

Figure S1 - HFD index is highly correlated to diet and MD adherence. Box plots showing the HFD of subjects grouped according to diet type (A) and adherence to MD (B). (**P < 0.0001).

Figure S1

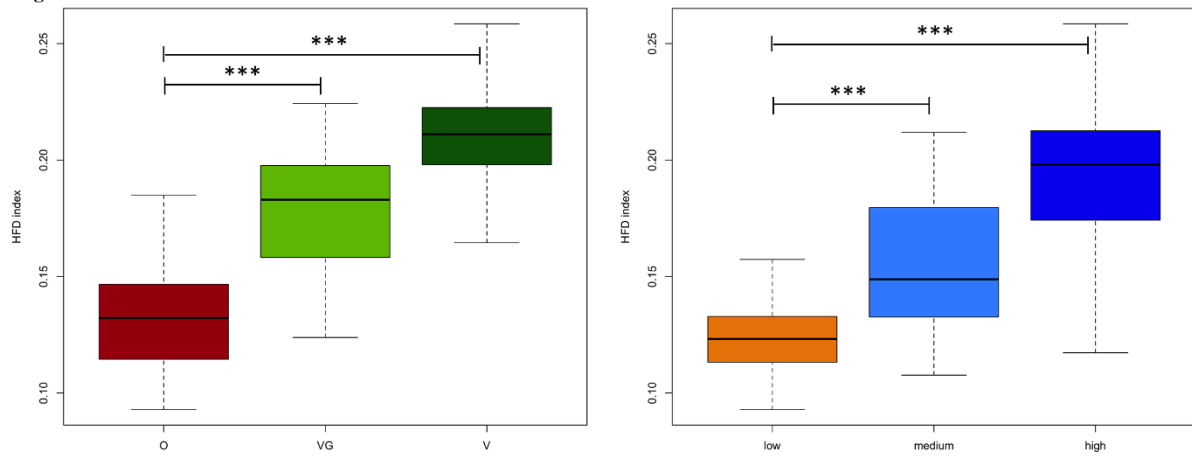


Figure S2 – Principal Co-ordinate Analysis (PCoA) based on weighted Unifrac distance matrix. Subjects are color-coded according to diet type (A) or adherence to MD (B).

Figure S2

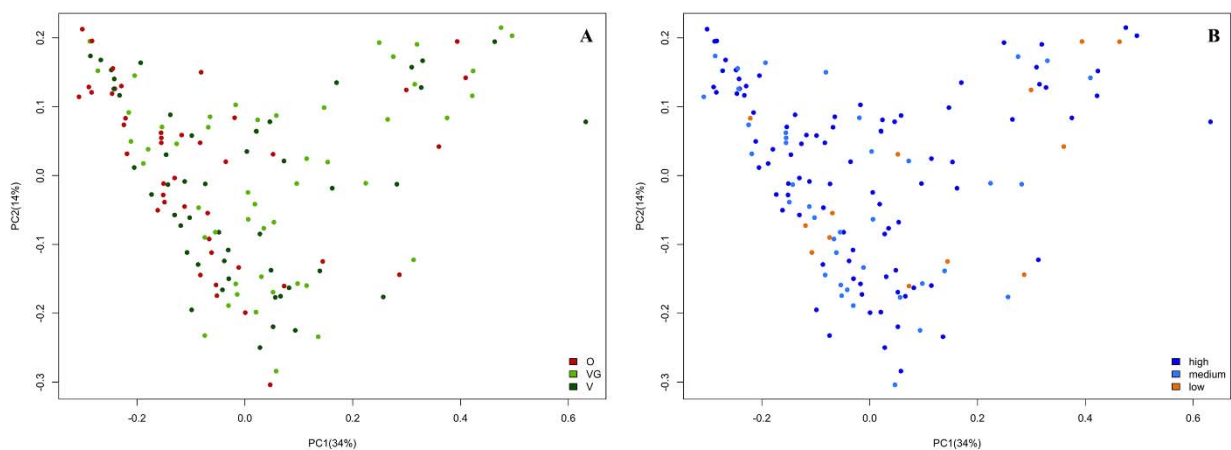


Figure S3 – Microbiota structure in the three diet types. Pie charts of the family level microbiota. Only taxa with an average relative abundance higher than 0.5% are shown and the class level assignment is reported when family level was not reached. Outer circle shows the phylum level assignment (A). Log of Firmicutes/Bacteroidetes ratio ordered by size; subjects are colour-coded according to diet type. In order to avoid undefined log, the minimum value of the ratio was added to the ratio (B).

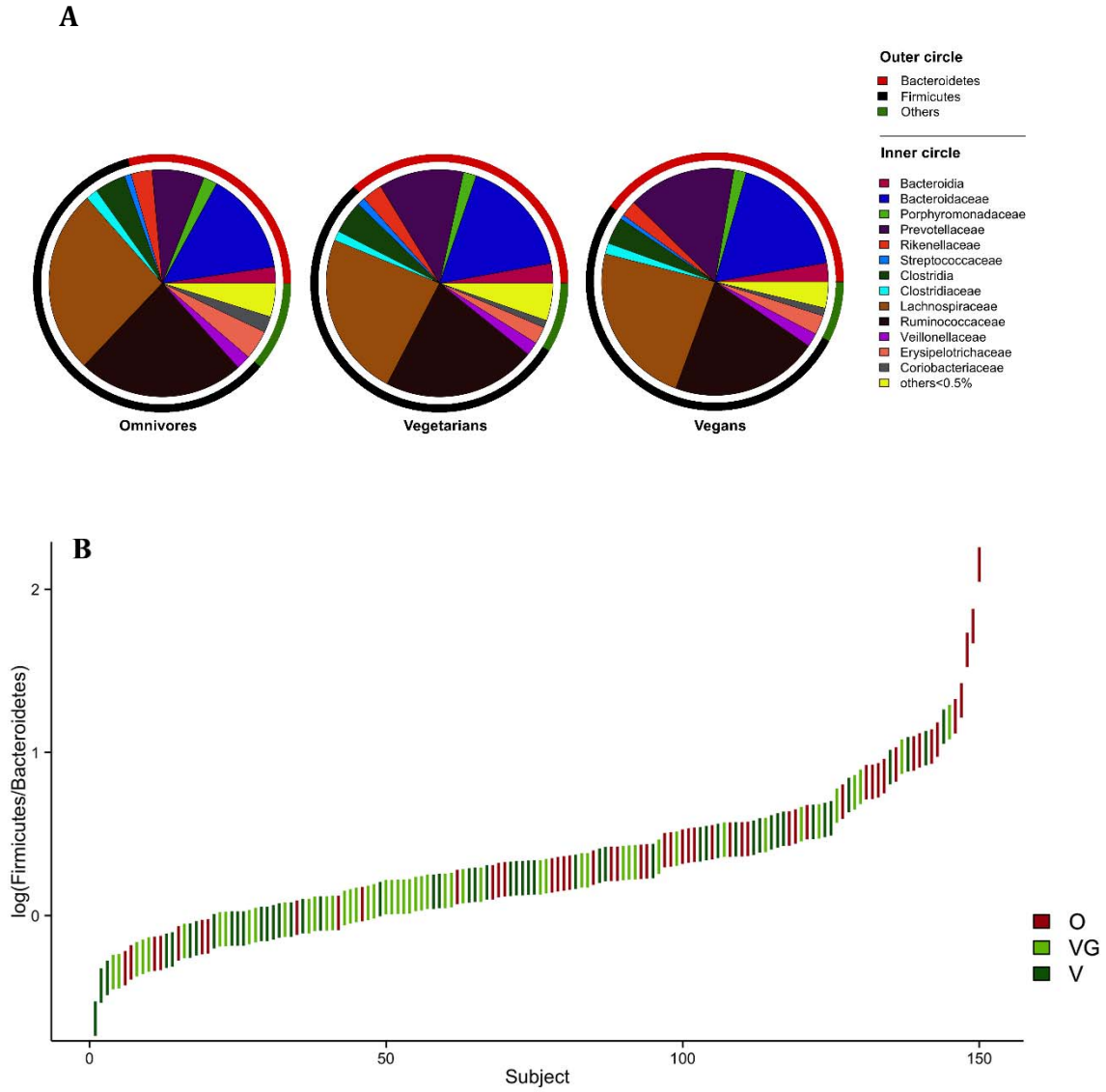


Figure S4 - Box plots showing abundance of soluble butanoate, propanoate and acetate in fecal samples of the subjects grouped according to the diet type. (*P < 0.05 and **P<0.01).

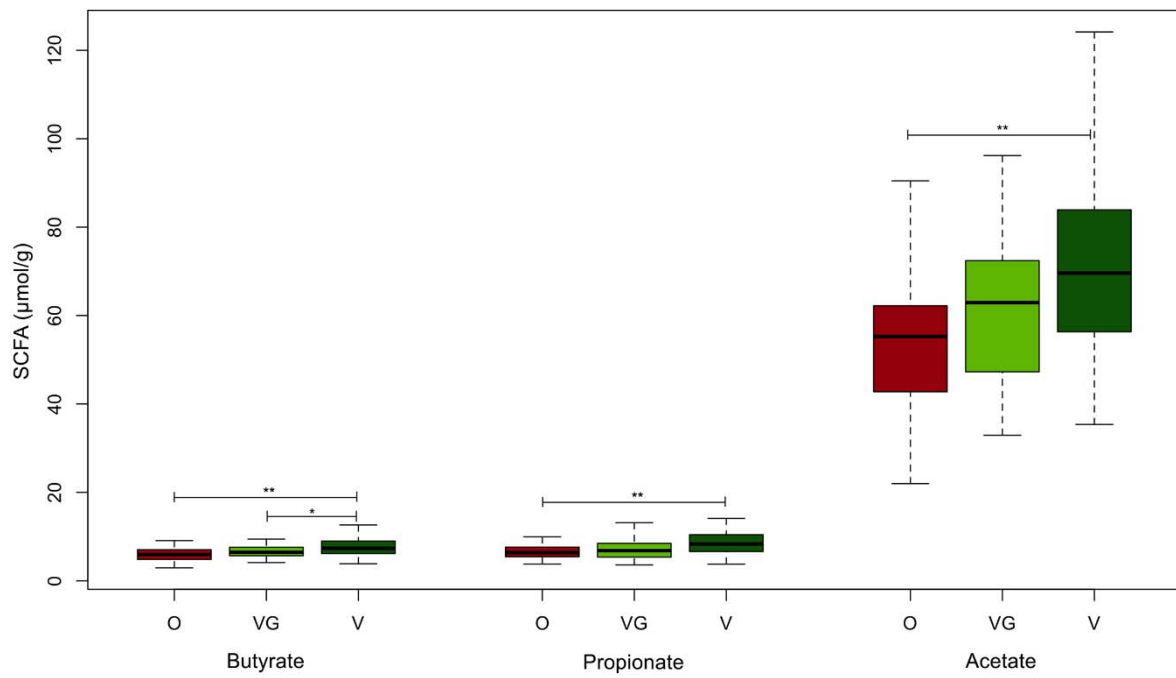


Figure S5 - Box plots showing abundance of volatile butanoate, propanoate and acetic acids in fecal samples of the subjects grouped according to the adherence to the MD (A) and the diet type (B). (*P < 0.05 and **P<0.01).

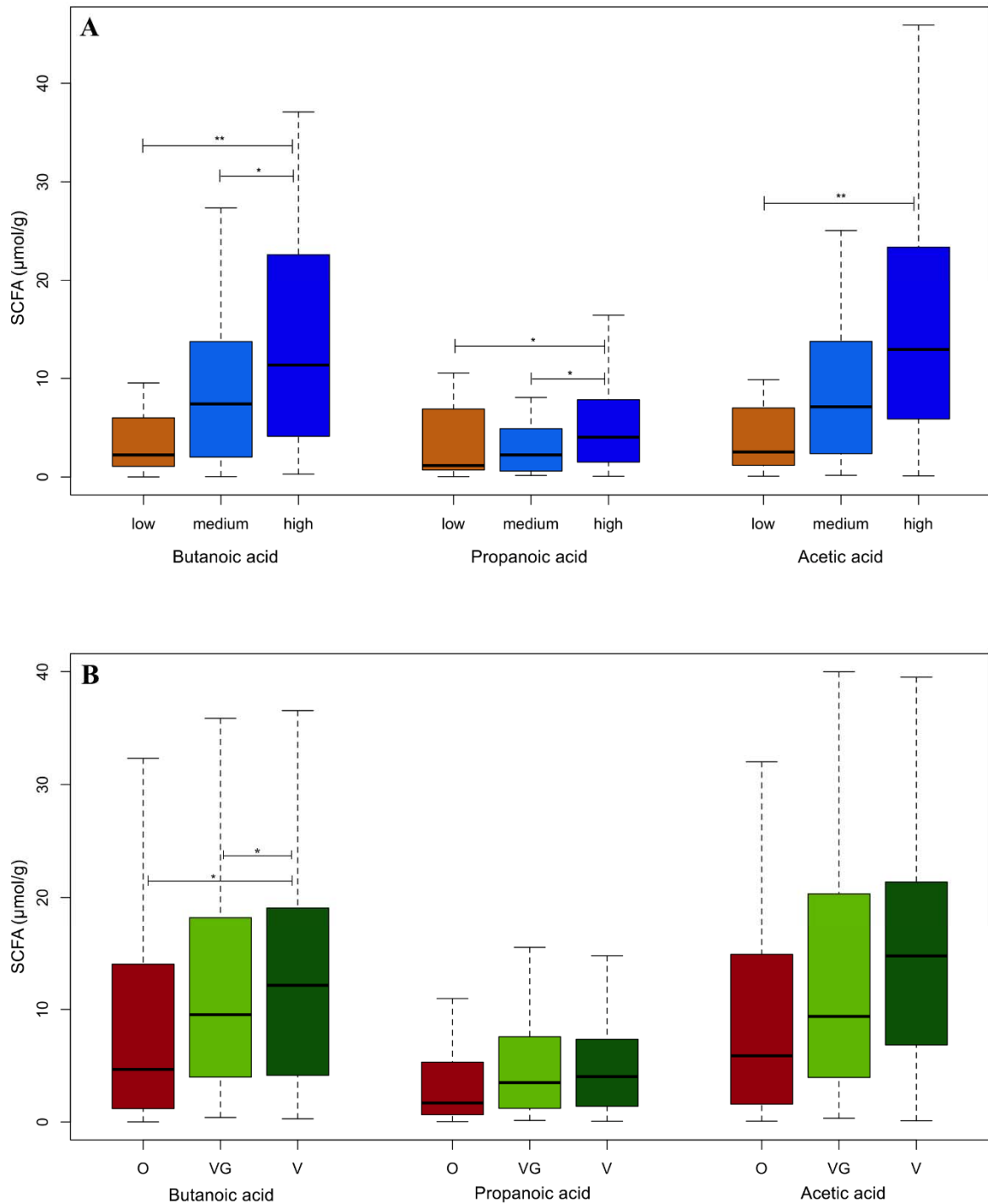


Figure S6 - Abundance of urinary TMAO is associated to diet (A) and adherence to MD (B). Box plots showing the abundance of urinary TMAO (ppm) in subjects grouped according to diet type (A) and adherence to MD (B). (*P < 0.05 and **P<0.01).

