

Supplementary figure:



Fig. S1 Preparation and tools of Youcha. a: Mashing with a like "7" shape wooden mallet. b: Tools: 1, "7" shape wooden mallet; 2, Dedicated iron tea pot; 3, Bamboo sieve.

Supplementary table:

Table. S1 Effects of Youcha on food intake in each group.

Group	NMD	HFD	HFD+P	HFD+L	HFD+M	HFD+H
Food intake (g/d per rat)	43.08±1.86 ^a	44.69±3.23 ^a	43.38±3.75 ^a	43.47±3.32 ^a	42.53±2.83 ^a	41.35±2.94 ^a

Datum are expressed as mean value ± standard deviation (n=10). ^aMean values within the same row with different superscripted letters differ significantly ($p < 0.05$). NMD: normal diet, HFD: high-fat diet, HFD+P: Xuezhikang(120 mg/kg·d), HFD+L: Youcha (150 mg/kg·d), HFD+M: Youcha (750 mg/kg·d), HFD+H: Youcha (1500 mg/kg·d).