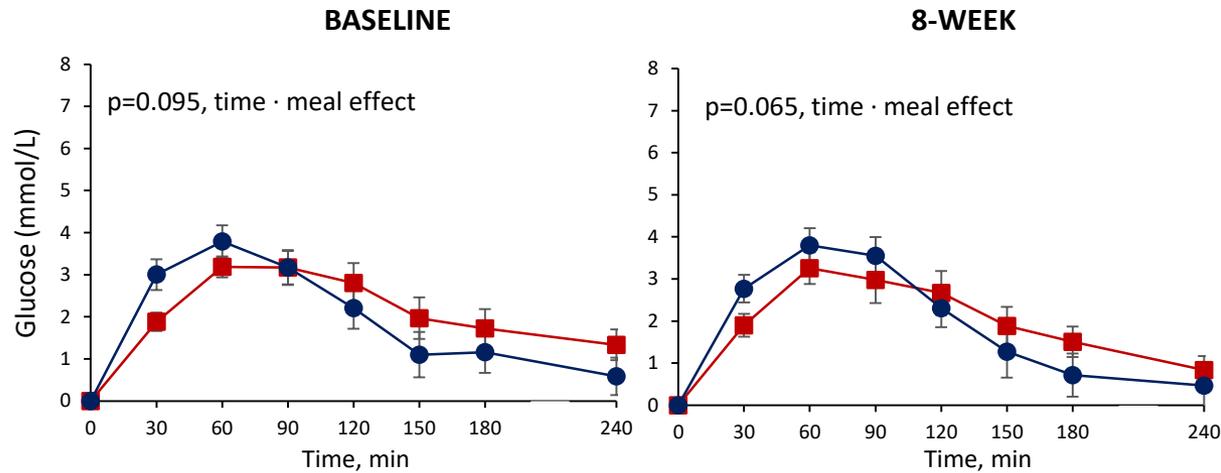


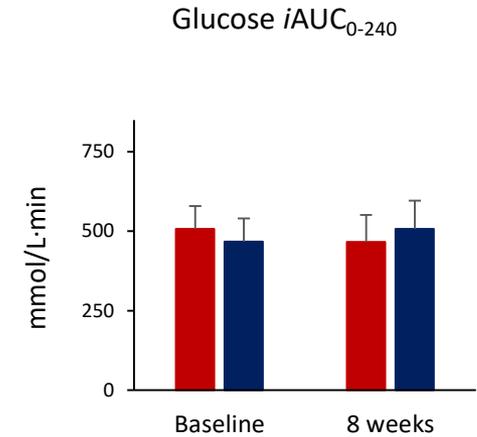
**Supplementary Figure 2.** Plasma glucose and insulin responses to a test meal evaluated as increase/decrease from fasting values (Panel A and C) and iAUC (Panel B and D) at baseline and after 8 weeks of dietary intervention with the MUFA (red lines and white bars) (n=22) or multifactorial diet (blue lines and bars) (n=21).

Data are mean  $\pm$  SEM. \* $p < 0.05$  Multifactorial vs. MUFA diet, unpaired t-test; § $p < 0.05$  Multifactorial vs. MUFA, 8-week values adjusted for baseline by ANCOVA.

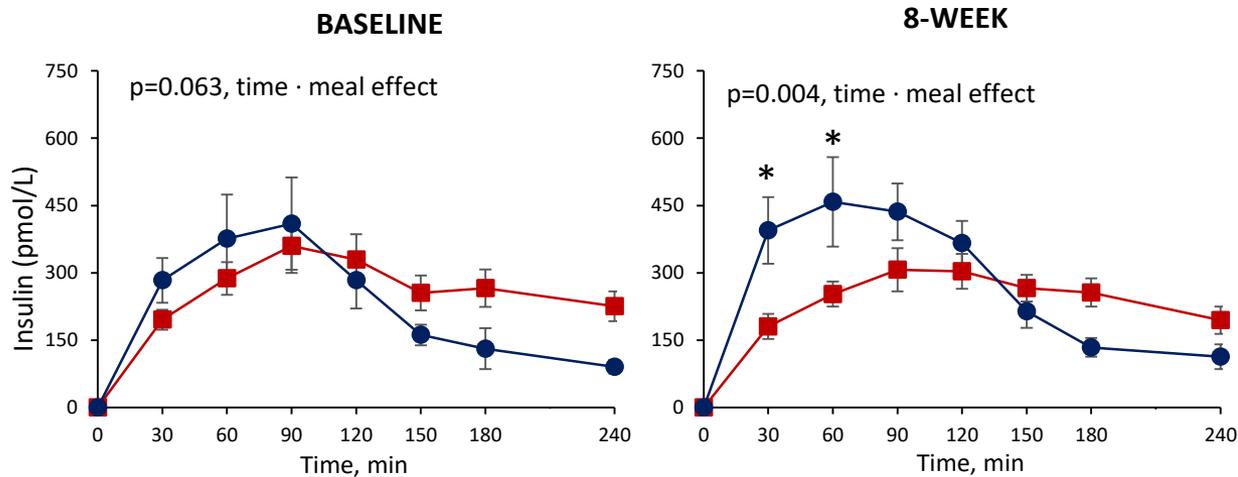
**A**



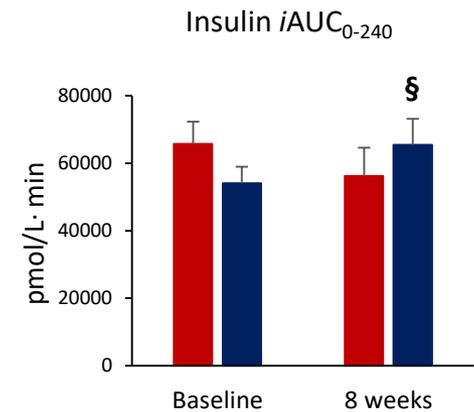
**B**



**C**



**D**



—■— MUFA —●— MULTIFACTORIAL

■ MUFA  
■ Multifactorial