

GSP	E		CAF (Long Cafeteria)	
			CAF (Long Cafeteria)	
-2	0	2	7	17 w
<u> </u>	I		1	
			SC: Plasma	LC: Plasma
			Tissues	Tissues

**Supplementary Figure 1.** Schematic diagram of the experimental design. (1) CAF-Short Cafeteria: rats receiving a GSPE preventive treatment for 10 days together with a high fat/high sucrose diet followed by an 18-day chow diet (standard diet) and then the 35-day cafeteria diet; (2) CAF-Long Cafeteria: rats receiving a GSPE preventive treatment 10 days before the 17-week cafeteria intervention. GSPE: grape seed proanthocyanidin extract; SC: Short Cafeteria; LC: Long Cafeteria.