

Supplemental Table 2. Area under the curve analyses for plasma triglyceride.

	HW		OW	
	SED	SS	SED	SS
Triglyceride AUC (mmol/l x 540 min)	578 (348)	596 (332)	887 (346)	895 (430)

Comparisons were analyzed by t-test. SED, 9 h sedentary with three identical meals; SS, stair snacks once per hour with the same meals. HW: Young healthy weight men; OW: Adults with overweight/obesity.