

Supplementary material

Table S1. Biometric parameters and food consumption of Wistar rats after consuming kombuchas from green and black teas for 10 weeks.

Variables	AIN93-M	HFHF	GTK	BTK
Final weight (g)	415.00 ± 34.50 ^a	438.10 ± 66.65 ^a	415.30 ± 37.07 ^a	409.60 ± 50.08 ^a
Weight gain (g)	65.00 ± 22.70 ^a	71.25 ± 38.1 ^a	44.90 ± 30.69 ^a	44.90 ± 23.14 ^a
Abdominal perimeter* (cm)	18.90 ± 0.78 ^a	19.42 ± 1.40 ^a	19.10 ± 1.50 ^a	19.00 ± 1.32 ^a
Lee index	292.80 ± 14.55 ^a	299.00 ± 11.88 ^a	287.50 ± 9.50 ^a	287.00 ± 13.53 ^a
Food consumption* (g)	1367.00 ± 69.10 ^a	1045.60 ± 30.22 ^b	1051.20 ± 77.15 ^b	1044.70 ± 105.27 ^b
Food consumption* (kcal)	4964.00 ± 72.96 ^b	5341.90 ± 497.09 ^a	5529.50 ± 405.82 ^a	5442.80 ± 548.48 ^a
Food efficiency ratio*	0.05 ± 0.02 ^a	0.07 ± 0.03 ^a	0.06 ± 0.02 ^a	0.04 ± 0.02 ^a
Energy food efficiency ratio (g.1000kcal ⁻¹)	13.30 ± 4.42 ^a	12.60 ± 5.74 ^a	8.10 ± 5.51 ^a	8.10 ± 3.58 ^a
Total consumption of kombucha (mL)	NA	NA	1322.4 ± 138.24 ^a	1390.8 ± 159.64 ^a
Daily consumption of total phenolics (mg/kg)	NA	NA	10.3 ± 1.25 ^b	17.1 ± 1.58 ^a

NA: not applied (groups that did not consume the kombuchas). Results were expressed as means ± standard deviation (n=8). *Variables are not normally distributed. Means followed by different letters within each row are significantly different ($p < 0.05$) by ANOVA followed by Newman-Keuls test (parametric test) or Kruskal-Wallis followed by Dunn's test (nonparametric test). AIN-93M: group of animals fed a standard diet (normal control group); HFHF: group of animals fed a high-fat high fructose diet (positive control); GTK: group of animals fed a HFHF and diluted green tea kombucha (30% v/v) *ad libitum*; BTK: group of animals fed a HFHF and diluted black tea kombucha (30% v/v) *ad libitum*.

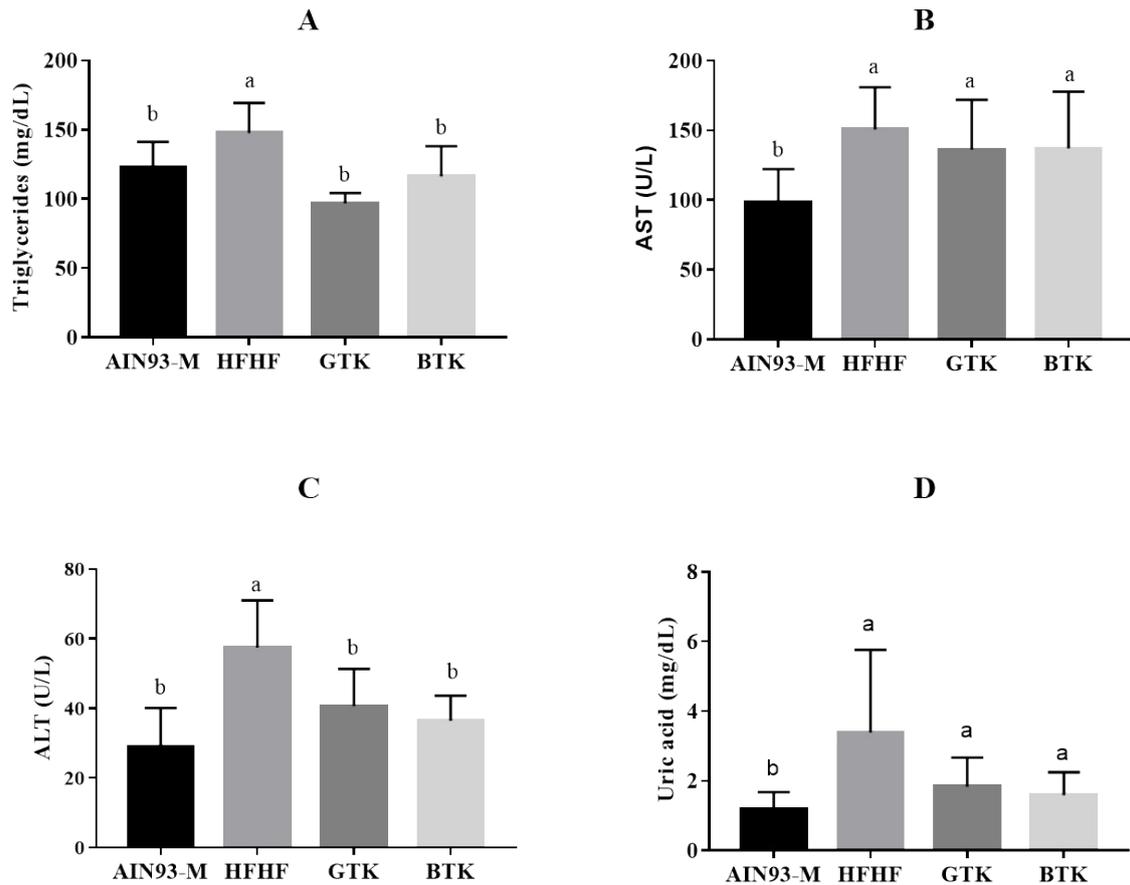


Figure S1. Serum biochemical values of Wistar rats after consumption of kombuchas from green and black teas for 10 weeks. (A) Triglycerides; (B) aspartate aminotransferase (AST); (C) alanine aminotransferase (ALT); (D) Uric acid. Data analyzed by colorimetric methods using serum for triglycerides and plasma for AST, ALT, and uric acid. Values expressed as means and standard deviation (n = 8/group). Data analyzed by one-way ANOVA and *post-hoc* of Newman-Keuls at 5% probability. Different letters indicate significant differences (p<0.05). AIN-93M: group of animals fed a standard diet (normal control group); HFHF: group of animals fed a high-fat high fructose diet (positive control); GTK: group of animals fed a HFHF and diluted green tea kombucha (30% v/v) *ad libitum*; BTK: group of animals fed a HFHF and diluted black tea kombucha (30% v/v) *ad libitum*.