Supplemental Figure 4. Subjective appetite ratings 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). VAS=100 mm equals ‘I have never been more hungry’ (hunger), ‘I cannot eat another bite’ (satiety), ‘I am totally full’ (fullness). *Different from LGI at that time, P < 0.05. Significant effects (P < 0.05) of diet (D), time (T), and their interaction (D x T) 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.