**Supplementary material**

**Supplementary Figure 1**

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A strain of Jerusalem artichoke (Kikuimo in Japanese), “Sunflower Potato” was harvested in Saga prefecture and tubers were used for all the trials in the present study.

**Supplementary Figure 2**



Effect of Jerusalem artichoke on glucose metabolism in Trial 3, following the ingestion of a fat-rich meal. Jerusalem artichoke was administered prior to the meal or not (control) and the subsequent plasma (A) glucose and (B) insulin concentrations were compared. Black dot and line: control meal; red dot and line: meal plus Jerusalem artichoke. Data are means and standard deviations. \**p*<0.05, according to the Wilcoxon signed rank test. Abbreviation: JA, Jerusalem artichoke.