Supplementary Material

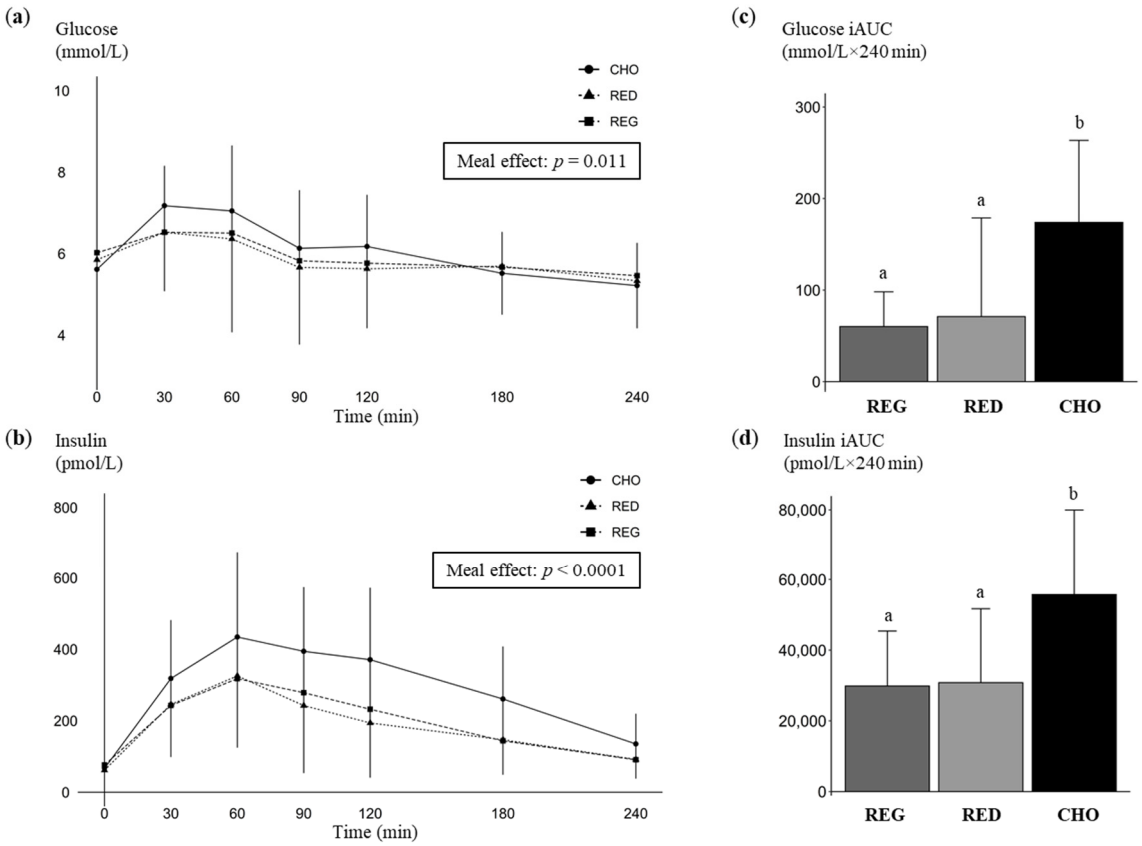

Figure S1. Postprandial blood responses of glucose and insulin after intake of regular-fat cheese (REG), reduced-fat cheese (RED) or carbohydrate-rich (CHO) meals (n = 37). (**a**)-(**b**) Unadjusted mean ± SD of glucose (**a**) and insulin (**b**). Results were analysed by linear mixed model including a time-meal interaction, time and meal as fixed effects, participant as random effect and adjustments for age, sex, body mass index and fasting value. (**a**) Main meal effect was observed for glucose. Post hoc analyses with *p*-value adjustment for multiple comparisons showed higher glucose concentrations for CHO compared to RED ($p = 0.013$) and REG ($p = 0.015$). (**b**) Main meal effect was observed for insulin. Post hoc analyses with *p*-value adjustment for multiple comparisons showed higher insulin concentration for CHO compared to RED and REG (both $p < 0.0001$). (**c**)-(**d**) Unadjusted mean + SD of glucose (**c**) and insulin (**d**). iAUCs were analysed by linear mixed model including meal as fixed effect, participant as random effect and adjustments for age, sex and body mass index. Overall main meal effects were observed (both $p \leq 0.014$) and post hoc analyses with *p*-value adjustment for multiple comparisons were conducted. Meals not sharing a common letter are significantly different ($p < 0.05$). iAUC, incremental area under the curve; RED, reduced-fat cheese; REG, regular-fat cheese; CHO, carbohydrate-rich meal.

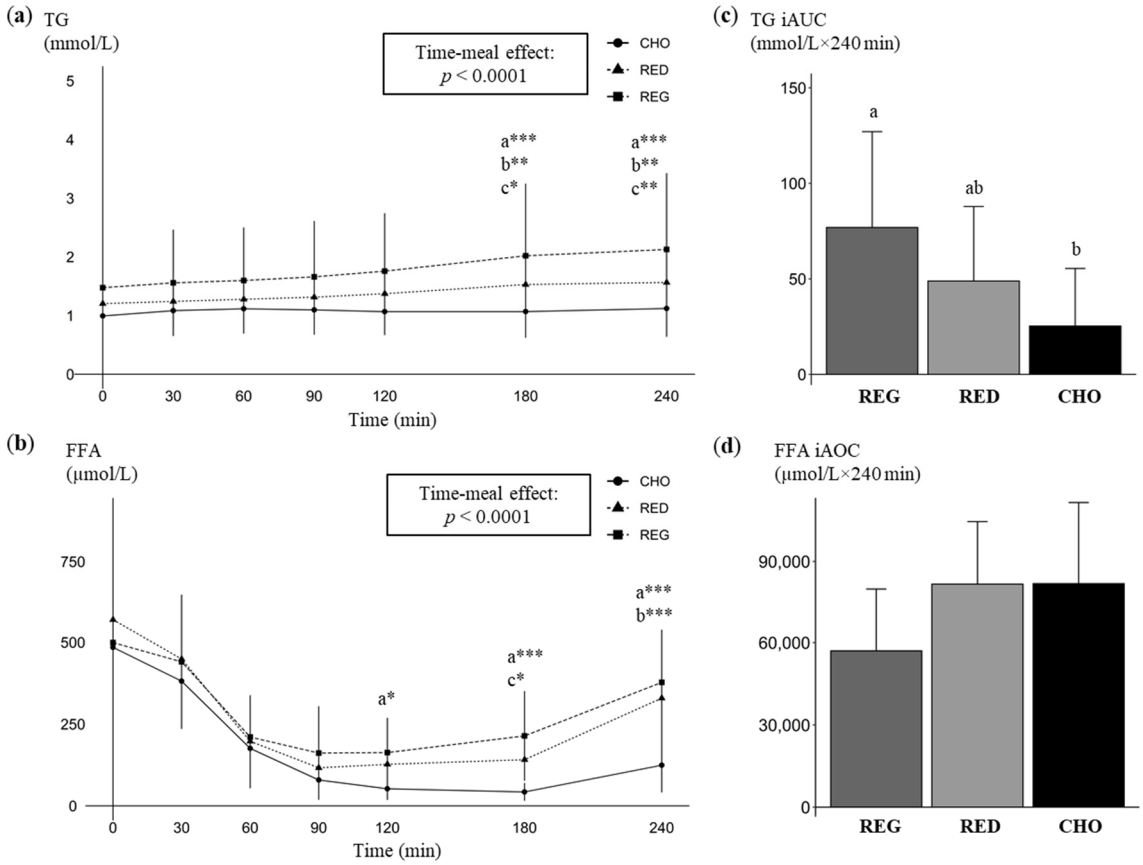

Figure S2. Postprandial blood responses of triglycerides (TG) and free fatty acids (FFA) after intake of regular-fat cheese (REG), reduced-fat cheese (RED) or carbohydrate-rich (CHO) meals (n = 37). (**a**)-(**b**) Unadjusted mean ± SD of TG (**a**) and FFA (**b**). Results were analysed by linear mixed model including a time-meal interaction, time and meal as fixed effects, participant as random effect and adjustments for age, sex, body mass index and fasting value. (**a**)-(**b**) Time-meal interactions were observed for TG and FFA. Results of post hoc analyses with *p*-value adjustment for multiple comparisons are showed in the figure with a-c indicating significant differences at the given time point: a CHO compared with REG, b CHO compared with RED and c REG compared with RED at the following levels: * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$. (**c**)-(**d**) Unadjusted mean + SD of TG (**c**) and FFA (**d**). iAUCs were analysed by linear mixed model including meal as fixed effect, participant as random effect and adjustments for age, sex and body mass index. Main meal effect was observed for TG ($p = 0.005$) and post hoc analyses with *p*-value adjustment for multiple comparisons were conducted. Meals not sharing a common letter are significantly different ($p < 0.05$). CHO, carbohydrate-rich meal; FFA, free fatty acids; iAOC, incremental area over the curve; iAUC, incremental area under the curve; RED, reduced-fat cheese; REG, regular-fat cheese; TG, triglycerides.

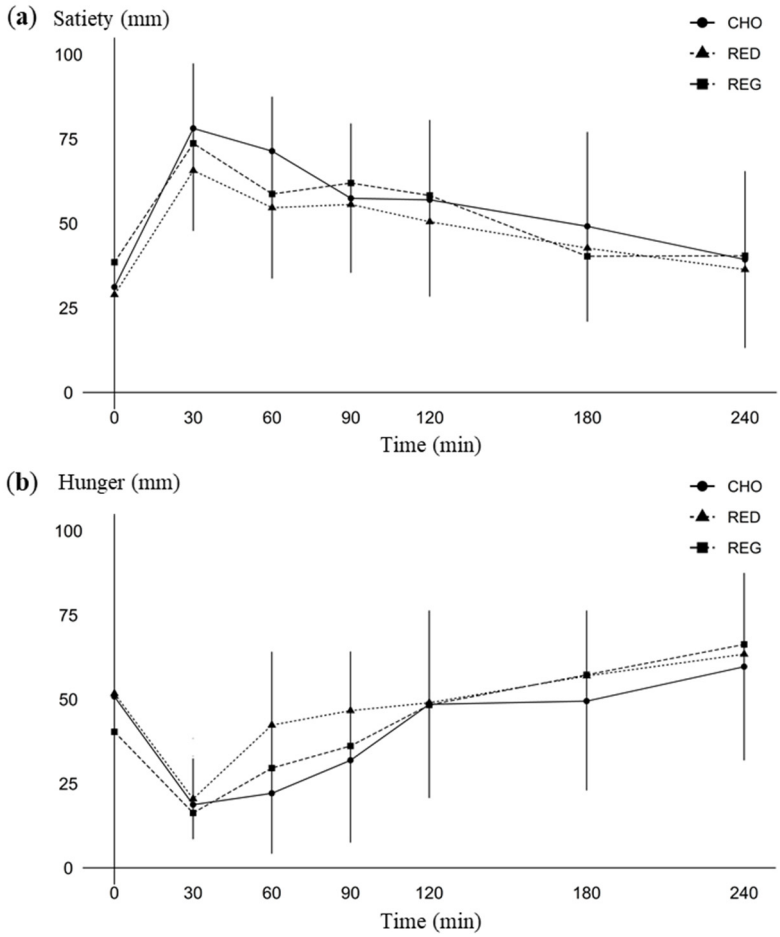

Figure S3. Postprandial appetite sensation of satiety (n = 37) and hunger (n = 36). Unadjusted mean ± SD of satiety (**a**) and hunger (**b**) measured by visual analogue scale. Results were analysed by linear mixed model including a time-meal interaction, time and meal as fixed effects, participant as random effect and adjustments for age, sex, body mass index, fasting value and taste. Neither time-meal interactions nor main effect of meal were significant ($p > 0.05$). CHO, carbohydrate-rich meal; RED, reduced-fat cheese; REG, regular-fat cheese.

Table S1. Palatability assessments of the three test meals [1,2]

	REG (n = 9)	RED (n = 15)	CHO (n = 13)
Taste (mm)	28.3 ± 16.4	37.9 ± 22.2	55.5 ± 23.3*
Look (mm)	63.6 ± 28.0	55.3 ± 22.5	67.7 ± 24.6
Odor (mm)	42.9 ± 28.2	50.5 ± 18.9	54.1 ± 32.4
Off taste (mm)	75.1 ± 32.3	55.8 ± 43.4	77.0 ± 26.9
General appearance (mm)	49.0 ± 24.4	52.8 ± 22.4	60.0 ± 26.7

[1] Mean ± SD. [2] Ratings were evaluated by visual analogue scales from 0 to 100 mm. *Significantly different from REG ($p = 0.014$). CHO, carbohydrate-rich meal; RED, reduced-fat cheese; REG, regular-fat cheese.