Supplement Table 1. Effects of intracerebroventricular ghrelin infusion (2.5 nmol/d) on glucose utilization indices of individual muscles during euglycemic hyperinsulinemic clamps.

	QR (ng/min x mg)	QB (ng/min x mg)	GR (ng/min x mg)	GB (ng/min x mg)	EDL (ng/min x mg)	Tibialis (ng/min x mg)	Heart (ng/min x mg)
Controls	14.5 ± 1.7	8.7 ± 0.9	17.9 ± 4.9	6.6 ± 1.0	11.4 ± 0.9	11.9 ± 1.6	16.3 ± 2.7
Ghrelin-ad lib	15.5 ± 1.0	8.3 ± 1.0	12.3± 1.1	5.4 ± 0.7	10.4 ± 1.4	11.5 ± 1.3	24.0 ± 3.6
Ghrelin-pf	22.4 ± 2.0 * #	11.3 ± 1.5	18.9 ± 2.5	8.7 ± 1.5	14.5 ± 1.1	15.2 ± 2.1	26.1 ± 3.6

Values are means ± SEM of 6-7 animals per group. Rats were icv infused with either ghrelin for 6 days or isotonic saline (controls). Ghrelin-pf (pair-fed) animals were fed the same amount of food as that consumed by controls. QR: red quadriceps; QB: white quadriceps; GR: red gastrocnemius; GB: white gastrocnemius; EDL: extensor digitorum longus. Statistical significance: *, p at least <0.05 versus controls and #, p at least <0.05 versus ghrelin-ad lib; otherwise, NS.

Supplement Table 2 Effects of intracerebroventricular ghrelin infusion (2.5 nmol/d) on mRNA expression of acetyl CoA carboxylase-a (ACC), fatty acid synthase (FAS), lipoprotein lipase (LPL) and carnitine palmitoyl transferase 1a (CPT-1a) in epididymal white adipose tissue of *ad libitum* fed animals as measured using low density microarray.

	ACC (% of controls)	FAS (% of controls)	LPL (% of controls)	CPT-1a (% of controls)
Controls	100 ± 40	100 ± 58	100 ± 10	100 ± 9
Ghrelin-ad lib	429 ± 38*	388 ± 50*	136 ± 10*	61 ± 8*

Values are means ± SEM of 6-7 animals per group. Rats were icv infused with either ghrelin for 6 days or isotonic saline (controls). Ghrelin-infused animals were fed *ad libitum*. Statistical significance: *, p at least < 0.05 versus controls.

Supplement Table 3. Effects of intracerebroventricular ghrelin infusion (250 pmol/d) on food intake, body weight, mRNA expression of hypothalamic neuropeptide Y (NPY), of epididymal white adipose tissue acetyl CoA carboxylase-a (ACC) and fatty acid synthase (FAS), and of brown adipose tissue uncoupling protein-1 (UCP1) and uncoupling protein-3 (UCP3).

	F.I (g)	B.W (g)	NPY (% of controls)	ACC (% of controls)	FAS (% of controls)	UCP1 (% of controls)	UCP3 (% of controls)
Controls	105 ± 3	16.6 ± 1	100 ± 16.8	100 ± 21	100 ± 25	100 ± 15	100 ± 23
Ghrelin-ad lib	98 ± 2	11.6 ± 3	79.1 ± 9.5	102 ± 33	99 ± 36	83 ± 8	74 ± 11
Ghrelin-pf	104 ± 3	14.1 ± 1.8	95.4 ± 16.5	167 ± 42	141 ± 32	76 ± 31	47 ± 13

Values are means ± SEM of 6-7 animals per group. Rats were icv infused with either ghrelin for 6 days (measurement of food intake and body weight performed at day 4) or isotonic saline (controls). Ghrelin-pf (pair-fed) animals were fed the same amount of food as that consumed by controls. Statistical significance: NS.