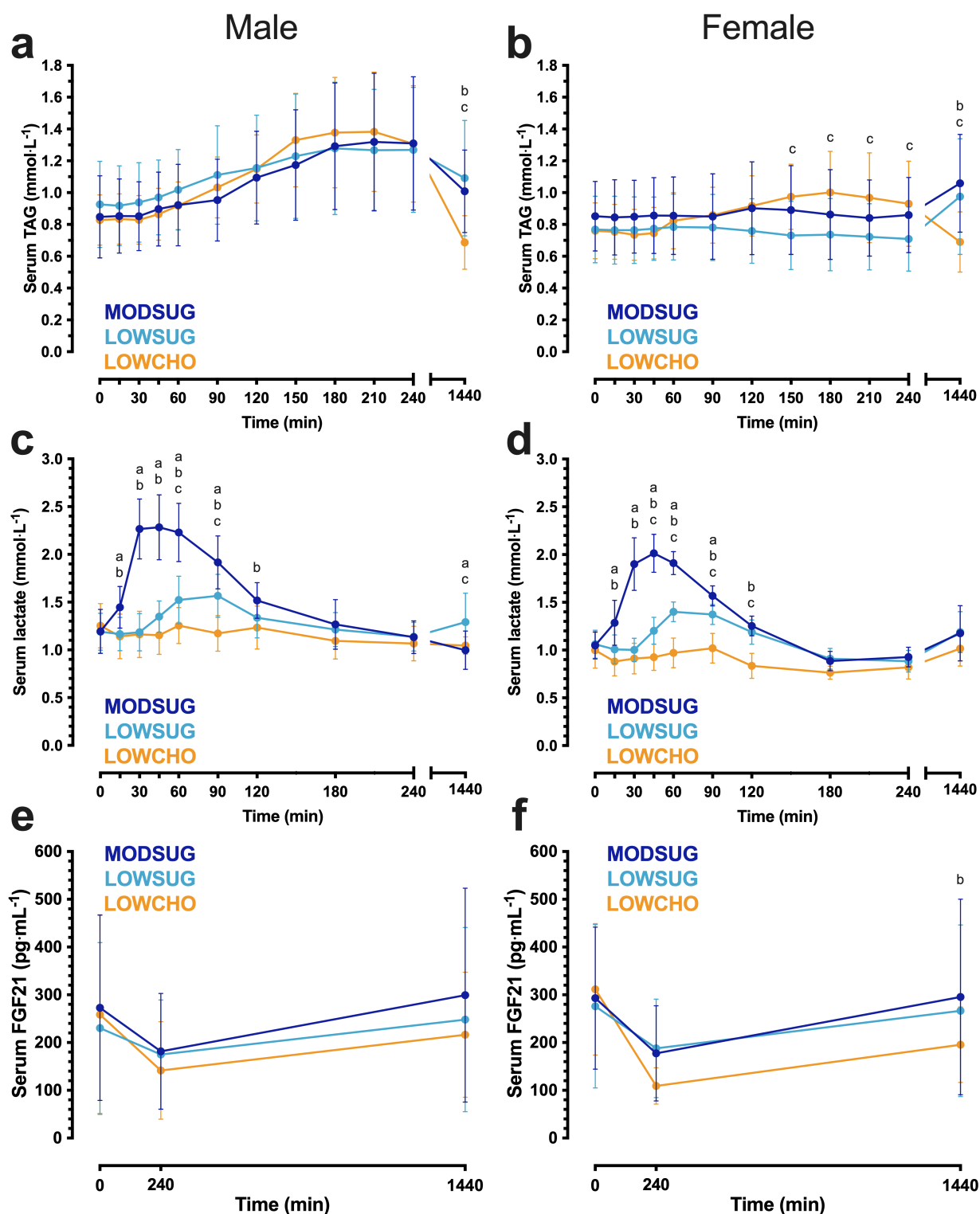


Restricting sugar or carbohydrate intake does not impact physical activity level or energy intake over 24 hours despite changes in substrate use: a randomised crossover study in healthy men and women – Hengist et al. *Eur J Nutr* – Corresponding Author: Javier T. Gonzalez, University of Bath; J.T.Gonzalez@bath.ac.uk



Supplemental Figure 3. Sex-disaggregated postprandial and 24-h responses to a moderate sugar diet (MODSUG), low sugar diet (LOWSUG), or a low carbohydrate diet (LOWCHO) in healthy men and women. Time course of serum triglycerides (a, b), lactate (c, d), and FGF21 (e, f). Females $n = 14$, males $n = 10$. Data expressed as mean $\pm$ 95% confidence intervals. Annotations: a, $P < 0.05$ MODSUG vs LOWSUG; b, $P < 0.05$ MODSUG vs LOWCHO; c, $P < 0.05$ LOWSUG vs LOWCHO.