Supplemental Figure 1. Concentrations of serum leptin (A) and plasma ghrelin (B) after a LGI or HGI test meal in 29 healthy, overweight women who had consumed a LGI or HGI diet, respectively, for 10 wk. Data are means ± SEM, n=14 (LGI) or 15 (HGI). Significant effects (P < 0.05) of diet (D), time (T), and their interaction (DxT) are shown. Postprandial responses were analyzed by repeated measures, two-way ANCOVA with fasting values and body weight as covariates. Peak concentrations were analyzed by ANCOVA with fasting values and body weight as covariates.