Normal diet was purchased from Teklad Research Diet (Harlan laboratories, Madison, WI, USA) whereas HFSD was locally purchased and composed of six highly palatable and energy dense diets consisting of chocolate bars, salami, smoked chicken, vanilla wafer, buttered cakes and crackers. The HFSD in the present study is quite similar to the diet in other studies (Muntzel, Al-Naimi, Barclay, & Ajasin, 2012; Sampey et al., 2011) except that it comprised of local substitutes that were readily and commercially available. Daily rotation of each of the six items constituting the HFSD was different in each week throughout the study. The diets were given in the same quantities and at the same time for all the groups of rats. The composition of the HFSD is as follows:

Composition of ND and HFSD

|  |  |  |  |
| --- | --- | --- | --- |
| **Composition of diet** | **Normal diet** | | **High fat style diet** |
| Protein (% kcal) | 22 | | 32.3 |
| Fat (% kcal) | 12 | | 42.6 |
| Carbohydrate (% kcal) | 66 | | 27.8 |
| Sodium (g/100g) | 0.2 | | 0.6 |
| **Total gross energy with calories (kcal g-1)** | | 3 | 3.4 |

**References**

Muntzel, M. S., Al-Naimi, O. A., Barclay, A., & Ajasin, D. (2012). Cafeteria diet increases fat mass and chronically elevates lumbar sympathetic nerve activity in rats. *Hypertension, 60*(6), 1498-1502. doi:10.1161/hypertensionaha.112.194886

Sampey, B. P., Vanhoose, A. M., Winfield, H. M., Freemerman, A. J., Muehlbauer, M. J., Fueger, P. T., . . . Makowski, L. (2011). Cafeteria diet is a robust model of human metabolic syndrome with liver and adipose inflammation: comparison to high-fat diet. *Obesity (Silver Spring), 19*(6), 1109-1117. doi:10.1038/oby.2011.18