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Table s2. Association of refined white bread consumption and weight change during the 20-year follow-up of Norwegian men and women reporting white bread consumption at baseline in the Hordaland Health Studies

Absolute weight change (kg)				
Cohort (n = 533)				
	Estimate (95% CI) ¹	p value ¹	R ² ¹	p value (model) ¹
White bread (g/day)				
Model 1	0.025 (0.003 to 0.047)	0.023	0.011	0.018
Model 2	0.025 (0.003 to 0.047)	0.029	0.009	0.068
Model 3	0.019 (-0.003 to 0.041)	0.091	0.059	<0.001
Model 4	0.019 (-0.003 to 0.042)	0.085	0.032	0.001

Model 1: adjusted for baseline body weight

Model 2: adjusted for baseline body weight, sex and partial energy intake at baseline

Model 3: adjusted for baseline body weight, sex, partial energy intake at baseline, smoking and physical activity habits during follow-up, and education obtained at baseline

Model 4: Adjusted for covariates obtained at baseline: body weight, sex, partial energy intake, education, smoking and physical activity

¹ Effect estimates, corresponding 95% confidence intervals (CI) and p-values are obtained from linear regression models.