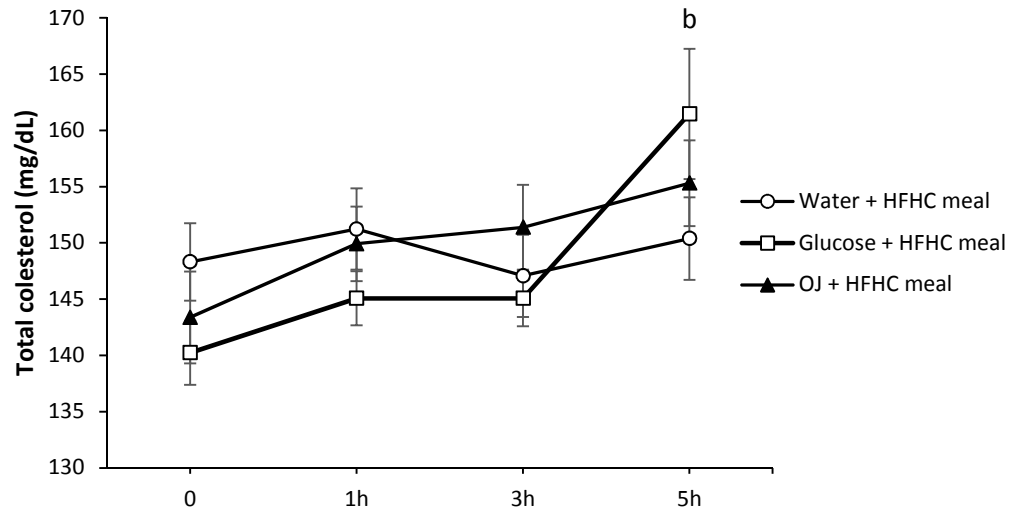
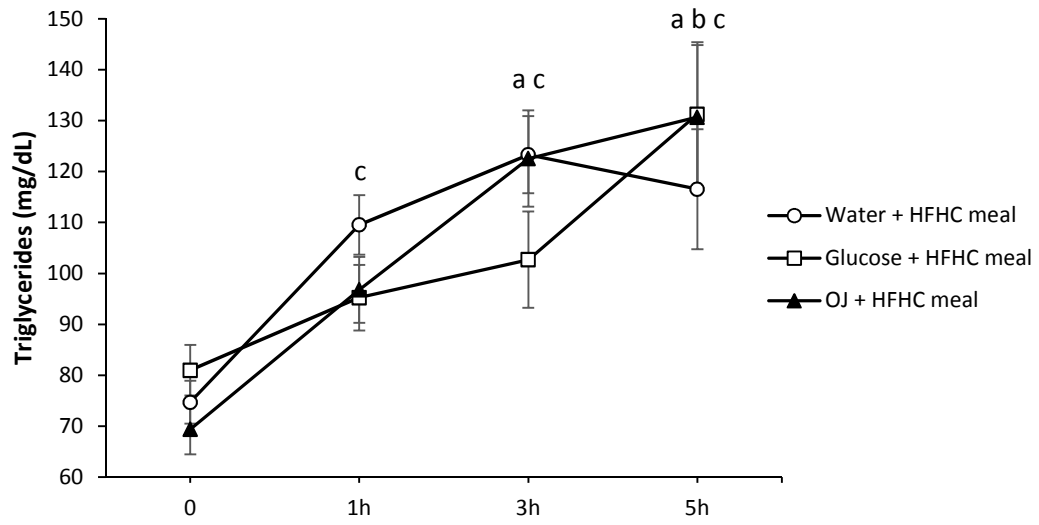
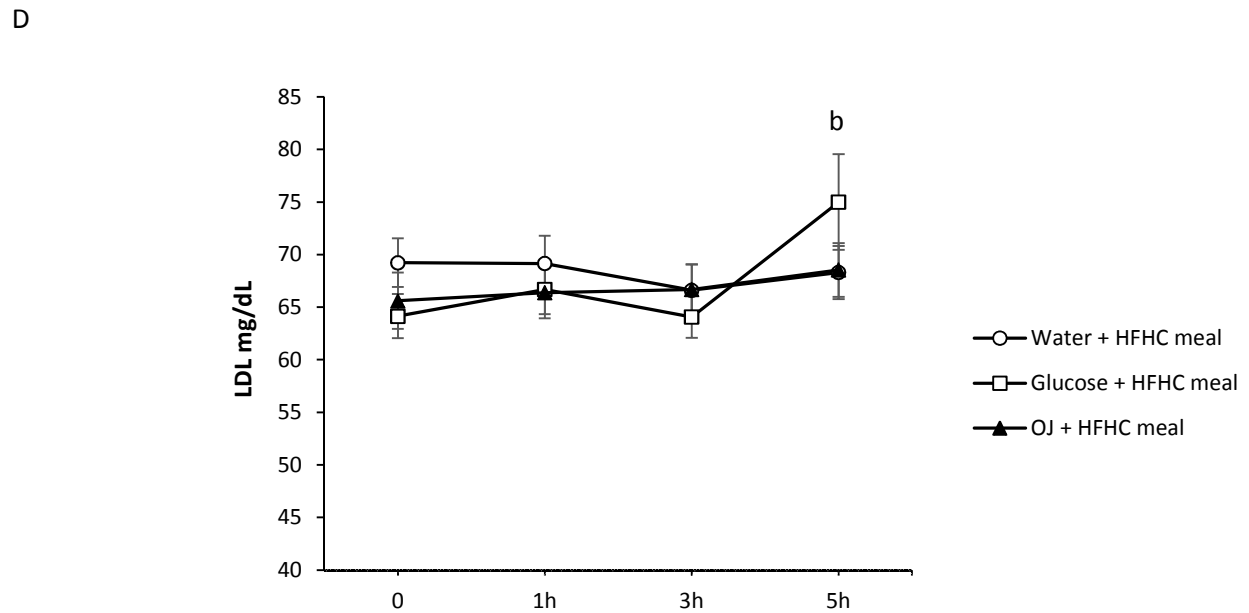
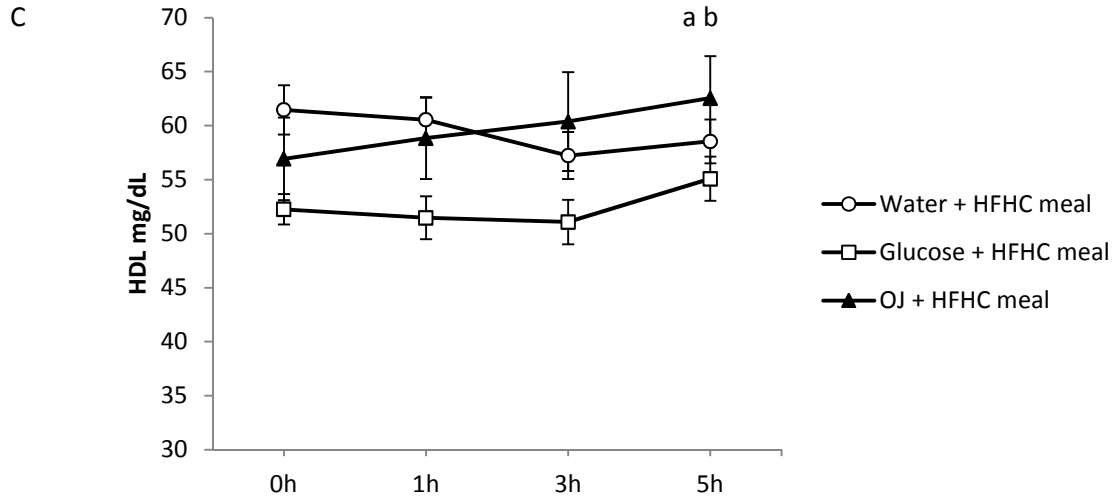


A

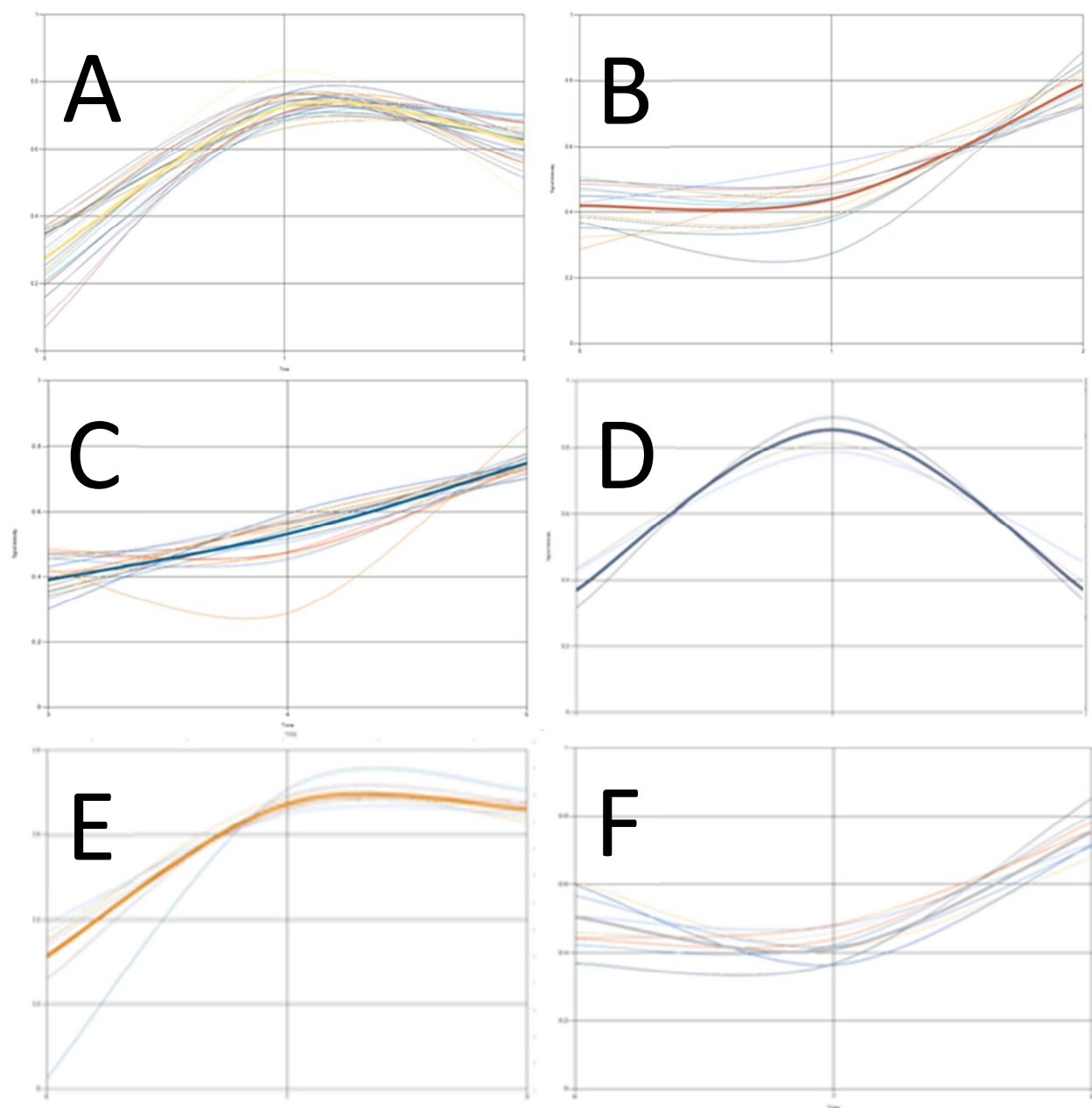


B





**Supplementary Figure 1.** Lipid characteristics following the HFHC meal ingested with water, glucose or orange juice. Mean ( $\pm$  SEM) change in serum total cholesterol (A), triglycerides (B), HDL (C) and LDL (D) after intake of a high-fat, high-carbohydrate meal and a drink of orange juice (OJ + HFHC meal), glucose (Glu + HFHC meal), or water (W + HFHC meal) in normal subjects. <sup>a, b, c</sup>  $P < 0.05$  [two way repeated-measures ANOVA (RMANOVA)] compared with baseline values after OJ+ HFHC meal, Glu+ HFHC meal or W+ HFHC meal, respectively; <sup>\*, +, #</sup>  $P < 0.05$  for comparison between OJ + HFHC meal vs Glu + HFHC meal, OJ + HFHC meal vs W + HFHC meal, or Glu + HFHC meal vs W + HFHC meal treatments, respectively.  $n = 13$ .



**Supplementary Figure 2.** Protein up regulation profile for the HFHC meal consumed with water (A and B); glucose (C and D) or orange juice (E and F).