Nutrient or feature	Concentration	Inter-subject variation ($\hat{\sigma}_b$)
energy	insulin	4.29 [2.16; 6.37]
gender (1-female)	insulin	3.93 [3.26; 4.6]
chol. medication	insulin	1.46 [0.21; 3.02]
pufa	insulin	1.35 [0.39; 2.22]
EPA-fatty acid	insulin	1.11 [0.58; 1.63]
mufa	insulin	0.97 [0.19; 1.79]
DHA-fatty acid	insulin	0.92 [0.27; 1.59]
sucrose	insulin	0.85 [0.14; 1.64]
safa	insulin	0.83 [0.14; 1.69]
protein	insulin	0.78 [0.11; 1.62]
alcohol	insulin	0.75 [0.16; 1.39]
linoleic acid	insulin	0.71 [0.13; 1.39]
fat	insulin	0.63 [0.11; 1.28]
gender (1-female)	total chol.	0.59 [0.47; 0.72]
folic acid	insulin	0.57 [0.09; 1.18]
gender (1-female)	LDL-chol.	0.53 [0.44; 0.63]
fibre	insulin	0.52 [0.08; 1.06]
chol. medication	total chol.	0.48 [0.16; 0.78]
lignin	insulin	0.48 [0.08; 0.99]
vitamin C	insulin	0.44 [0.07; 0.9]
cholesterol	insulin	0.44 [0.06; 0.88]
alpha lipoic acid	insulin	0.43 [0.09; 0.83]
cellulose	insulin	0.41 [0.07; 0.84]
vitamin D	insulin	0.39 [0.06; 0.8]
chol. medication	LDL-chol.	0.36 [0.11; 0.6]
energy	total chol.	0.36 [0.07; 0.66]
carb.hydr.	insulin	0.35 [0.05; 0.74]
gender (1-female)	glucose	0.3 [0.24; 0.36]
gender (1-female)	HDL-chol.	0.24 [0.2; 0.29]
energy	glucose	0.23 [0.05; 0.41]
energy	LDL-chol.	0.23 [0.04; 0.47]
chol. medication	HDL-chol.	0.18 [0.07; 0.29]
energy	HDL-chol.	0.17 [0.04; 0.3]
cellulose	LDL-chol.	0.14 [0.06; 0.21]
cellulose	total chol.	0.13 [0.03; 0.22]
sucrose	glucose	0.12 [0.04; 0.2]
chol. medication	glucose	0.12 [0.02; 0.24]
sucrose	total chol.	0.12 [0.02; 0.22]