

Additional File 1: Associations between weight-loss and outset/change in digestibility.

Explanatory variable	Coefficient	95% CI	P value	R-squared
Outset GE digestibility	0.02	0.002 to 0.04	0.04	0.24
Baseline	-3.41	-4.37 to -2.45	< 0.01	
Outset DM digestibility	0.02	0.001 to 0.05	0.04	0.23
Baseline	-3.62	-4.79 to -2.44	< 0.01	
Outset NDF digestibility	0.02	0.004 to 0.033	0.02	0.33
Baseline	-3.30	-4.03 to -2.58	< 0.01	
Change in GE digestibility	0.02	0.001 to 0.034	0.04	0.24
Baseline	-2.35	-2.46 to -2.24	< 0.01	
Change in DM digestibility	0.02	-0.0002 to 0.035	0.05	0.20
Baseline	-2.34	-2.46 to -2.23	< 0.01	
Change in NDF digestibility	0.02	0.003 to 0.036	0.03	0.28
Baseline	-2.37	-2.48 to -2.27	< 0.01	

Univariate regression analysis was employed to investigate associations between total proportional weight-loss (corrected to week 0; logit transformation) and outset digestibility (DM, GE, NDF) and the change in digestibility (pre-diet minus post-diet) following weight-loss (DM, GE, NDF).