**Supplementary Table 1:** Macronutrient and fatty acid composition of the AIN-76A diet

|  |  |
| --- | --- |
| **Macronutrient** | **Walnuts (% by weight)** |
| **0** | **9.4** | **14.1** | **18.8** |
| **Carbohydrates** |  |  |  |  |
| Corn starch | 150 | 132 | 125 | 118 |
| Sucrose | 420 | 420 | 420 | 420 |
| Cellulose | 50 | 48 | 48 | 47 |
| Kcal (% of total) | 55 | 55 | 55 | 55 |
| **Proteins** |  |  |  |  |
| Casein | 200 | 187 | 178 | 170 |
| DL-methionine | 3 | 3 | 3 | 3 |
| Kcal (% of total) | 17 | 17 | 17 | 17 |
| **Fats** |  |  |  |  |
| Corn oil | 125 | 64 | 33 | 2.5 |
| Walnuts | 0 | 94 | 144 | 188 |
| Kcal (% of total) | 28 | 28 | 28 | 28 |
| **Fatty acids** |  |  |  |  |
| Oleic acid | 34.3 | 25.8 | 19.2 | 16.7 |
| Linoleic acid | 71.3 | 72.1 | 72.7 | 72.7 |
| α-Linoleic acid  | 1.3 | 9.1 | 15.1 | 17.2 |
| Saturated fat | 18 | 14.9 | 16.2 | 19.6 |
| **Kcal from Walnuts (% of total)** | 0 | 15.0 | 22.5 | 30.2 |

**Supplementary Table 2:** Macronutrient and fatty acid composition of the TWD diet

|  |  |
| --- | --- |
| **Macronutrient** | **Walnuts (% by weight)** |
| **0** | **3.5** | **7.0** | **14.0** |
| **Carbohydrates** |  |  |  |  |
| Corn starch | 230 | 225 | 219 | 211 |
| Maltodextrin | 70 | 70 | 70 | 70 |
| Sucrose | 261 | 261 | 261 | 261 |
| Cellulose | 30 | 30 | 29 | 27 |
| Kcal (% of total) | 50 | 50 | 50 | 50 |
| **Proteins** |  |  |  |  |
| Casein | 190 | 184 | 178 | 165 |
| L-Cystine | 2.9 | 2.9 | 2.9 | 2.9 |
| Kcal (% of total) | 15.5 | 15.5 | 15.5 | 15.5 |
| **Fats** |  |  |  |  |
| Olive oil | 28 | 24 | 20 | 12 |
| Soybean oil | 31 | 27 | 23 | 14 |
| Corn oil | 17 | 14 | 12 | 7 |
| Lard, pork | 28 | 24 | 20 | 12 |
| Beef tallow | 25 | 21 | 18 | 11 |
| Anhydrous milk fat | 26 | 31 | 26 | 16 |
| Cholesterol | 0.4 | 0.4 | 0.4 | 0.4 |
| Walnuts | 0 | 35 | 70 | 140 |
| Kcal (% of total) | 34.5 | 34.6 | 34.9 | 35.0 |
| **Fatty acids** |  |  |  |  |
| Oleic acid | 64.3 | 58.3 | 52.5 | 40.2 |
| Linoleic acid | 33.3 | 41.9 | 50.9 | 67.6 |
| α-Linoleic acid  | 3.5 | 6.1 | 8.9 | 14.1 |
| Saturated fat | 59.7 | 53.4 | 43.0 | 26.1 |
| **Kcal from Walnuts (% of total)** | 0 | 5.2 | 10.5 | 21.4 |