

1 Supplementary Table 1 Absolute changes in different biomarkers after six weeks of intervention

	Pasture-derived Cheddar cheese n=33			TMR-derived Cheddar cheese n=27			Cohen's <i>d</i>		
	All	Male	Female	All	Male	Female	All	Male	Female
Weight (kg)	-0.38±1.51	-0.26±1.84	-0.48±1.22	0.11±1.27	-0.35±1.41	0.43±1.10	0.35	0.06	0.78
BMI (kg m ⁻²)	-0.24±0.54	-0.19±0.57	-0.29±0.52	-0.32±2.12	-0.13±0.42	-0.45±2.77	0.05	0.12	0.08
Body fat (%)	-0.40±1.39	-0.15±1.35	-0.60±1.42	-0.52±2.7	0.15±1.30	-0.98±3.31	0.06	0.23	0.15
Waist circumference (cm)	-0.27±3.97	-0.38±4.09	-0.17±3.99	1.19±5.12	0.00±3.94	2.01±5.77	0.32	0.10	0.45
SBP (mmHg)	-2.22±13.77	-4.92±12.46	0.04±14.74	2.30±8.39	3.55±7.28	1.44±9.20	0.39	0.80	0.11
DBP (mmHg)	-1.85±6.61	-2.16±5.83	-1.60±7.36	1.91±5.42	2.33±5.90	1.63±5.25	0.62	0.77	0.50
ucOC:cOC	-0.05±0.11	-0.08±0.13	-0.03±0.07	-0.04±0.06	-0.01±0.06	-0.06±0.06	0.16	0.63	0.38
dp-ucMGP (pmol L ⁻¹)	-44.73±48.37	-36.38±45.43	-51.68±50.91	-22.53±45.52	-23.70±53.81	-21.73±40.75	0.47	0.26	0.65
Total cholesterol (mmol L ⁻¹)	-0.03±0.70	-0.10±0.71	0.03±0.71	-0.54±1.72	0.69±1.29	-1.39±1.47	0.41	0.79	1.25
HDL cholesterol (mmol L ⁻¹)	-0.03±0.24	-0.04±0.24	-0.02±0.25	-0.09±0.49	0.26±0.41	-0.34±0.40	0.18	0.95	0.97
LDL cholesterol (mmol L ⁻¹)	0.00±0.58	-0.03±0.56	0.03±0.61	-0.42±1.48	0.57±1.09	-1.11±1.33	0.40	0.73	1.12
LDL:HDL	0.04±0.39	0.10±0.50	-0.01±0.29	-0.16±0.95	-0.01±0.92	-0.26±0.99	0.29	0.17	0.36

VLDL cholesterol (mmol L ⁻¹)	0.00±0.16	-0.02±0.17	0.02±0.14	-0.02±0.51	-0.14±0.52	0.06±0.52	0.06	0.31	0.10
Triglycerides (mmol L ⁻¹)	-0.01±0.37	-0.06±0.43	0.04±0.32	-0.03±1.25	-0.27±1.17	0.14±1.32	0.03	0.26	0.11
Apolipoprotein B (mg dL ⁻¹)	-0.55±12.98	-1.13±14.22	-0.06±12.25	-10.11±36.83	11.82±32.65	-25.19±32.34	0.36	0.55	1.05

2 The absolute change was calculated by subtracting the visit 1 value from visit 2 value. Data presented as mean ± standard deviation. The Cohen's

3 *d* values are shown as absolute values.