure 1. Participant flowchart.

Participants in study 2 underwent either a 2-week low-fat, high-carbohydrate diet enriched in free-sugars (n=8), or a 2-week high-fat, low-carbohydrate diet enriched in SFA (n=1).

Participants in study 3 underwent two dietary interventions in a random order; 1) a 4-week low-fat, high-carbohydrate diet enriched in free-sugars, and 2) a 4-week high-fat, low-carbohydrate diet enriched in SFA.