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Table s3. The associations of bread intake, whole-grain intake, and plasma alkylresorcinol concentration with weight change during 20-year follow-up in Norwegian men and women participating in the Hordaland Health Studies.

Absolute weight change				
(kg)				
Total cohort (n = 1764)				
	Estimate (95% CI) ¹	p value ¹	R ² ¹	p value (model) ¹
Bread intake, g/day	-0.001 (-0.006 to 0.004)	0.608	0.060	<0.001
Whole-grain bread intake, g/day	-0.002 (-0.006 to 0.002)	0.275	0.061	<0.001
White bread intake, g/day	0.016 (0.001 to 0.031)	0.042	0.059	<0.001
Whole-grain intake, g/day	-0.010 (-0.023 to 0.003)	0.140	0.058	<0.001
Total plasma AR concentration, nmol/L	-0.004 (-0.006 to -0.001)	0.007	0.064	<0.001
Quartiles of total bread intake			0.057	<0.001
Q1 (108 ± 32 g bread/day, n = 442)	0.338 (-0.638 to 1.313)	0.497		
Q2 (158 ± 28 g bread/day, n = 442)	-0.214 (-1.176 to 0.749)	0.664		
Q3 (201 ± 37 g bread/day, n = 440)	-0.531 (-1.488 to 0.426)	0.277		
Q4 (274 ± 69 g bread/day, n = 440)	ref.			
Quartiles of whole-grain intake			0.057	<0.001
Q1 (30 ± 8 g whole grains/day, n = 444)	0.487 (-0.512 to 1.487)	0.339		
Q2 (47 ± 6 g whole grains/day, n = 438)	0.376 (-0.593 to 1.344)	0.447		
Q3 (62 ± 8 g whole grains/day, n = 441)	-0.195 (-1.150 to 0.761)	0.690		
Q4 (95 ± 24 g whole grains/day, n = 441)	ref.			

The linear regression model is adjusted for the covariates body weight, sex, energy intake, current smoking (yes/no), physical activity level, and education, all obtained at baseline.

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

Bread, whole-grain consumption and weight change from middle to late adulthood: a prospective cohort study.
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