Supplementary Table 5 title: High-sensitive CRP and albumin levels in selected study participants at baseline and after 8 weights

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| Variables | Complete sample  (n=56) | Vegan group  (n=29) | Meat-rich group  (n=27) | p-value |
| Week 0 | | | | |
| **Albumin (g/dl)** | 4.82 ± 0.24 | 4.84 ± 0.19 | 4.80 ± 0.28 | 0.775 |
| **High-sensitive CRP (mg/l)** | 0.4 (0.55) | 0.5 (0.6) | 0.5 (0.6) | 0.329 |
| Week 8 | | | | |
| **Albumin (g/dl)** | 4.76 ± 0.22 | 4.76 ± 0.21 | 4.76 ± 0.24 | 0.749 |
| **High-sensitive CRP (mg/l)** | 0.6 (0.7) | 0.5 (0.9) | 0.7 (0.5) | 0.987 |

For this analysis, only individuals with hs-CRP levels below 5 mg/l were considered. Individuals who reported an infection during the last study weeks or who showed any symptoms of an infection during the study visit at weight 8 were not considered for this analysis. This implies the exclusion of participants with hs-CRP differences > 1.5 mg/l over the course of the study, that were unlikely to be diet-related.