

Supplemental Table 2. Difference between serum zonulin concentration and markers of low grade inflammation between the three dietary groups. ¹ one – way ANOVA (mean (SD)). ² Kruskal-Wallis-test (median (IQR)).

Mean (SD)	Low-fibre/moderate-fat (n=57)	High-fibre /moderate-fat (n=18)	Low-fibre/High-fat (n=13)	All participants (n=88)	P-value
Serum zonulin ng/ml¹	48.2 (11.6)	44.2 (12.2)	45.7 (9.1)	47.0 (11.4)	0.39
hs-CRP, mg/l²	4.6 (2.6-8.9)	6.2 (4.2-7.6)	4.1 (1.8-7.5)	4.9 (2.7-7.9)	0.58
GlycA, mmol/l²	1.5 (1.4-1.6)	1.4 (1.4-1.5)	1.5 (1.3-1.6)	1.5 (1.4-1.6)	0.16
LPS, EU/ml²	00.37 (0.32-0.43)	0.35 (0.30-0.40)	0.39 (0.37-0.47)	0.37 (0.32-0.43)	0.11