



**Figure S1.** Thirty-six Wistar rats were divided into 6 groups of 6 animals each (3 males and 3 females). Group 1: standard chow diet (SCD), Group 2: high-fat diet (HFD), Group 3: high-fat diet + red-fleshed apple (HFD + R), Group 4: high-fat diet + white-fleshed apple (HFD + W), Group 5: high-fat diet + Aronia (anthocyanin-rich extract; HFD + A); and Group 6: high-fat diet + Atorvastatin (HFD + Atorv).