SUPPLEMENTAL FIGURE 3 Postprandial hormones in healthy adults before and after 4 wk periods of consuming lean seafood and non-seafood diets in a crossover design. Values are means ± SEMs, n=20 (lean seafood) or 19 (non-seafood). Plasma glucagon (A), and serum adiponectin (B) concentrations were determined in fasting (-15), immediately after (0), and at 30, 60, 120, 240 and 360 minutes after test meal intake. The shaded area indicates time of test meal ingestion (15 minutes). *P*-values are assessed by repeated measures ANOVA for crossover design with two periods comparing the changes within diet periods (post – pre measures) for the lean seafood and non-seafood diet periods. The Bonferroni correction has been performed (as described in Methods).