

**Supplementary Table 3.** *Results of the linear mixed model analysis for anthropometrics, comparing*

			<i>p-value</i>				
	<b>Group vs Control group</b>	<b>Estimated marginal difference (95% CI)</b>	<b>Group vs Control group</b>	<b>Group</b>	<b>Time</b>	<b>Group x time</b>	<b>Time V1-vaccination</b>
Weight, kg	4 g/d	0.12 (-0.24, 0.49)	N/A	0.05	0.25	N/A	N/A
	3 g/d	0.05 (-0.31, 0.40)	N/A				
	2 g/d	-0.37 (-0.74, 0.00)	N/A				
BMI, kg/m <sup>2</sup>	4 g/d	0.05 (-0.08, 0.18)	N/A	0.06	0.31	N/A	N/A
	3 g/d	0.02 (-0.10, 0.15)	N/A				
	2 g/d	-0.12 (-0.25, 0.01)	N/A				
Waist circumference, cm	4 g/d	0.18 (-0.42, 0.79)	N/A	0.69	0.10	N/A	N/A
	3 g/d	-0.05 (-0.63, 0.54)	N/A				
	2 g/d	-0.19 (-0.80, 0.42)	N/A				
Hip circumference, cm	4 g/d	0.08 (-0.46, 0.62)	N/A	0.84	0.05	N/A	N/A
	3 g/d	0.14 (-0.40, 0.67)	N/A				
	2 g/d	0.25 (-0.31, 0.81)	N/A				
WHR	4 g/d	-0.00 (-0.01, 0.01)	N/A	0.20	0.99	N/A	N/A
	3 g/d	-0.01 (-0.02, 0.00)	N/A				
	2 g/d	-0.01 (-0.02, 0.00)	N/A				

*changes over time between the three intervention groups and the control group.*

All models were corrected for gender and baseline concentrations. Abbreviations: 95%CI= 95% confidence interval, Time V1-vaccination = time between the start of the study and the influenza vaccination date (this variable differed per participant and therefore was tested in all models), N/A=not applicable, BMI=Body Mass Index, WHR=waist-to-hip ratio. If Group x time or Time V1-vaccination was N/A this variable was not included in the final model because it did not reach significance. If group was not significant, N/A is shown for the group vs group comparison.