

A.

Absolute Intake/Day	BMI Category	
	Lean (n=18)	Obese (n=14)
Energy (kcal)	2147.00 ± 141.00	2124.00 ± 101.40
Carbohydrate (g)	239.50 ± 13.65	230.50 ± 16.37
Protein (g)	98.99 ± 7.97	92.77 ± 4.42
Fat (g)	87.55 ± 7.62	86.91 ± 6.68
Total Dietary Fiber (g)	18.50 ± 1.46	17.78 ± 1.63
Soluble Dietary Fiber (g)	5.69 ± 0.42	5.77 ± 0.58
Insoluble Dietary Fiber (g)	12.73 ± 1.16	11.89 ± 1.20

B.

Relative Intake/Day	BMI Group	
	Lean (n=18)	Obese (n=14)
Calories from Carbohydrate (% of total)	45.34 ± 1.38	42.97 ± 2.39
Calories from Protein (% of total)	18.92 ± 0.93	18.02 ± 0.89
Calories from Fat (% of total)	35.29 ± 1.22	35.86 ± 1.84
Dietary Fiber (g/1000 kcal)	9.07 ± 0.80	8.45 ± 0.66
Soluble Dietary Fiber (g/ 1000 kcal)	2.72 ± 0.18	2.70 ± 0.23
Insoluble Dietary Fiber (g/1000 kcal)	6.31 ± 0.68	5.70 ± 0.53

SDC 2. Baseline dietary consumption A) Absolute (total intake/day) or B) Relative (% of total Kcal) macronutrient or fiber intake does not differ between lean and obese participants. Data are represented as Mean ± S.E.M. *Represents significant difference between Lean and Obese groups at $p < 0.05$.