

Supplementary information

Article title: Adipose tissue metabolic and inflammatory responses to a mixed meal in lean, overweight and obese men

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Supplementary Figure: Examples of Excel Spreadsheet used to calculate meal composition relative to resting metabolic rate. A standard meal comprising brioche, jam, margarine and milkshake (icing sugar, cream, chocolate milk) plus milk (for tea) was devised for an average man of 80 kg to comprise the required total 120g CHO (1.5g/kg body mass). The relative ratios of each meal component (i.e. how much each item contributes to total CHO content) in this optimal meal were then used to ensure that these meal components would be in the same ratios when meal is relative to RMR.

