

**Table S1**

|                     | 1°tertile 0-24<br>g/day | 2°tertile 25-37<br>g/day | 3°tertile >37<br>g/day | p-trend |
|---------------------|-------------------------|--------------------------|------------------------|---------|
| <b>Obese</b>        |                         |                          |                        |         |
| HDL-C               | 44(37;52)               | 46(39;54.5)              | 47(42;56)              | 0.0001  |
| LDL-C               | 123(103;142)            | 122(101;146)             | 122(101;145)           | 0.67    |
| Triglycerides       | 124(89;185.5)           | 128.5(84;175)            | 120(88;169)            | 0.48    |
| Glucose             | 105.5(99;114.5)         | 106(99;118)              | 107(99;121)            | 0.22    |
| Bilirubin           | 0.77(0.62;0.96)         | 0.77(0.65;0.97)          | 0.79(0.65;0.98)        | 0.13    |
| ALT                 | 18(12;25.5)             | 16(12;23)                | 15(12;19)              | 0.001   |
| AST                 | 12(10;14.5)             | 12(10;14)                | 11(10;13)              | 0.83    |
| GGT                 | 13(10;18)               | 13.5(10;19)              | 14(10;18)              | 0.28    |
| <b>overweight</b>   |                         |                          |                        |         |
| HDL-C               | 47(41;57)               | 48.5(41;58)              | 50(42;60)              | 0.03    |
| LDL-C               | 127(106;150)            | 123(99;143)              | 121(98;146)            | 0.03    |
| Triglycerides       | 97(67;150)              | 100(75;146)              | 101.5(73;150)          | 0.29    |
| Glucose             | 101(96;108)             | 102(96;111)              | 103(96;112)            | 0.11    |
| Bilirubin           | 0.84(0.7;1)             | 0.81(0.66;0.98)          | 0.82(0.67;1.09)        | 0.75    |
| ALT                 | 14(11;20)               | 13(10;18)                | 13(11;18)              | 0.06    |
| AST                 | 11(9;13)                | 11(9;13)                 | 11(9;13)               | 0.03    |
| GGT                 | 12(9;17)                | 12(9;16)                 | 13(9;17)               | 0.07    |
| <b>normo weight</b> |                         |                          |                        |         |
| HDL-C               | 57(46;68)               | 55.5(46.5;65)            | 52(44;65)              | 0.14    |
| LDL-C               | 116(98;138)             | 116.5(95.5;138)          | 113(90;133)            | 0.19    |
| Triglycerides       | 75(54;109)              | 79.5(60;108.5)           | 86.5(65;121)           | 0.005   |
| Glucose             | 98(93;104)              | 99(92;104)               | 100(93;106)            | 0.13    |
| Bilirubin           | 0.81(0.65;0.96)         | 0.84(0.67;1.01)          | 0.81(0.65;1.01)        | 0.46    |
| ALT                 | 11(9;15)                | 11(9;15.5)               | 12(9;16)               | 0.18    |
| AST                 | 10(9;12)                | 10(9;12)                 | 11(9;13)               | 0.0001  |
| GGT                 | 9(7;12)                 | 10(8;14)                 | 12(8;16)               | <0.0001 |

Metabolic profile of each BMI category by EVOO consumption tertiles. Reported statistics are: median(q1;q3)

Table S2. Schofield equations for estimating BMR from weight (kg) and height (m)

| <b>Gender / Age (years)</b> |       | <b>BMR (kcal/day)</b>  |
|-----------------------------|-------|--|
| <b>Males</b>                |       |  |
|                             | 10-17 | $16.2 \times \text{Weight} + 137 \times \text{Height} + 516$ |
|                             | 18-29 | $15.0 \times \text{Weight} - 10 \times \text{Height} + 706$  |
|                             | 30-59 | $11.5 \times \text{Weight} - 2.6 \times \text{Height} + 877$ |
|                             | 60+   | $9.1 \times \text{Weight} + 972 \times \text{Height} - 834$  |
| <b>Females</b>              |       |  |
|                             | 10-17 | $8.4 \times \text{Weight} + 466 \times \text{Height} + 200$  |
|                             | 18-29 | $13.6 \times \text{Weight} + 283 \times \text{Height} + 98$  |
|                             | 30-59 | $8.1 \times \text{Weight} + 1.4 \times \text{Height} + 844$  |
|                             | 60+   | $7.9 \times \text{Weight} + 458 \times \text{Height} + 17.7$ |