



**ESM Figure 1: Plasma biomarkers by quartiles of the lipophilic index for men ( $n=523$ ) of the subcohort of the EPIC-Potsdam study**

1 (a) Triacylglycerol (p trend=0.47), 1 (b) CRP (p trend=0.23), 1 (c) GGT (p trend=0.25), 1 (d) Adiponectin (p trend=0.24), 1 (e) HDL cholesterol (p trend=0.90), 1 (f) Fetuin-A (p trend<0.001). Values are adjusted geometric (triacylglycerol, adiponectin, CRP, GGT) or arithmetic means (HDL

cholesterol, fetuin-A). Adjustments have been made for age, sports activity, biking, smoking status, education, alcohol consumption, total energy intake, coffee intake, sugar-sweetened beverage intake, dietary PUFA/SFA ratio, intake of protein and carbohydrates (energy-adjusted), BMI and waist circumference.