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1 **Special Article**

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3 **Dietary modulation of large extracellular vesicles: the good and the bad for human health**

4

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14

15 **Abstract**

16 Extracellular vesicles encompassing nanovesicles derived from the endosome system and generated by
17 plasmatic membrane shedding, become of increasing interest in view of their ability to sustain a cell-to-
18 cell communication and with the possibility to be used as surrogate biomarkers of healthy and unhealthy
19 trajectories. Over the last decades, nutritional strategies have been developed to preserve health and
20 their impact on circulating EVs is arousing a growing interest. Data available from published studies are
21 now sufficient for a first integration in order to better understand the role of EVs in the relation between
22 diet and health. Thus, this review focuses on human intervention studies investigating the impact of diet
23 or its components on circulating EVs. Due to analytical bias, only large EVs have been assessed so far. The
24 analysis highlights that poor-quality diets with elevated fat and sugar content increase levels of circulating
25 large EVs that can be partly counteracted by healthy food or some food micronutrients and bioactive
26 compounds. However, knowledge on the content and the biological functions of these diet-induced EVs
27 are still missing. It is of crucial importance to address these aspects in new research in order to state on
28 EVs as mediators of the effects of diet on health.

29

30 **Keywords**

31 Extracellular vesicles, microparticles, exosomes, diet, dietary constituents, human intervention studies,
32 risk factor, nutritional biomarkers

33

34 **Introduction**

35 Dietary pattern is an important driver of non-communicable diseases (NCDs) such as obesity,
36 diabetes and metabolic syndrome leading to cardiovascular diseases (CVD). In western societies,
37 individuals are routinely exposed to postprandial lipaemia, hypertriglyceridaemia and hyperglycaemia
38 that have been shown to be risk factors for CVD^{1,2} including coronary artery diseases (CAD)^{3,4}, and that
39 contribute to the development of atherosclerosis^{5,6}. These metabolic changes induce particularly the
40 activation of circulating immune cells and endothelial cells, one feature of which is the increased release

41 of circulating extracellular vesicles (EVs) ^{7, 8}. EVs, including small EVs (previously called exosomes ; S-EVs)
42 and large EVs (known as microparticles; L-EVs), are shed membrane particles of less than 1µm in diameter
43 that emerged as candidate meaningful biomarker for the diagnosis and the prognosis of cardiometabolic
44 disorders ⁹⁻¹⁴. S-EVs are vesicles of endo-lysosomal origin that are released as a consequence of the fusion
45 of the multivesicular endosome (namely MVB) with the plasma membrane, whereas L-EVs are generated
46 by budding and fission of the plasma membrane ⁸. Both EV subtypes convey proteins, nucleic acids and
47 lipids with the possibility to be used as markers and conferring to EVs the ability to sustain a cell-to-cell
48 communication. As an example, circulating endothelial L-EVs and their increased level in plasma assessed
49 at fasting state are both emerging biomarkers and active effectors of endothelial dysfunction in CVD ¹⁵⁻¹⁷.
50 Similarly, Crewe et al. ¹⁸ demonstrated that S-EVs are produced locally by endothelial cells in the adipose
51 tissue in fasting mice, but not after feeding. In addition to demonstrate that EVs are regulated by
52 fasting/refeeding, the authors suggest that EVs participate the tissue response to metabolic changes in
53 the systemic nutrient state.

54 Since the 2000s, the relationship between diet and circulating EVs has been the subject of
55 numerous studies. Dietary interventions in animal models have demonstrated that chronic high-energy
56 diet (e.g. high fat or high carbohydrate diet) results in an increased level of circulating S-¹⁹ and L-EVs ²⁰⁻²².
57 Inversely, plant-based diets are highly protective for health ²³. This is partly attributed to EV-associated
58 plant bioactive compounds, especially polyphenols with a body of evidence in preventing cardiometabolic
59 diseases especially through the reduction of vascular dysfunctions associated with ageing and unbalanced
60 nutrition ²⁴⁻²⁶. In addition to improve endothelial function, diet supplemented with polyphenols from red
61 wine has been shown to lower the level of endothelial EVs circulating at fasting state in a rodent model of
62 hypertension ²⁷.

63 Interestingly, food such as fruits and vegetables and cow milk-based products ^{28, 29} are dietary
64 sources of exogeneous EVs (mainly S-EVs) namely EV-like nanoparticles. As other EVs, they convey
65 proteins, lipids and nucleic acids in a phospholipid bilayer, but they can also encompass nutrients and/or
66 plant bioactive compounds such as polyphenols ^{30, 31}. These S-EVs have been demonstrated to be

67 absorbed, detected in host tissues few hours after their intake. The biological effects of EV-like
68 nanoparticles on the physiology of the consumer is a matter of concern.

69 The close relationship between diet and health, and the growing development of EV-based
70 biomarkers in medicine make necessary to consider the modulation of EVs by the diet, both at fasting and
71 postprandial states in humans. The present review focuses on human interventions investigating the
72 impact of a single meal and of a chronic intake on circulating EVs. It also introduces how dietary
73 compounds act to trigger physiological pathways controlling the biogenesis and/or the release of
74 endogenous EVs. Finally, this review provides reports on the biological functions of diet-associated EVs
75 and raises the need for further investigations in this domain, especially in order to provide an accurate
76 phenotyping of diet-induced EVs.

77

78 **1. Why human nutritional intervention studies focused on L-EVs?**

79 Since the 2000s, 29 interventional studies have investigated the impact of diet and their constituents
80 on circulating EVs in Humans. In these nutritional intervention studies, EVs were analysed on platelet-
81 poor or platelet-free plasma (PPP or PFP) obtained by centrifugation of blood samples up to 17,000 *g*. This
82 centrifugation pellets platelets but not the L-EVs and S-EVs that need longer centrifugation at 20,000 *g* or
83 100,000 *g* to be pelleted respectively³². In these PPP/PFP, EVs were detected by flow cytometry based on
84 different combinations of constitutive and/or inducible surface markers (Table 1) after immunostaining.
85 This strategy of analysis limits the detection and the quantification to specific EV subtypes. First, the
86 conventional flow cytometers used in these studies (LSRII, FACSAria, FACScan, Canto, FC500, FACSCalibur)
87 are not sensitive enough to do detect scattered light or emitted fluorescence from particles smaller than
88 300 nm in diameter, and therefore do not allow the direct detection of S-EVs^{33, 34}. In addition, plasma
89 lipids (e.g. chylomicrons) due to their size may interfere with the detection of EVs by flow cytometry³⁵. To
90 avoid this limit, a fluorescent staining mainly based on the detection of phosphatidylserine specifically
91 expressed at the surface of L-EVs was used. Therefore, this explains why these nutritional intervention
92 studies only report on the effect on L-EVs.

93 Above methodological aspects, the interest in L-EVs may be explained by a greater susceptibility of L-
94 EVs to changes in response to a stimulus than S-EVs^{36, 37}. Moreover, the content in proteins of L-EVs was
95 reported as closer to those of the donor cell than the proteome of S-EVs^{36, 38}, thus strengthening the
96 interest for the L- EVs in human intervention studies. However, it is worth noting that the secretion, the
97 content and the bioactivity of S-EVs have been reported in *in vitro* studies as modulated by nutritional
98 factors such as hyperglycaemia³⁹⁻⁴¹ or polyphenol supplementations⁴²⁻⁴⁴.

99 Among the subpopulations of EVs present in plasma, endothelial L-EVs whose proportion is estimated
100 to less than 5% are the most investigated ahead of platelet- and erythrocyte-derived L-EVs which account
101 for 70%-95% and 8-16% of the total plasma L-EVs, respectively⁴⁵⁻⁴⁹. This large interest in endothelial L-EVs
102 can be explained by the widely documented contribution of endothelial dysfunction in the development
103 and the complications of cardiometabolic diseases⁵⁰. Whatever the subtype of EVs investigated, human
104 intervention studies were controlled by ethical considerations that limit the number and volume of blood
105 sampling and therefore that constrain studies to few timepoints after a nutritional intervention. By
106 consequence, knowledge on the pharmacokinetic of EVs during the postprandial period is still incomplete.
107 Cross-over and/or a placebo control designs have been used to ascertain the impact of dietary intakes on
108 circulating L-EVs. They allowed to demonstrate first the variation of the circulating L-EVs during the
109 postprandial period induced by an acute diet intake (Table 2) and secondarily the effect of chronic intakes
110 on the basal circulating L-EVs at fasting (Table 3).

111

Cell source of large EVs (namely microparticles)	Cluster of differentiation staining	Protein Symbol	Full name
Endothelial MPs	CD31+ CD41- CD42a- CD42b- CD45- CD62b- CD62e+ CD105+ CD106 CD144+ CD146+	PECAM1 ITGA2B GP9 Gplb PTPRC SELP SELE ENG VCAM1 CDH5 MCAM	platelet and endothelial cell adhesion molecule 1 integrin subunit alpha 2b glycoprotein IX platelet glycoprotein Ib platelet protein tyrosine phosphatase receptor type C selectin P selectin E endoglin vascular cell adhesion molecule 1 cadherin 5 melanoma cell adhesion molecule
Platelet MPs	CD41+ CD42b+ CD61+ CD62b+ Fibrogen+ TF(CD142)+	ITGA2B Gplb ITGB3 SELP FGB F3	integrin subunit alpha 2b glycoprotein Ib platelet integrin subunit beta 3 selectin P fibrinogen beta chain coagulation factor III, tissue facto
Leukocyte MPs	CD4+ CD8 CD11a+ CD11b+ CD41- CD45+	CD4 CD8A ITGAL ITGAM ITGA2B PTPRC	CD4 molecule CD8a molecule integrin subunit alpha L integrin subunit alpha M integrin subunit alpha 2b protein tyrosine phosphatase receptor type C

Table 1: Cell surface markers used for the identification of EV subpopulations by flow cytometry.

112

113

114 **Table 2: Clinical trials investigating the impact of acute dietary intakes on EVs during the postprandial period.**

Publication	Study design	Country	Participants	Intervention	Investigated EVs	Main results
Bulut et al. J Cardiovasc Pharmacol 2013 51	Randomized Cross-over	EU (Germany)	Healthy men (n= 10) Age= 44.2 ± 9.6 BMI= 24.4 ± 2.5	A single meal of French fries and hot pork sausage with sauce (1,200 kcal: 50 % from Fat; 30 % CHO; 20 % Proteins) ± 200 mL water or 200 mL coca cola or 100 mL red wine/10 OmL water, or 36 mL liquor (38 vol %)/164 mL water	AnnexinV ⁺ L-EVs: ▪ CD31 ⁺ /CD42b ⁻ endothelial L-EVs ▪ CD31 ⁺ /CD42b ⁺ platelet L-EVs From platelet-poor plasma By flow cytometry (FACScalibur, BD)	<ul style="list-style-type: none"> • ↑ postprandial (water; 1h: +15 %, 2 h: +30 %) AnnexinV⁺/CD31⁺/CD42b^{-/+} L-EVs • Red Wine consumption: ↓ meal-induced AnnexinV⁺/CD31⁺/CD42b^{-/+} L-EVs compared to water (-83 %) • Coca: ↑ meal-induced AnnexinV⁺/CD31⁺/CD42b^{-/+} L-EVs compared to water (+109 %)
Eichner et al. Nutrients 2019 52		NA (US)	Obese prediabetic (PD, n= 17) and NGT (n= 8) volunteers Male:Female= 4:13 (PD), 1:7 (NGT) Age= 53.5 ± 4.1 (PD), 50.1 ± 5.1 (NGT) BMI= 32.1 ± 1.6 (PD), 33.2 ± 1.4 (NGT)	Oral Glucose Tolerance Test (a 75 g glucose intake that induced a 136 mg/dl glycaemia at peak, i.-e. 2 h)	Annexin V ⁺ EVs: ▪ CD31 ⁺ /CD41 ^{+/-} platelet EVs ▪ CD45 ⁺ /CD41 ⁻ , CD45 ⁺ leukocyte EVs ▪ CD105 ⁺ , CD31 ⁺ /CD41 ⁻ Endothelial EVs from Platelet-free plasma (17,000 g) by Flow cytometry (ImageStream MKII Amnis)	<ul style="list-style-type: none"> • ↓ total EVs • ↓ CD31⁺/CD41⁺ PEVs • ↓ CD31⁺ EVs • ∅ CD45⁺ LEVs
Ferreira et al. Circulation 2004 53	Cross-over	NA (US)	Healthy volunteers (n= 18) Male:Female= 10:8 Age= 26 ± 3.8 BMI= 23 ± 2.3	I= High-fat meal (HF; 900 cal: 19 % from fat) C= Low-fat meal (LF; 900 cal: 0 % cal from fat)	<ul style="list-style-type: none"> ▪ CD31⁺/CD42b⁻ endothelial L-EVs ▪ CD31⁺/CD45⁺ leukocyte L-EVs From platelet-poor plasma (1,000 g) By flow cytometry (Coulter EPICS XL, Beckman)	<ul style="list-style-type: none"> • C= ∅ effect of single Low-fat meal on postprandial E L-EV levels • I= ↑ postprandial (1 h: +39 %, 3 h: +70 %) CD31⁺/CD42b⁻ Endothelial L-EVs
Harrison et al. Eur J Appl Physiol 2009 54	Randomized Controlled	EU (Ireland)	Healthy active men (n= 8) Age= 26.9 ± 4.1 BMI= 26.0 ± 3.6	Oral fat tolerance test meal (1,450 kcal per 2 m ² body surface: 60 % from fat, 34 % from CHO) preceded by a rested time or a prolonged exercise (EXC)	CD31 ⁺ /CD42b ⁻ endothelial L-EVs from Platelet-poor plasma (1,000 g) by Flow cytometry (FACScalibur, BD)	<ul style="list-style-type: none"> • Test meal induces ↑ CD31⁺/CD42b⁻ endothelial L-EVs from 2h to 6h after intake (+160 %) • ∅ of prior EXC on diet-induced EVs
Jenkins et al. J Physiol 2011 55	Cross-over	NA (US)	Healthy active men (n= 10) Age= 27 ± 0.9 BMI= 24.6 ± 0.7	A single high-fat meal portioned to 386 g/m ² body surface area (386 g= 1,362 kcal, 84 % from fat) ± prior endurance exercise	<ul style="list-style-type: none"> ▪ CD31⁺/CD42b⁻ endothelial L-EVs ▪ CD62E⁺ endothelial L-EVs From platelet-poor plasma (1,500 g) By flow cytometry (LSRII, BD)	<ul style="list-style-type: none"> • ∅ effect of single high-fat meal on postprandial (4 h) endothelial L-EVs • Prior endurance exercise ↓ CD31⁺/CD42b⁻ and CD62E⁺ endothelial L-EVs (-50 %)

Publication	Study design	Country	Participants	Intervention	Investigated EVs	Main results
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115 Table 2 (To be continued)

Publication	Study design	Country	Participants	Intervention	Investigated EVs	Main results
Michelsen et al. Thrombosis Res 2009 ⁵⁶	Controlled	EU (Norway)	Carotid atherosclerosis patients (n= 40, CAP) and matched healthy volunteers (n= 20, H) Male:Female= 19:21 (CAP) 12:8(H) Age= 65.4-72.8 (CAP), 66.6-70.1(H) BMI= 26.4-28.8 (CAP), 24.8-28.4(H)	Standardized tolerance fat test consisting in sour cream porridge providing 70 % of calories from fat (66 % saturated, 32 % monosaturated, 2 % PUFAs)	CD41 ⁺ /CD61 ⁺ platelet L-EVs From platelet-free plasma (11,000 g) By flow cytometry (Canto, BD)	↑ postprandial (4 h) total CD41 ⁺ /CD61 ⁺ L-EVs (+49 %)
Phang et al. JNB 2012 ⁵⁷	Controlled Single blinded	South Pacific (Australia)	Healthy volunteers (n= 30) Male:Female= 15:15 Age= 43.7 ± 1.5 BMI= 26.1 ± 0.6	A single dose of sunola oil (C), 1 g EPA (EPA:DHA= 5:1) or 1 g of DHA (EPA:DHA= 1:5)	AnnexinV ⁺ /CD41a ⁺ platelet L-EVs From platelet-free plasma (3,000 g) by flow cytometry (Canto, BD)	<ul style="list-style-type: none"> • At baseline, ∅ effect gender on the number of platelet L-EVs • 24h after a single dose of supplementation: ∅ effect on AnnexinV⁺/CD41a⁺ MP levels • Only EPA supplementation ↓ thrombin generation mediated by platelet L-EVs (-20 %)
Spectre et al. Platelets 2019 ⁵⁸		EU (Sweden)	T2DM (n= 9) and T1DM (n= 11) patients Male:female= 8:1 (T2DM), 5:4(T1DM) Age= 55 (40-72, T1DM), 68 (60-76, T2DM) BMI= 23.5 (T1DM), 30 (T2DM)	A standardized meal (620 kcal: 30 % fat, 54 % CHO, 16 % protein)	Annexin V ⁺ L-EVs: <ul style="list-style-type: none"> ▪ CD41⁺ ± CD62P⁺ ± CD142⁺ platelet L-EVs ▪ CD144⁺ or CD62e⁺ endothelial L-EVs ▪ CD14⁺ monocyte L-EVs ▪ CD142(TF)⁺ L-EVs from Platelet-free plasma (13,000 g) by Flow cytometry (Gallios, BD)	<ul style="list-style-type: none"> • ↑ annexin V⁺ L-EVs in T2DM and T1DM patients at 90min after meal (+40 %) • ↑ thrombin generation by postprandial L-EVs compared to pre-meal L-EVs

Publication	Study design	Country	Participants	Intervention	Investigated EVs	Main results
Strohacker et al. Appl Physiol Nutr Metab 2012 59	Randomized Controlled	NA (US)	Healthy volunteers (n=8) Male:Female= 4:4 Age= 21 ± 3 BMI= 23.1 ± 3.92	Standardized test meal (1,070 kcal: 58 % from fat, 30 % CHO, 9 % proteins) ± prior endurance exercise or rest	CD31 ⁺ /CD42b ⁻ endothelial L-EVs From platelet-poor plasma (1,500 g) By flow cytometry (EasyCyte 6HT-2L, EMD Millipore)	<ul style="list-style-type: none"> • Test meal: ↑ postprandial (1h: +50 %) CD31⁺/CD42b⁻ endothelial L-EVs • Prior exercise blocks the postprandial ↑ of CD31⁺/CD42b⁻ endothelial L-EVs

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117 **Table 2 (To be continued)**

Publication	Study design	Country	Participants	Intervention	Investigated EVs	Main results
Sustar et al. Lipids in Health & Disease 2011 46	Cross-over	EU (Slovenia)	Healthy volunteers (n=21) Male:Female= 11:10 Age= 31 ± 10 (M), 29 ± 13 (F) BMI=not reported	2 days of food rich in cholesterol, fat and carbohydrates. On day 2, a breakfast consisting of two eggs, bread and a dairy product (7 a.m.) and small meal consisting of a dairy product (10 a.m.)	CD31 ⁺ and CD42b ⁻ endothelial L-EVs CD31 ⁺ and CD42b ⁺ platelet L-EVs CD235 ⁺ erythrocyte L-EVs From plasma L-EVs (17,570 g pellet) By flow cytometry (Altra, Beckman)	<ul style="list-style-type: none"> • postprandial total L-EVs (2 h: +52 %) • ∅ postprandial redistribution of L-EVs with respect to origin
Sutherland et al. Metabol Clin Exp 2010 60	Randomized Cross-over Single blinded	South Pacific (New Zealand)	Healthy volunteers (n= 22) Male:Female= 13:9 Age= 40 ± 13 BMI= 25.3 ± 3.7	n-6 PUFAs-rich meals containing unheat sunflower oil (USO) or heated SO (HSO) (510 Kcal: 72 % from Fat (<i>mainly</i> PUFAs), 25 % CHO, 2 % Proteins); C= saturated fat-rich meal containing cream (CR) (527 Kcal: 70 % from Fat (<i>mainly</i> SAFAs and MUFAs), 27 % CHO, 4 % Proteins)	CD144 ⁺ CD62b ⁻ endothelial L-EVs From platelet-poor plasma (6,000 g) by flow cytometry (FACSCalibur, BD)	↑ postprandial (3 h: +20 %) CD144 ⁺ endothelial L-EVs after sunflower oil enriched meals but not after CR meal
Tamburrelli et al. Thrombosis & Haemostasis 2012 61		EU (Italia)	Subjects at different degree of CV risk (n= 61) Male:Female= 40:21 Age= 48.6 ± 13.1 BMI= 26.7 ± 3.94	A standardized fatty meal (675 kcal: 69 % from fat, 15 % CHO, 15 % proteins)	CD42b ⁺ L-EVs By flow cytometry (EPICS LX Flow, Beckman)	↑ postprandial (2 h: +150 %) CD42b ⁺ L-EVs in men, not in women
Tushuizen et al. Diabetes Care 2007 47	Not reported	EU (The Netherlands)	Caucasian men with T2DM (n= 15, T2DM) or healthy (n= 12, H; aged-matched) Age= 55 ± 2 (T2DM) BMI=not reported	Three consecutive isocaloric meals (breakfast, lunch and dinner; 900 kcal: 50 % from fat, 33 % CHO, 15 % protein)	AnnexinV ⁺ CD144 ⁺ endothelial L-EVs From plasma By flow cytometry (FACScan, BD)	<ul style="list-style-type: none"> • At baseline, ↑ CD144⁺ endothelial L-EVs in T2DM (+130 %) • 4h after the last meal, ↑ CD144⁺ endothelial L-EVs in T2DM

Publication	Study design	Country	Participants	Intervention	Investigated EVs	Main results
Tushuizen et al. J Thrombosis and Haemostasis 2006 ⁴⁸	Randomized Cross-over	EU (The Netherlands)	Healthy men (n= 17) Age= 25.4 ± 3 BMI= 23.6 ± 1.8	I= Two consecutive standardized meals (900 kcal: 56 % from fat, 25 % CHO, 13 % protein) as breakfast and 4h later as lunch C= fasting	<ul style="list-style-type: none"> ▪ CD61 for platelet L-EVs ▪ CD62E, CD106 and CD144 for endothelial L-EVs ▪ CD4, CD8 and CD14 for leukocyte L-EVs From plasma By flow cytometry (FACScan, BD)	compared to healthy volunteers (+260 %) I= ↑ total L-EVs compared to C (+100 % over the 8 h of the study) I= ↓ FMD

118 **Table 2 (To be continued)**

Publication	Study design	Country	Participants	Intervention	Investigated EVs	Main results
Tushuizen et al. Thrombosis Res 2012 ⁶²	Randomized Cross-over	EU (The Netherlands)	Healthy men (n= 12) Age= 26.0 ± 0.9 BMI= 23.9 ± 0.4	I=Two consecutive standardized meals (900 kcal: 56 % from fat, 25 % CHO, 13 % protein) as breakfast and 4h later as lunch C= fasting	AnnexinV ⁺ associated with <ul style="list-style-type: none"> ▪ CD61 for Platelet L-EVs ▪ CD62E, CD106 and CD144 for endothelial L-EVs ▪ CD4, CD8 and CD14 for leukocyte L-EVs from plasma L-EVs (17,590 g pellet) By flow cytometry (FACScan, BD)	<ul style="list-style-type: none"> • Over the postprandial period, ↑ erythrocyte-derived L-EVs (+220 %) After meals, ↑ phosphatidylcholine but not of phosphatidylserine in L-EVs compared to fasting

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121

122 Abbreviations

123 C: control diet, I: nutritional intervention, BMI: Body Mass Index, CV risk: Cardiovascular risk, T1/2DM: Type 1/2 Diabetes Mellitus, NA: North America, EU:

124 Europe, US: United States, CHO: carbohydrate, PUFAs: Poly Unsaturated Fatty Acid, EPA: EicosaPentaenoic Acid, DHA: DocosaHexaenoic Acid, NGT: Normo

125 Glucose Tolerance

2. The postprandial variation of circulating L-EVs

The response of L-EVs to the acute intake of different test meals (providing high dose of glucose, of saturated fat or enriched in polyunsaturated fatty acids) has been investigated during the postprandial period (Table 2)^{46-48, 51-62}. The studies reported on the level of L-EVs assessed mainly 2-3 hours after the intake of the test meal in comparison to fasting conditions or to the consumption of a control meal. In healthy young volunteers, the consumption of a meal supplying 19-70 % energy from fat (mainly saturated fat) increased significantly the level of circulating L-EVs at 2 hours postprandially from 20 to 160 %^{48, 51, 53, 54, 59, 60, 62}. Several subtypes of circulating L-EVs increased in response to fat intake: the endothelial L-EVs identified as CD31⁺-CD42b⁻ (+50-160 %) ^{53, 54, 59}, annexin V⁺-CD31⁺-CD42b⁻ (+30%) ⁵¹, CD144⁺ (+ 20 %) ⁶⁰ and CD144⁺-CD62b⁻ (+ 100-130 %) ^{47, 48} EVs, and the platelet-derived L-EVs characterized as annexin V⁺-CD31⁺-CD42b⁺ ⁵¹ and CD41⁺-CD61⁺ ⁵⁶ EVs. Studies from Tushuizen et al. ⁶², Sustar et al. ⁴⁶ and Spectre et al. ⁵⁸ also showed that all annexin V⁺ L-EVs increased postprandially after a high fat meal. One study did not observe a variation of L-EV levels after a high fat meal while they used CD31-CD42b-CD62 markers to identify the endothelial L-EVs ⁵⁵. An acute increase of L-EV levels during the postprandial period was also observed in diabetic patients ⁵⁸, in individuals with cardiovascular risk ⁶¹ and in atherosclerotic patients ⁵⁶, all of them presenting already a higher fasting level of L-EVs when compared to healthy volunteers. It is noteworthy that the postprandial increase of L-EV levels had similar magnitude in individuals at CVD risk than in healthy volunteers ⁵⁶. Furthermore, based on the studies from Table 2, no correlation was found between the percentage of dietary fat and the magnitude of L-EV variation. Other nutrients provided by food such as carbohydrates (CHO) or proteins may affect the postprandial level of L-EVs. To our knowledge, no study has so far investigated the impact of protein intake on the postprandial EVs. Regarding CHO, *in vitro* studies showed that a high concentration of glucose increased the secretion of L-EVs from endothelial cells ^{41, 63}, leucocytes ^{64, 65}, trophoblasts ⁴⁰ or mesangial cells ⁶⁶. In obese volunteers, Eichner et al. ⁵² reported that an oral glucose tolerance test, providing 75 g of glucose and resulting in a 136 mg/dL glycaemia at 2 hours, reduced the level of circulating L-EVs characterized in PFP. In addition, the postprandial level of CD31⁺-CD42b⁻ endothelial L-EVs increased from 30 to 160 %, 2

152 hours after the intake of a test meal providing 50-60 % of fat and 30-34 % of CHO (mainly simple sugars)
153 ^{51, 54}. Moreover, the study performed by Ferreira et al. ⁵³ has demonstrated that a fat-free meal was not
154 associated to an increased level of postprandial L-EVs compared to an isocaloric meal providing 19 % fat.
155 Altogether, these data suggest that the percentage of CHO in the meal is not a determinant in the
156 postprandial variation of L-EVs contrary to the fat content.

157 Diet may also provide some micronutrients (n-3 PUFAs) or microconstituents (polyphenols) that seem
158 able to counteract the increase of postprandial EVs. The consumption of red wine, providing high amount
159 of polyphenols, alleviated by 83 % the high-fat diet (HFD)-induced L-EVs ⁵¹. Phang et al. ⁵⁷ reported that 24
160 hours after an acute intake of 1 g of n-3 PUFAs, the level of plasma annexin V⁺-CD41a⁺ EVs was unchanged
161 compared to a control meal. However, the intake of n-3 PUFAs reduced the capacity of these platelet-
162 derived L-EVs to induce thrombin formation. Spectre et al. ⁵⁸ reported that the postprandial annexin V⁺ L-
163 EVs induced a higher thrombin generation than pre-meal annexin V⁺ L-EVs. Studies aiming at deciphering
164 the biological function of postprandial EVs are scarce. Their functional activities could be predicted *in*
165 *silico* by an enrichment-based bioinformatics analysis of the proteome and transcriptome of EVs, however
166 the use of this approach is limited by the lack of data on protein content and nucleic acid content of the
167 postprandial EVs.

168 To conclude, in so far as a meal provides saturated fats, its acute consumption is associated to a
169 rapid rise of plasma L-EVs. In the absence of detailed pharmacokinetic data all over the postprandial
170 phase, the transient character of the postprandial phase cannot be asserted to the EV rise. However, one
171 can speculate that postprandial EVs temporary rise up as the clearance of endothelial- and platelet-
172 derived L-EVs in the human circulation has been demonstrated to vary from 1 to 6 hours ^{67, 68}. Lastly,
173 some dietary constituents such as dietary polyphenols and n-3 PUFAs modulate positively the biology of
174 EVs during the postprandial phase, that is, either by preventing the increase of EV levels or attenuating
175 their bioactivity.

176 **Table 3: Human intervention studies reporting the effects of (sub)chronic dietary intake on circulating EVs.** C: control diet; I: nutritional intervention.

Publication	Study design	Country	Participants	Dietary intervention	Duration (weeks)	Investigated EVs	Main results
Del Turco et al. Haematologica 2008 ⁴⁵	Randomized Controlled	EU (Denmarks)	Post-myocardial infraction patients (n= 21, I ; n= 21, C) Male:Female= 18:3 Age= 65 ± 5 (I), 62 ± 8 (C) BMI= not reported	I= 5.2g total n-3 FA (4.3 g EPA+DHA) C= Olive Oil	12	All AnnexinV ⁺ / TF ⁺ L-EVs ▪ CD61 ⁺ platelet L-EVs ▪ CD14 ⁺ monocyte L-EVs ▪ CD62E ⁺ endothelial L-EVs from 17,500 g pelleted plasma L-EVs	I=↓ CD61 ⁺ L-EVs, ↓ CD14 ⁺ L-EVs, ∅ CD62e ⁺ endothelial L-EVs, ∅ TF ⁺ L-EVs I= ↓ thrombin generation by L-EVs C=∅ L-EVs At baseline, ↑ total L-EVs in patients compared to healthy matched volunteers (n= 10)
Durrer et al. Nutrients 2019 ⁶⁹	Randomized Short-term Controller Cross-over	EU (UK)	Healthy men (n= 9) Age= 21 ± 3 BMI= 23.2 ± 2	○ A 7-day intervention on low-carbohydrate/high-fat diet (2417 ± 267 kcal: 71 % fat, 11 % CHO, 18 % protein) after 2 weeks of typical diet (2584 ± 456 kcal: 37 % fat, 46 % CHO, 17 % protein) ○ 75 g oral glucose tolerance test (oGTT) performed before and after nutritional interventional	1	▪ CD31 ⁺ /CD42b ⁻ endothelial L-EVs ▪ CD62E ⁺ endothelial L-EVs From platelet-poor plasma (1,500 g) By flow cytometry (LSRII, BD)	At fasting, no difference in L-EVs levels from LCHFD group compared to typical diet group ↑ post oGTT CD31 ⁺ /CD42b ⁻ and CD62E ⁺ endothelial L-EVs (1 h) in LCHFD group LCHFD: ↓ FMD
Eitan et al. Aging Cell 2017 ⁷⁰	Randomized Controlled	NA (US)	Prostate cancer patients (n= 38) Age= 59.26 ± 7.5 BMI= 30.45 ± 5.8	I= protein restriction diet (2856 ± 198 kcal: 31 % fat, 59 % CHO, 8 % protein) C= regular diet (2367 ± 444 Kcal: 37 % fat, 45 % CHO, 17 % protein)	4	L1CAM immunoprecipitated EVs from Precipitated total plasma EVs by NTA	I: ∅ EV size distribution, ∅ total EV concentration I: ↑ Leptin Receptor ⁺ /L1CAM ⁺ neuronal EVs, ↑ pSer312 IRS1 ⁺ /L1CAM ⁺ neuronal EVs
Francois et al. Am J Physiol Heart Circ Physiol 2018 ⁷¹	Randomized Cross-over Controlled	NA (Canada)	T2DM volunteers (n= 16) Male:Female= 8:8 Age= 64 ± 8 BMI= 34.0± 8	2 isocaloric meals (500 kcal) ○ Low-fat control diet (CON: 20 % fat, 55 % CHO, 25 % protein) ○ low-carbohydrate high-fat diet (LC: 65 % Fat, 10 % CHO, 25 % protein) ○ LC with 15-min post-meal walks (LC-EX)	4 days	▪ CD62E ⁺ endothelial L-EVs ▪ CD62P ⁺ platelet L-EVs From platelet-free plasma (13,000 g) By flow cytometry (FACSAria III, BD)	LC : ↓ CD62E ⁺ endothelial L-EVs (- 50 %) ; ∅ CD62P ⁺ L-EVs LC-EX : ∅ CD62E ⁺ endothelial L-EVs ; ↓ CD62P ⁺ L-EVs (- 44 %) CON : ↑ CD62E ⁺ endothelial L-EVs (+ 56 %) ; ∅ CD62P ⁺ L-EVs

Publication	Study design	Country	Participants	Dietary intervention	Duration (weeks)	Investigated EVs	Main results
Gröne et al. JAF 2019 ⁷²	Randomized Double-blinded Controlled	EU (Germany)	Healthy men (n= 39) Age= 26 ± 3 (Young Group, n= 20), 60 ± 8 (Elderly Group, n= 19) BMI= 24.1 ± 2.3 (Young Group), 26.5 ± 3.2 (Elderly Group)	I= cocoa flavanol drink (CF, providing 450 mg of total flavanol, twice daily) C= nutrients-matched CF free drink	2	CD62e ⁺ endothelial L-EVs CD144 ⁺ endothelial L-EVs CD31 ⁺ /CD41 ⁻ endothelial L-EVs from Platelet-free plasma (10,000 g) by Flow cytometry (VERSE, BD)	I: ↓CD31 ⁺ /CD41 ⁻ endothelial L-EVs (Y: -52 %; E: -57 %), ↓CD144 ⁺ endothelial L-EVs (Y: -23 %; E: -21 %), ↓CD62e ⁺ endothelial L-EVs (Y: -35 %; E: -24 %) in Young and Elderly C: ↑CD31 ⁺ /CD41 ⁻ endothelial L-EVs (+52 %), ↑CD144 ⁺ endothelial L-EVs (+35 %), ↑CD62e ⁺ endothelial L-EVs (+57 %) in elderly vs young
Horn et al. BJN 2014 ⁷³	Randomized Double-blinded Cross-over	EU (Germany)	CAD patients (n= 16) Male:Female= 13:3 Age= 64 ± 3 BMI= 28.8 ± 1.8	I= high-cocoa flavanol drink (providing 375 mg of total flavanol) C= Low coca-flavanol drink (9 mg)	4	CD41 ⁺ platelet-derived L-EVs CD144 ⁺ endothelial L-EVs CD31 ⁺ /CD41 ⁻ endothelial L-EVs from Platelet-free plasma (10,000 g) by Flow cytometry (Canto II, BD)	I: ↓CD144 ⁺ endothelial L-EVs (-22 %), ↓CD31 ⁺ /CD41 ⁻ endothelial L-EVs (-39 %), ∅ CD41 ⁺ PL-EVs in CAD patients C: ↑ CD144 ⁺ (+ 490 %) and CD31 ⁺ /CD41 ⁻ (+ 30 %) endothelial L-EVs in CAD patients vs age-matched healthy volunteers
Marin et al. AJCN 2011 ⁷⁴	Randomised Cross-over	EU (Spain)	Healthy elderly volunteers (n= 20) Male:female=10:10 Age= 67.1 ± 4.52 BMI= 31.9 ± 5.50	3 diets providing 1910 Kcal/day - Mediterranean Diet (Met Diet): 38 % fat (24 % MUFAs, <10 % SFA), 47 % CHO, 15 % protein - SFA-rich diet: 38 % fat (12 % MUFAs, 22 % SFAs, 4 % PUFAs), 47 % CHO, 15 % protein - Low-fat high-carbohydrate diet enriched in n-3 PUFAs (CHO-ALA): <30 % fat (<12 % SFAs, 12 % MUFAs, 8 % PUFAs), 55 % CHO, 15 % protein	4	AnnexinV ⁺ CD31 ⁺ endothelial L-EVs CD144 ⁺ /CD62E ⁺ activated endothelial L-EVs from Platelet-free plasma (13,000 g) by Flow cytometry (FC500, Beckman)	I: Met Diet and CHO-ALA diet ↓ total (-60 %; -33 %), CD144 ⁺ /CD62e ⁺ (-76 %; -34 %) and annexinV ⁺ /CD31 ⁺ (-70 %; -25 %) endothelial L-EVs vs SFA diet I: Met Diet ↓ total (-40 %), CD144 ⁺ /CD62e ⁺ (-63 %) and annexinV ⁺ /CD31 ⁺ (-60 %) endothelial L-EVs vs CHO-ALA diet

Publication	Study design	Country	Participants	Dietary intervention	Duration (weeks)	Investigated EVs	Main results
McFarlin et al. JNB 2015 ⁷⁵	Randomized Controlled Cross-over	NA (US)	Healthy volunteers with normal weight (n= 10, N), over-weight (n= 7, O) or obesity (n=7, Ob) Age= 21 ± 2 (N), 22 ± 3 (O), 22 ± 3 (Ob) BMI= 21.6 ± 1.9 (N), 27.0 ± 1.4 (O), 34.9 ± 3.0 (Ob)	I= natural cocoa bars (supplying 13.6 mg catechin, 48 mg epicatechin, 640 mg total proanthocyanidins) C= placebo bars	4	CD144 ⁺ /CD42a ⁻ /CD45 ⁻ endothelial L-EVs from Platelet-free plasma (15,000 g) by Flow cytometry (FC500, Beckman)	I: ↓CD144 ⁺ /CD42a ⁻ /CD45 ⁻ L-EVs concentration in O (-13 %) and Ob (-31 %). C: ↑baseline CD144 ⁺ /CD42a ⁻ /CD45 ⁻ L-EVs concentration with ↑BMI (+21 % compared to O; +53 % compared to N)
Morel et al. Int J Obesity 2011 ⁷⁶	Cross-over	EU (France)	Obese women (n= 24) Age= 39 ± 10 BMI= 35 ± 4	I= diet restriction (600 kcal/day: 15 % Fat, 30 % CHO, 55 % Protein) for 1 month followed by a regular diet (1200 kcal/day: 10 % Fat, 60 % CHO, 30 % protein) for 1 month and a progressive normal intake (1 month)	12	AnnexinV ⁺ L-EVs CD11a ⁺ leukocyte L-EVs CD4 ⁺ lymphocyte L-EVs CD31 ⁺ CD41 ⁻ endothelial L-EVs CD41 ⁺ platelet L-EVs CD235 ⁺ erythrocyte L-EVs from Platelet-free plasma (13,000 g) by Flow cytometry (Gallios, BD)	1 month-diet restriction ↑ total AnnexinV ⁺ L-EVs (including CD41 ⁺ L-EVs, CD235 ⁺ L-EVs) I= ↓ CD4 ⁺ (-20 %), CD11a ⁺ (-28 %) and procoagulant-platelet derived L-EVs (-43 %)
Murakami et al. Thrombosis Research 2007 ⁷⁷	Randomized Controlled	Asia (Japan)	Obese (n= 49, O) and healthy non-obese (N= 37, N) volunteers Male:Female= 21:16 (N), 24/25 (O) Age= 49.2 ± 1.8 (N), 50.6 ± 1.4 (O) BMI= 22.8 ± 0.2 (N), 27.4 ± 0.3 (O)	I= energy restricted diet (1200 kcal/day for women; 1680 kcal/day for men) ± aerobic exercise 3 days/weeks (60 min/session)	12	CD41 ⁺ platelet L-EVs From platelet-rich plasma (200 g) By flow cytometry (FACScan, BD)	At baseline: ↑ CD41 ⁺ L-EVs in O (+97 %) I: energy restricted diet ↓ CD41 ⁺ L-EVs (-30 %)
Myette-Côté et al. Physiol 2018 ⁷⁸	Randomized Short-term Controller Cross-over	EU (UK)	T2DM volunteers (n= 11) Male:Female= 4:7 Age= 64 ± 8 BMI= 34.0 ± 8.0	○ Low-fat low-glycemic index diet (GL: 20 % fat, 55 % CHO, 25 % protein) ○ Low-carbohydrate high-fat diet (LC: 65 % Fat, 10 % CHO, 25 % protein) ○ LC with 15-min post-meal walks (LC-EX)	4days	CD14 ⁺ monocytes L-EVs CD45 ⁺ leukocyte L-EVs From platelet-free plasma (13,000 g) By flow cytometry (FACS Aria III, BD)	GL and LC ↓ both plasma CD14 ⁺ L-EVs (-70 %) and CD45 ⁺ LL-EVs (-63 %; 16 %; tendency)

181 Abbreviations: oGTT: oral Glucose Tolerance Test, MUFA: Mono Unsaturated Fatty Acid, SFA: saturated fatty acids.

Publication	Study design	Country	Participants	Dietary intervention	Duration (weeks)	Investigated EVs	Main results
Phang et al. Nutr CVD 2016 ⁷⁹	Randomized Controlled Double-blinded Cross-over	South Pacific (Australia)	Healthy volunteers (n=94) Male:Female= 43:51 Age= 39.6 ± 1.7 BMI= 24.6 ± 3.7	I= EPA rich oil (500:100 mg EPA:DHA) or DHA rich oil (100:500 mg EPA:DHA) C= sunola oil	4	AnnexinV ⁺ /CD41 ⁺ /CD62 ⁺ platelet L-EVs From platelet-free plasma (3,000 g) by flow cytometry (Canto, BD)	At baseline, ∅ effect gender on the number of endothelial L-EVs I= ∅ AnnexinV ⁺ /CD41 ⁺ /CD62 ⁺ L-EVs
Wekesa et al. Appl. Nutr 2016 ⁸⁰	Randomized Cross-over	EU (Ireland)	Overweight women (n=28) Age= 48.4 ± 0.6 BMI= 28.1 ± 2.7	I= low-carbohydrate diet (1228 Kcal: 48 % fat, 29 % CHO, 23 % protein) C=normal diet (1626 Kcal: 38 % fat, 44 % CHO, 18 % protein)	24	CD31 ⁺ /CD41 ⁻ Endothelial L-EVs CD144 ⁺ or CD146 ⁺ or CD105 ⁺ Endothelial L-EVs (namely endothelial L-EVs) from Platelet-poor plasma (13,000 g) by Flow cytometry (FC500, Beckman)	I= ↓ CD31 ⁺ /CD41 ⁻ endothelial L-EVs (-30 %), ∅ endothelial L-EVs
Wu et al. AJCN 2014 ⁸¹	Randomized Controlled Double-blinded Cross-over	EU (UK)	Moderate CVD risk volunteers (n= 84) Male:Female= 29:55 Age= 45.8-49.3 BMI= 25.6-26.6	I= fish-oil supplementation providing 1.5g LC n-3 PUFAs C=corn-oil supplementation	8	CD31 ⁺ /CD42b ⁻ endothelial L-EVs CD31 ⁺ /CD42b ⁺ PL-EVs from platelet-poor plasma (1,000 g) by flow cytometry (FACSCalibur, BD)	I= ↓ CD31 ⁺ /CD42b ⁻ endothelial L-EVs (-10 %)
Zhang et al. MNFR 2014 ⁸²	Randomized Cross-over	EU (UK)	T2DM patients (n= 22) Mixed gender Age from 40 to 75 years BMI= not reported	○ oat-rich habitual diet (131 g/day, OAT) ○ standard dietary advice (SDA) ○ habitual diet (HAB) Challenge meal (720 Kcal: 33 % fat, 53 % CHO, 14 % protein)	8	C61 ⁺ ± Fibrogen ⁺ or TF (CD142) ⁺ or CD62P ⁺ platelet L-EVs CD45 ⁺ ± CD14 ⁺ ± CD11b ⁺ leukocyte L-EVs from platelet-poor plasma (2,000 g) by flow cytometry (not detailed)	• OAT: ↓ Fibrogen ⁺ (-44 %) and TF ⁺ (-43 %) platelet L-EVs, CD11b ⁺ (-74 %) ML-EVs compared to HAB • SDA: ↓ Fibrogen ⁺ L-EVs compared to HAB (-47 %) During the postprandial period after challenge meal: • Transient ↓ of leukocyte-derived L-EVs in all groups • ↓ of monocyte L-EVs and CD11b ⁺ L-EVs in OAT and SDA; ↑ in HAB
Weech et al. An. J. Clin. Nutr. 2018 ⁸³	Randomized, controlled, single-blind	EU (UK)	Men and Women with moderate CVD risk (n=190) Male:Female=82:108 Age=45 ± 1 BMI= 26.3 ± 0.5	I=replacement of 8% SFAs with MUFAs or n-6 PUFAs for 16 weeks		▪ CD31 ⁺ CD42b ⁻ for endothelial L-EVs ▪ CD31 ⁺ CD42b ⁺ for platelets L-EVs From platelet-poor plasma by flow cytometry (FACSCalibur, BD)	• Replacement by MUFAs: ↓ endothelial L-EVs (-47.3 %) and platelet L-EVs (-36.8 %)° • Replacement by n-6 PUFAs: ↓ endothelial L-EVs (-44.9 %) and platelet L-EVs (-39.1 %)° • SFA diet: ↑ endothelial L-EVs (+

184 **3. Chronic dietary interventions modulate plasma L-EVs at fasting**

185 Acute interventions have revealed that dietary intakes can drive the release of L-EVs during the
186 postprandial period. Outside of this period (e.g., at fasting state), there still have detectable L-EVs in the
187 circulation and have been of interest as reliable biomarkers for diagnosis and prognosis since a
188 proportional increased level has been observed in several conditions, including ageing ^{72, 84}, physical
189 activity ⁸⁵, metabolic disorders such as obesity ^{12, 86}, type 2 diabetes ^{12, 13} and metabolic syndrome ⁸⁷, and
190 CVD ⁸⁸. Based on the established relationship between diet and health ²³, some research has been done to
191 decipher the effects of (sub)chronic dietary interventions on plasma remnant EVs in different categories
192 of population (e.g., healthy, young or normo-weighted persons, at risk, patients) (Table 3)^{45, 69-83}. The
193 efficiency of these interventions, lasting from 4 days to 24 weeks, has been assessed by comparing the
194 plasma levels of L-EVs between the beginning (baseline) and the end of the study period or by comparing
195 levels between study groups, depending on their design.

196 Two studies reported that diet restriction aiming at reducing the dietary energy intake of
197 volunteers with a BMI over 25 kg/m² significantly reduced the level of circulating L-EVs. In obese women,
198 a 600 kcal/day diet restriction for one month followed by two months of regular (1200 kcal/day) and
199 normal diets results in lowering plasma levels of lymphocyte-derived (CD4⁺, -20 %), leukocyte-derived
200 (CD11a⁺, -28 %) and procoagulant platelet-derived L-EVs (-43 %) ⁷⁶. In healthy middle-age volunteers, the
201 increase of resident platelet-derived L-EVs (CD41⁺) associated to obesity can be attenuated by 30 % after
202 12 weeks under an energy-restricted diet⁷⁷. Another randomized controlled trial showed that a low
203 protein diet (8%) administrated to prostate cancer patients did not affect the level of circulating cancer-
204 derived L-EVs identified using L1CAM markers, but enriched some of the L-EV surface markers (Leptin
205 Receptor and phospho-Ser-IRSII), supporting the effectiveness of the dietary intervention to affect level of
206 plasma L-EVs⁷⁰.

207 Dietary CHO, including sugars, starches, celluloses and gums serve as major energy sources of
208 human diet. The physiological effects of dietary CHO are highly dependent on the rate and extent of
209 digestion and absorption in the small intestine and fermentation in the large intestine by the gut

210 microbiota, these latter interactions being known to promote health. Thereby, the modulation of the CHO
211 fraction could be useful to reach a healthier quality. Wekesa et al.⁸⁰ reported that a low-CHO diet
212 decreases the level of circulating CD31⁺/CD41⁻ endothelial L-EVs (30 %) in middle-aged over-weight
213 healthy women. However, low-CHO content is often offset by an increased fat supply to maintain the
214 energy content of the diet, that is why several studies have investigated the impact of a low CHO-high fat
215 diet. Durrer et al.⁶⁹ did not observe any variation of CD31⁺/CD42b⁺ and CD62⁺ endothelial L-EVs in fasting
216 plasma of young healthy volunteers after a 7 days- intervention on a low CHO-high fat diet. However,
217 higher levels of plasma L-EVs were observed after a metabolic challenge consisting in an oral glucose
218 tolerance test only in volunteers that consumed the low CHO-high fat diet. In type 2 diabetes volunteers,
219 a low CHO-high fat diet reduced the level of plasma CD62⁺ endothelial L-EVs (-45 %) ⁷¹ and leukocyte-
220 derived L-EVs (-63 % of CD45⁺ L-EVs, -70 % of CD14⁺ L-EVs) ⁷⁸. In another study, the consumption for 8
221 weeks of an oat-rich diet (providing complex CHO, extensively metabolized by the gut microbiota) has led
222 to a lower level of fasting circulating fibrogen⁺-, TF⁺-CD61⁺ platelet L-EVs (around -40 %) and of
223 leukocytes-derived L-EVs after a challenge test meal in type 2 diabetes (T2DM) patients ⁸². Taken
224 together, these results highlight that dietary CHO content affects the basal level of circulating L-EVs. Most
225 of the aforementioned studies did not specify the CHO quality used while a relationship between CHO
226 quality and health have been demonstrated ⁸⁹, especially regarding CHO with a low glycaemic index and
227 those poorly absorbable but highly metabolized by the gut microbiota. The nutritional interventions
228 presented in this review provide low amount in total CHO ^{69, 71, 80} or high in low glycaemic index CHO ^{78, 82}
229 and have been associated with a decrease in circulating L-EVs.

230 An intervention based on a Mediterranean diet, one of those peculiarity is to be rich in n-3 PUFAS
231 (and in a diversity of plant food bioactives), reduce the level of circulating endothelial L-EVs identified as
232 annexin V⁺-CD31⁺ and CD144⁺-CD62e⁺ vesicles in elderly volunteers ⁷⁴. In the same study, the authors
233 have also demonstrated that a low-fat – high CHO diet enriched in n-3 PUFAs (8 %) modulated similarly
234 the level of circulating endothelial L-EVs. In another randomized controlled trial, some subtypes of
235 circulating L-EVs (namely CD61⁺ platelet-derived and CD14⁺ monocyte-derived L-EVs) present in high

236 amounts in post-myocardial infarction patients were reduced by a 12 weeks- supplementation with n-3
237 PUFA ⁴⁵. Likewise, a fish-oil supplementation providing long chain n-3 PUFAs and saturated fatty acids
238 replacement by MUFA or n-6 PUFAs reduced the circulating level of CD31⁺/CD42b⁻ endothelial L-EVs
239 and/or platelet L-EVs in volunteers with moderate risk of CVD ^{81, 83}. In contrast, in healthy middle-age
240 volunteers, the 4-weeks diet enrichment in n-3 PUFAs failed to modulate the level of circulating annexin
241 V⁺-CD41⁺-CD62⁺ platelet L-EVs ⁷⁹.

242 Beyond their potential contribution to the observed modulatory effects of a Mediterranean Diet
243 on circulating L-EVs ⁷⁴, the efficiency of polyphenols *per se* to modulate circulating L-EVs has also been
244 investigated. Cocoa polyphenols have been of interest due to their well-known protective effects
245 improving CV health ⁹⁰. Thus, McFarlin et al. ⁷⁵ reported that a 4-weeks dietary supplementation with
246 cocoa bars supplying flavanols and proanthocyanins (700 mg/d in total), reduced by 13% the
247 concentration of endothelial L-EVs (identified as CD144⁺/CD42a⁻/CD45⁻) in over-weight young people.
248 Similarly, the 52% higher level of CD31⁺/CD41⁻ endothelial L-EVs observed in healthy elderly men
249 compared to young men can be reduced by 50% after only 2 weeks of nutritional intervention supplying a
250 cocoa flavanol rich drink twice a day (450 mg/daily dose) ⁷². Lastly, the consumption of this cocoa flavanol
251 rich drink for 4 weeks has been demonstrated to reduce significantly the levels of CD144⁺ endothelial L-
252 EVs (-22 %), CD31⁺/CD41⁻ endothelial L-EVs (-39 %) but not of CD41⁺ L-EVs in CAD patients ⁷³.

253 In conclusion, the analysis of these (sub)chronic intervention studies shows that dietary habits can
254 affect the level of circulating L-EVs. Interventions aiming at providing a healthier diet, such as at low-
255 glycaemic index or rich in n-3 PUFAs and plant food bioactives (e.g. polyphenols) appear efficient to
256 reduce the level of circulating endothelial L-EVs and platelet-derived L-EVs in healthy volunteers or in
257 patients with cardiometabolic disorders.

258

259 **4. Dietary modulation of EVs: what potential underlying mechanisms of action?**

260 The release of S-EVs resulting the fusion of the MVB with the plasma membrane and the budding
261 of L-EVs are mechanisms both highly regulated. They involved a wide range of factors which regulate (i)

262 deformability and bending of the membrane inside MVB or at the plasma membrane (i.e. the endosomal
263 sorting complexes required for transport or ESCRT; the generation of ceramide; the tetraspanins),
264 membrane lipid composition, intracellular trafficking (e.g. Rab GTPases and the soluble N-ethylmaleimide-
265 sensitive factor activating protein receptors or SNAREs) and (ii) organization of the actomyosin
266 cytoskeleton (Rho GTPases)^{8, 91-96}. In the perspective that, as suggested by the present review of available
267 data, the diet can impact EVs both in fasting and postprandial conditions, it would be interesting to
268 understand how some macro-/micro-nutrients (glucose, amino acids, triglycerides, and n-3 PUFAs) and
269 microconstituents (such as polyphenols, as main plant food bioactives) act to trigger physiological
270 pathways controlling the biogenesis and/or the release of EVs.

271 The postprandial period is characterized among other metabolic changes by a transient increase
272 in plasma glucose concentration whose magnitude depends on glucose load and on physiological state. *In*
273 *vitro* studies have demonstrated that a moderate elevation in glucose concentration (from 1g/L (5.5 mM)
274 to 1.9 g/L (11 mM)) or higher (up to 9g/L (50 mM)) increases the release of L-EVs by endothelial cells^{39, 41,}
275⁶³, monocytes/leukocytes^{64, 65} or renal mesangial cells⁶⁶. However, Eichner et al.⁹⁷ observed that the level
276 of plasma L-EVs (platelet-derived CD31⁺-CD41⁺ EVs, endothelial-derived CD31⁺-CD41⁻/CD105⁺ EVs) is
277 lowered in obese adults with prediabetes at 2-h following administration of a single 75-g oral glucose load
278 leading to 1.36 g/L plasma glucose. In contrast, an increased level of basal EVs has been reported in
279 prediabetic individuals compared to individuals with normal glucose tolerance⁹⁸. Consistently, chronic
280 dietary interventions showed a direct correlation between CHO diet content and the level of plasma L-EVs
281^{71, 78, 80}. This suggests that dietary glucose can drive L-EV release. The underlying molecular mechanisms
282 supporting the action of plasma glucose on L-EV release have not been properly explored. High glucose
283 can activate several signalling pathways including mitogen-activated protein kinases (MAPK) and Rho-
284 GTPases (as Rho A-ROCK)⁹⁹⁻¹⁰¹ that have been reported to target the production of EVs^{102, 103}. The rise in
285 glucose level also coincides with a rapid insulin secretion from pancreatic beta cells that exerts a
286 hypoglycaemic action. To our knowledge, the effect of insulin on EV biogenesis has never been
287 investigated. However, it is known that insulin regulates the intracellular vesicle trafficking machinery to

288 deliver the glucose transporter (GLUT4) to the cell surface and ensure glucose uptake. The insulin
289 pathway engages small GTPases of RAB and ARF families (including the ADP-ribosylation factor 6, ARF6),
290 tethering complexes and the vesicle fusion machinery (including the remodelling of the actin cytoskeleton
291 and SNARE proteins)^{67, 104, 105}. Some of these molecular actors are also involved in the biogenesis and the
292 release of L-EVs^{8, 91-96} suggesting that hyperinsulinemia may directly contribute to L-EV release.

293 The digestion of dietary proteins leads to a plasma increase of essential and branched-chain
294 amino acids (BCAAs) from 40 to 120 min after protein intake¹⁰⁶⁻¹⁰⁸. The concomitant increase of
295 aminoacidaemia and plasma EVs sustains a potential role of amino acids in the regulation of S-EV release.
296 The main cellular amino acid sensors are the amino acid-sensitive kinase complex, mechanistic Target of
297 Rapamycin Complex 1 (mTORC1) and the General Control Non-depressible Kinase 2 (GCN2)¹⁰⁹⁻¹¹¹. Briefly,
298 under BCAA deficiency, the phosphorylate GCN2 contributes to the inhibition of mTORC1 and by
299 consequence to the down regulation of protein synthesis. The low amino acids level is compensated by an
300 enhance activity of autophagy or protein degradation mediated by the proteasome system to recycle
301 damaged proteins back into BCAAs¹¹². Evidences have disclosed that a crosstalk between proteolytic
302 activities (e.g. autophagy, proteasome and lysosome) and the release of S-EVs, with a balance to a
303 reduced EV biogenesis under starvation conditions^{113, 114}. After a meal, the increase of aminoacidaemia
304 and of insulin will restore the activity of mTORC1 contributing to alleviate the proteolytic activities and
305 stimulate S-EV release^{115, 116}. mTORC1 activation can also be driven by the phosphatidic acid of EV layers
306 that has been detected in EV-like nanoparticles¹¹⁷. Specifically, in endothelial cells, the activation of
307 mTORC1 contributes through reactive oxygen species (ROS) to impairment of the endothelial function^{118,}
308¹¹⁹, which one feature is the increased release of endothelial L-EVs⁷. In addition, the endothelial
309 dysfunction induced by a high-fat diet during the postprandial period can be attenuated by a dietary
310 supply in proteins (mainly proteins rich in arginine and cysteine)¹²⁰⁻¹²². Taken together, these
311 observations support that dietary proteins can prevent EV release associated to postprandial cell
312 dysfunctions. However, the lack of scientific evidence sustains the interest to explore the link between
313 dietary BCAAs and the release of EVs.

314 Postprandial lipaemia is characterized by a rise in circulating free fatty acids (FFAs) and
315 triglyceride-rich proteins (TRPs) that include intestine-derived chylomicrons and their remnants and liver-
316 derived VLDLs ¹²³. The postprandial lipaemia peak occurs at 2 hours after meal intake, kinetic that
317 depends on dietary factors (e.g. diet composition, lipid quantity, food structure), intrinsic factors (e.g.
318 gender, age, genetic background, health status) and life style factors (e.g. physical activity, smoking) ^{124,}
319 ¹²⁵. The postprandial FFAs can directly drive the release of S- and L-EVs ^{126, 127} acting on specific receptors
320 such as the death receptor 5 (DR5) ¹²⁷. With TRPs, they can also bind to other receptors such as the toll-
321 like receptor 4 (TLR-4), contributing to induce a transient postprandial low-grade inflammation ¹²⁸⁻¹³¹. In
322 this way, postprandial lipaemia contributes to the development of a postprandial endothelial dysfunction
323 ^{128, 132} associated with an enhanced release of EVs. In addition, metabolic changes associated to the
324 postprandial period, mainly postprandial glucose and lipids, participate to generate oxidative stress ¹³³⁻¹³⁵
325 that sustains the postprandial development of low-grade inflammation state contributing to the release
326 of EVs. Dietary n-3 PUFAs, in contrast to palmitic acids, participate lowering level of plasma EVs through a
327 potent multi-level action that include their anti-inflammatory effect and their ability to modulate the
328 mTOR pathway ^{136, 137}.

329 Some dietary microconstituents such as polyphenols peak as metabolites in the plasma during the
330 postprandial period ¹³⁸. Dietary polyphenols have been reported to prevent the release of EVs but the
331 underlying mechanism of action is unknown. Regarding their effects on endothelial-derived L-EVs, one
332 can speculate that polyphenols act through their capacity at preserving endothelial function ¹³⁹ and cell
333 dynamics ¹⁴⁰ to modulate the release of L-EVs. In addition, polyphenols have been demonstrated to
334 counteract glucose-induced inhibition of autophagy in endothelial cells ¹⁴¹ suggesting that they can
335 restore cellular homeostasis and by consequence L-EV secretion ¹⁴². Polyphenols display potent mTOR
336 modulator through the attenuation of the phosphatidylinositol 3-kinase (PI3K)/Akt pathway, that can lead
337 the regulation of L-EV synthesis and release as previously shown ¹⁴³.

338 Taken together, these sustain that diet-derived metabolites that circulate during the postprandial
339 period can constitute modulators of EV secretion as summarized in Figure 1. Nevertheless, further

340 investigations are needed to decipher the underlying mechanisms of action. Furthermore, only the
341 release of EVs has been considered here, while EV content that support EV bioactivity has never been
342 investigated. Thus, another important question to address in future is how the diet can modulate the
343 content of EVs, and by consequence their functions.

344 **5. Food-derived EVs: can they affect human health?**

345 EVs from exogenous dietary sources such as milk or vegetables can be also found in bloodstream
346 and affect homeostasis of the host or improve pathophysiological conditions. This is the particular
347 interest taking in consideration the ability of EVs to protect some molecules with short half-life from
348 degradation. For instance, EV-like nanoparticles from grapefruits and milk resist to digestion products of
349 the host such as gastric enzymes and intestinal pancreatic and bile extract solution. Furthermore, these
350 nanoparticles do not modify serum levels of interferon gamma (IFN- γ) and the liver enzymes in mice
351 suggesting the lack of deleterious effects on inflammation ²³.

352 Interestingly, plant-derived EVs can display beneficial effects under pathological conditions due to
353 the plant bioactive molecules that they carry, as recently reviewed ^{43, 144, 145}. Indeed, it has been shown
354 that grapefruit-derived nanovesicles can be used as immune modulators in the digestive tract during
355 colitis in mice. Thus, through the direct action on intestinal macrophages, these vesicles inhibit the
356 production of IL-1 β and TNF- α in these cells and allow the maintaining of intestinal macrophage
357 homeostasis ²³. In the same pathology, broccoli-derived nanoparticles decrease the weight loss, the
358 infiltration of inflammatory cells in the mucosa and the pro-inflammatory cytokine production ³⁰.
359 Interestingly, broccoli-derived nanoparticles activate AMPK in dendritic cells leading to a dual effect
360 associated to the prevention of dendritic cell activation and the induction of tolerant dendritic cells. Also,
361 lemon-derived EVs display anti-tumor properties in several tumor cell lines by arresting cell proliferation
362 of tumor cells *via* the induction of TRAIL-mediated cell death ¹⁴⁶ and downregulating proteins implicated
363 in the lipid metabolism pathway ¹⁴⁷. Dietary plant-derived EVs had also effects on lipid metabolism as
364 illustrated by the fact that ginger-derived EVs can protect against the accumulation of lipid droplets
365 during alcohol-induced liver damage ¹⁴⁷ and lemon EVs reduce LDL cholesterol in healthy volunteers ¹⁴⁸.

366 Milk is another food source of EV-like nanoparticles that could modulate several functions of
367 human milk-consumers triggering several host tissues¹⁴⁹. In human food, milk and its derived products
368 can be pasteurized and/or fermented. Milk-derived EVs numbers are not affected by pasteurization
369 compared to other method of sterilization^{150, 151}. Thus, pasteurized milk is a new source of large and small
370 EVs for human consumers of western diet allowing the transfer of milk-derived microRNAs. These small
371 EVs of pasteurized milk convey oncogenic micro RNAs (e.g., microRNA-21 and microRNA-148a) which
372 both inhibit PTEN (Phosphatase and TENsin homolog) expression and drive mTORC1-mediated
373 cancerogenesis¹⁵²⁻¹⁵⁴. In another study, the authors observed that bovine milk-EVs (orally administrated
374 at 25 mg/kg) reduce primary tumor growth but accelerate metastasis in breast and pancreatic cancer
375 mouse models¹⁵⁵. The oral administration of milk-derived S-EVs have been also demonstrated to
376 attenuate the severity of colitis¹⁵⁶ and of arthritis¹⁵⁷. These beneficial effects have been partly associated
377 to the ability of milk-derived S-EVs to reduce the expression of inflammatory cytokines (e.g. the monocyte
378 chemo-attractant protein (MCP-1), inteleukin-6 and TNF- α) and to up-regulate the expression of anti-
379 inflammatory mediators such as the transforming growth factor beta (TGF- β). In addition, milk-derived S-
380 EVs convey miRNAs that can act as epigenetic regulators contributing to the effects of these EVs on
381 biological functions¹⁵⁸. In addition, milk -derived S-EVs can drive some pathways such as the AMPK-
382 mTORC1 activation^{152, 159}, that can result in the release of EVs from the host recipient cells.. Furthermore,
383 due to their small size EV-like nanoparticles from foods can probably cross the epithelial barrier including
384 the blood brain barrier¹⁶⁰. This hypothesis is supported by the loss of spatial learning and memory
385 observed in mice fed a diet with bovine milk depleted in S-EVs for up to 20 weeks compared to mice
386 consuming a complete diet¹⁶¹ and the detection in brain of fluorescent-labelled milk S-EVs administered
387 to adult mice through oral gavage¹⁶².

388 Together, these data underline the strength of EV-like nanoparticles from foods to impact on
389 biological functions and the interest to consider these EVs as relevant dietary contributors on human
390 health.

391

6. Diet-induced EVs: friends or foes for human health?

It is widely demonstrated that EVs are important mediators of cell-to-cell communication. EV-mediated intercellular communication begins by the recognition and the capture of circulating EVs by target cells^{92, 163}, that is influenced by both EV surface markers and EV size. Information are transmitted from EVs to cells by acting at the cell membrane, with or without the delivery of their content. The mechanisms of uptake and cargo delivery into recipient cells are still incompletely understood. But evidences support that EVs drive phenotypic changes mostly by spreading the phenotypic features of donor cells to acceptor cells¹⁶⁴. Thus, the pending question that is raised in the present review focuses on the biological function(s) of diet-induced EVs. Knowledge on this topic is still scarce and is constrained by the heterogenicity of circulating diet-induced EVs. As previously mentioned, diet modulates EV release mainly from endothelial cells, leukocytes and platelets. In addition to this board of cell source, it has been reported that cells release various subpopulations of EVs with distinct size, protein cargo and miRNAs content^{36, 165-168}.

Spectre et al.⁵⁸, who reported an increased level of annexin V⁺ L-EV derived from endothelial cells, platelet and monocytes after a standard meal, have demonstrated that these EVs generate more thrombin than pre-meal EVs. In contrast, acute and chronic n-3 PUFA supplementation have been shown to lower plasma annexin V/TF⁺ L-EV levels and their thrombin generation capacity^{45, 57}. Endothelial-derived L-EVs carrying TF⁺ and platelet-derived L-EVs exposing at their surface phosphatidylserine are known to be procoagulant and to increase the risk of venous thrombo-embolism¹⁶⁹. Circulating L-EVs released in dyslipidaemia induced by a high-energy diet have been shown to contribute to inflammation and vascular damage by increasing the endothelial expression of intercellular adhesion molecule 1 (iCAM-1) and the production of reactive oxygen species and by reducing vascular relaxation of aortic rings²¹. These EVs also exert an antiatherogenic action through the reduction of caveolin 1 endothelial. Similarly, Jansen et al.¹⁷⁰ demonstrated that high glucose-induced L-EVs impair endothelial function as determined by a lower endothelial-dependent relaxation in EV-treated mice and by an increased adhesion of monocytes to L-EV-treated human coronary artery endothelial cells partly due to an up-regulation of

418 iCAM-1 and vCAM-1 in the treated cells. Similarly, L-EVs released from activated endothelial cells, such as
419 those released during the transient diet-induced inflammation and endothelial dysfunction, exert a dual
420 role. Luna et al.¹⁷¹ reported that endothelial L-EVs induced by inflammation alter the function of
421 endothelial cell progenitors whereas Mahmoud et al. showed that they reduce oxidative stress and
422 prevent lipid-induced endothelial damage¹⁷². On another note, it has been observed in the Framingham
423 Offspring cohort the association of circulating level of endothelial L-EVs (referred as CD31, CD144⁺ EVs
424 and known to reflect damaged endothelium) with the presence of cardiometabolic risk factors,
425 particularly dyslipidaemia¹⁷³.

426 Other EVs subtypes (e.g. from adipose tissues, skeletal muscles), not detected so far in human
427 plasma in response to a meal intake or a chronic dietary supplementation, participate to attenuate
428 glucose intolerance and to improve insulin resistance¹⁷⁴⁻¹⁷⁷. Wu et al.¹⁷⁸ demonstrated that S-EVs derived
429 from liver and enriched in miR-130a contribute to the recovery of insulin resistance induced by an HFD in
430 mice. A study by Kumar et al.¹⁷⁹ revealed that an HFD affect intestinal epithelial S-EVs that are enriched in
431 phosphatidylcholine resulting in an inhibition of the insulin response in mice. The authors report the same
432 alteration in lipid composition in S-EVs from patients with T2DM. Together, these results reveal that S-EVs
433 are potential contributors to the development of insulin resistance and that diet can be an efficient
434 strategy to attenuate their impact.

435 In absence of more investigations on the biological function(s) of diet-induced EVs, available data
436 support that unbalanced diet could drive through metabolic changes (glycaemia, lipaemia, oxidative
437 stress and related inflammation) the release of EVs that convey pro-inflammatory, pro-thrombotic and
438 pro-atherogenic messages, these latter representing in case of chronicity an increased risk for health.
439 However, this risk could be attenuated by an improved diet supplying protective micronutrients and plant
440 food bioactives.

441

442 **Conclusion**

443 This review highlights the importance to consider diet as an important regulator both in
444 postprandial and fasting conditions of EV biology and to develop further investigations to extend
445 knowledge in this promising but still underexplored research field.

446 EVs modulated by diet have been identified using the same methods (i.e. surface markers) than for the
447 detection of fasting EVs in patients with a diagnosis or prognosis purpose. By consequence, diet-
448 associated EVs share similar phenotype characteristics with disease-associated EVs. Apart the “fast”
449 feature during the postprandial period, the kinetic of release of diet-associated EVs has never been fully
450 described. Consequently, their persistence in the bloodstream till a fasting state cannot be excluded. If so,
451 this phenomenon could skew the use of fasting EVs as a reliable health biomarker and this aspect must be
452 addressed properly. One bias of the methods used to explore human plasma EVs is to exclude S-EVs that
453 may be modulated by diet and could be use as reliable nutritional biomarker as the L-EVs. Further, EV
454 content, that is considered as a fingerprint of their cells of origin, has not been reported for diet-
455 associated EVs. One critical question in this regard is how the cargo (e.g. proteins, miRNAs and lipids) of
456 diet-associated EVs allow to differ them from EV released in health disturbances. In addition, an accurate
457 characterization of diet-associated EV content will contribute to a better understanding of their biological
458 functions. In 2021, Mantilla-Escalante et al.¹⁸⁰ report that the long-term consumption of a Mediterranean
459 diet enriched in extra-virgin olive oil or nuts from participants of the PREDIMED study improves the
460 number and modulates the miRNA profiles of circulating exosomes. This modulation could help to explain
461 how such diet lead to beneficial health effects. Based on the biological functions reported for diseases
462 associated-EVs or *in vitro* induced EVs sharing similar phenotype features, EVs induced after consumption
463 of an unbalanced diet are assumed to constitute a risk factor for health, that could potentially be slow
464 down by supplying diet with plant food bioactives protective for health. Answering these pending
465 questions will contribute to substantiate the interest of EVs and their content as innovative tools to
466 explore the relationship between nutrition and health.

467

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473

474 **Author contribution**

475 LEM performed literature search and analysis, and he wrote the manuscript. MCM contributed to the
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477

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967 **Table Legend:**

968 **Table 1:** Cell surface markers used for the identification of EV subpopulations by flow cytometry.

969 **Table 2:** Clinical trials investigating the impact of acute dietary intakes on EVs during the postprandial
970 period.

971 **Table 3:** Human intervention studies reporting the effects of (sub)chronic dietary intake on circulating
972 EVs. C: control diet; I: nutritional intervention.

973 **Legend figures**

974 **Graphical abstract:** Summary of key aims reviewed

975 **Figure 1:** Potential effects of dietary nutrients and metabolites driving the biogenesis and the release of
976 EVs.

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