

Table 1. Characteristics of the study population

	Total women (n=60)	Normal-weight women (n=20)	Overweight/obese women (n=20)	Morbidly obese women (n=20)	Overweight+Obese women (n=40)
Age (years)	39 ± 14	35 ± 9	34 ± 11	48 ± 16	42 ± 15
Body Weight (kg)	85.02 ± 21.76	62.28 ± 3.82	81.06 ± 6.62	111.72 ± 10.04	96.39 ± 17.65
Height (m)	1.61 ± 0.06	1.65 ± 0.53	1.62 ± 0.06	1.58 ± 0.05	1.60 ± 0.06
BMI (Kg/m ²)	32.72 ± 9.09	22.96 ± 0.85	30.70 ± 0.46	44.49 ± 2.40	37.60 ± 7.18
Hip Circumference (cm)	117.2 ± 16.0	101.8 ± 5.4	113.6 ± 7.8	135.9 ± 7.5	125.3 ± 13.5
Waist/Hip ratio	0.89 ± 0.11	0.81 ± 0.06	0.91 ± 0.13	0.95 ± 0.10	0.93 ± 0.11
Body weight loss (kg)	5.8 ± 4.5	3.6 ± 1.9	6.1 ± 4.4	7.5 ± 5.5	6.8 ± 4.9
<i>Metabolic syndrome features</i>					
Waist Circumference (cm)	13.15 ± 6.96	82.1 ± 5.8	103.2 ± 9.5	128.5 ± 9.4	116.5 ± 15.8
Glucose (mg/dl)	3.23 ± 1.85	80.70 ± 6.84	83.40 ± 10.66	98.25 ± 17.33	90.83 ± 16.07
Insulin (μIU/L)	-	5.00 ± 1.97	9.14 ± 4.39	13.15 ± 6.96	11.15 ± 6.09
HOMA index	2.04 ± 1.52	0.99 ± 0.39	1.89 ± 0.99	3.23 ± 1.85	2.56 ± 1.62
QUICKI Index	0.35 ± 0.03	0.39 ± 0.03	0.35 ± 0.02	0.32 ± 0.02	0.34 ± 0.03
<i>Plasma proteins</i>					
Ghrelin (mmol/L)	13.15 ± 6.96	711.57 ± 111.73	897.00 ± 182.30	700.71 ± 195.70	798.86 ± 208.30
Adiponectin (μg/dL)	3.23 ± 1.85	91.00 ± 44.16	49.29 ± 31.30	75.50 ± 29.86	63.27 ± 32.39
<i>Dietary intake</i>					
Energy intake (Kcal)	2110 ± 875	2122 ± 654	2643 ± 1106	1632 ± 568	2104 ± 989
Proteins (Kcal) (% total energy)	357 ± 158 (17.2 ± 4.7)	347 ± 133 (16.1 ± 3.0)	432 ± 173 (17.2 ± 4.2)	303 ± 154 (18.5 ± 6.3)	363 ± 173 (17.8 ± 5.4)
Carbohydrates (Kcal) (% total energy)	884 ± 350 (43.3 ± 10.4)	922 ± 329 (43.7 ± 10.6)	1019 ± 397 (39.9 ± 8.6)	725 ± 281 (45.9 ± 11.5)	862 ± 366 (43.0 ± 10.5)
Fats (Kcal) (% total energy)	883 ± 485 (40.1 ± 10.0)	871 ± 336 (41.1 ± 9.9)	1196 ± 626 (42.9 ± 9.3)	621 ± 307 (36.4 ± 10.3)	889 ± 557 (39.5 ± 10.2)
<i>Morningness–eveningness score</i>	50.3 ± 8.2	52.2 ± 7.6	50.5 ± 9.2	48.0 ± 7.9	49.2 ± 8.5