Supplemental Figure 5. 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 can eat a lot’ (prospective food consumption)(A), Desire for something SWEET (0 mm=yes)(B), Desire for something FATTY (0 mm=yes)(C). 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.