

S Table 1 IDs and sequences of measured miRNAs

miRBase ID	miRNA PCR assay ID	miRBase Accession	Mature miRNA sequence
hsa-miR-126-3p	YP00204227	MIMAT0000445	5'UCGUACCGUGAGUAAUAAUGCG
hsa-miR-155-5p	YP00204308	MIMAT0000646	5'UUA AUGCUAAUCGUGAUAGGGGUU
hsa-miR-146a-5p	YP00204688	MIMAT0000449	5'UGAGAACUGAAUCCAUGGGGUU
hsa-miR-92a-3p	YP00204258	MIMAT0000092	5'UAUUGCACUUGUCCCGGCCUGU
hsa-miR-21-5p	YP00204230	MIMAT0000076	5'UAGCUUAUCAGACUGAUGUUGA
hsa-miR-130a-3p	YP00204658	MIMAT0000425	5'CAGUGCAAUGUUAAAAGGGCAU
hsa-miR-142-5p	YP00204722	MIMAT0000433	5'CAUAAAGUAGAAAGCACUACU
hsa-miR-202-5p	YP00205616	MIMAT0002810	5'UUCCUAUGCAUAUACUUCUUUG
hsa-miR-23a-5p	YP00205631	MIMAT0004496	5'GGGGUUCCUGGGGAUGGGAUUU
hsa-miR-103-3p	YP00204063	MIMAT0000101	5'AGCAGCAUUGUACAGGGCUAUGA
hsa-miR-191-5p	YP00204306	MIMAT0000440	5'CAACGGAAUCCCAAAAGCAGCUG
hsa-let-7a-5p	YP00205727	MIMAT0000062	5'UGAGGUAGUAGGUUGUAUAGUU

S Table 2 Differences in levels of biochemical parameters a year post AMI follow-up

	Mean difference $\pm$Std Error	<i>P</i> value
Glycemia (mmol/L)	-1.09 $\pm$ 0.30	0.0015
HbA1c (mmol/mol)	2.83 $\pm$ 0.84	0.0025
TC (mmol/L)	-1.77 $\pm$ 0.19	<0.0001
LDL-C (mmol/L)	-1.80 $\pm$ 0.18	<0.0001
HDL-C (mmol/L)	0.05 $\pm$ 0.04	0.26
Triglycerides (mmol/L)	-0.75 $\pm$ 0.23	0.0005

S Table 3 Differences in biochemical and anthropometrical parameters: a cross-over analyze

	Intervention	Control	P value	Intervention*	Control*	P value*
Waist to hip ratio	1.01±0.01	1.01±0.01	0.95	0.96±0.02	0.96±0.02	0.95
BMI (kg/m ²)	30.48±0.71	30.64±0.74	0.87	30.10±0.93	30.26±0.93	0.87
VO ₂ peak (ml/kg/min)	22±46±0.91	21.41±0.89	0.41	19.75±1.06	18.65±1.05	0.31
Fat mass (kg)	25.69±1.46	26.16±1.49	0.82	27.44±2.07	27.91±2.07	0.82
Active body mass (%)	18.49±0.56	18.80±0.57	0.70	16.42±0.33	16.47±0.33	0.48
Basal metabolism / kg	21.34±0.28±	21.18±0.28	0.70	20.84±0.38	20.67±0.38	0.68
Metabolic rate	3116.46±116.4	3224.86±118.5	0.52	2910.69±139.4	3010.11±139.8	0.49
6MWT (m)	554.64±14.08	544.62±13.83	0.61	530.03±17.88	519.15±17.73	0.55
Weight (kg)	95.63±3.09	96.15±3.09	0.91	89.68±3.92	90.19±3.92	0.90
KCCQ	93.55±1.52	93.10±1.52	0.83	92.27±2.10	92.72±2.10	0.83
Creatinine (μmol/L)	85.26±2.80	85.18±2.80	0.98	76.64±3.69	76.57±3.69	0.98
Urea (mmol/L)	5.44±0.20	5.51±0.20	0.80	5.44±0.27	5.52±0.27	0.79
Total cholesterol (mmol/L)	3.76±0.16	3.47±0.16	0.21	3.75±0.23	3.46±0.23	0.21
LDL cholesterol (mmol/L)	2.17±0.13	1.80±0.13	0.048	2.15±0.19	1.79±0.18	0.059

HDL cholesterol (mmol/L)	1.28±0.06	1.21±0.06	0.45	1.41±0.09	1.34±0.09	0.43
Triglycerides (mmol/L)	1.43±0.14	1.37±0.14	0.78	1.20±0.20	1.15±0.20	0.77
Glycaemia (mmol/L)	5.85±0.20	5.78±0.20	0.81	5.80±0.28	5.70±0.28	0.81
HbA1c (mmol/mol)	43.66±1.23	44.07±1.23	0.81	44.20±1.75	44.61±1.75	0.82

* depicts data adjusted to age and gender