

SUPPLEMENTARY DATA

Supplementary Figure 1a and 1b. Mean weight gain (kg) and increase in waist circumference (cm) from year 7 to 10, 15, 20, and 25 according to breakfast frequency in CARDIA.

Model adjusts for age, study center, race, sex, education, cigarette smoking, physical activity, alcohol consumption, fast food restaurant use, dietary quality score, frequency of lunch/dinner and morning/afternoon/evening snacks, total energy intake and weight (kg) or waist circumference (cm) and height (m) all at year 7. All participants were free of diabetes at each time point. The respective N per category in the weight gain analysis for years 7-10, 7-15, 7-20, 7-25 was (N= 3,244, 2,989, 2,712, 2,532) and for the increase in waist circumference (N=3,220, 2,982, 2,705, 2,522). The p-value for the difference in weight gain for the duration of the study (year 7-25) between breakfast 0-3 day / wk and 4-6 day / wk ($p= 0.06$), and between 0-3 day / wk and 7 day / wk ($p= 0.001$). The respective values for the increase in waist circumference were ($p=0.12$) and ($p=0.001$). Error bars represent standard error of estimates.

Figure 1a.

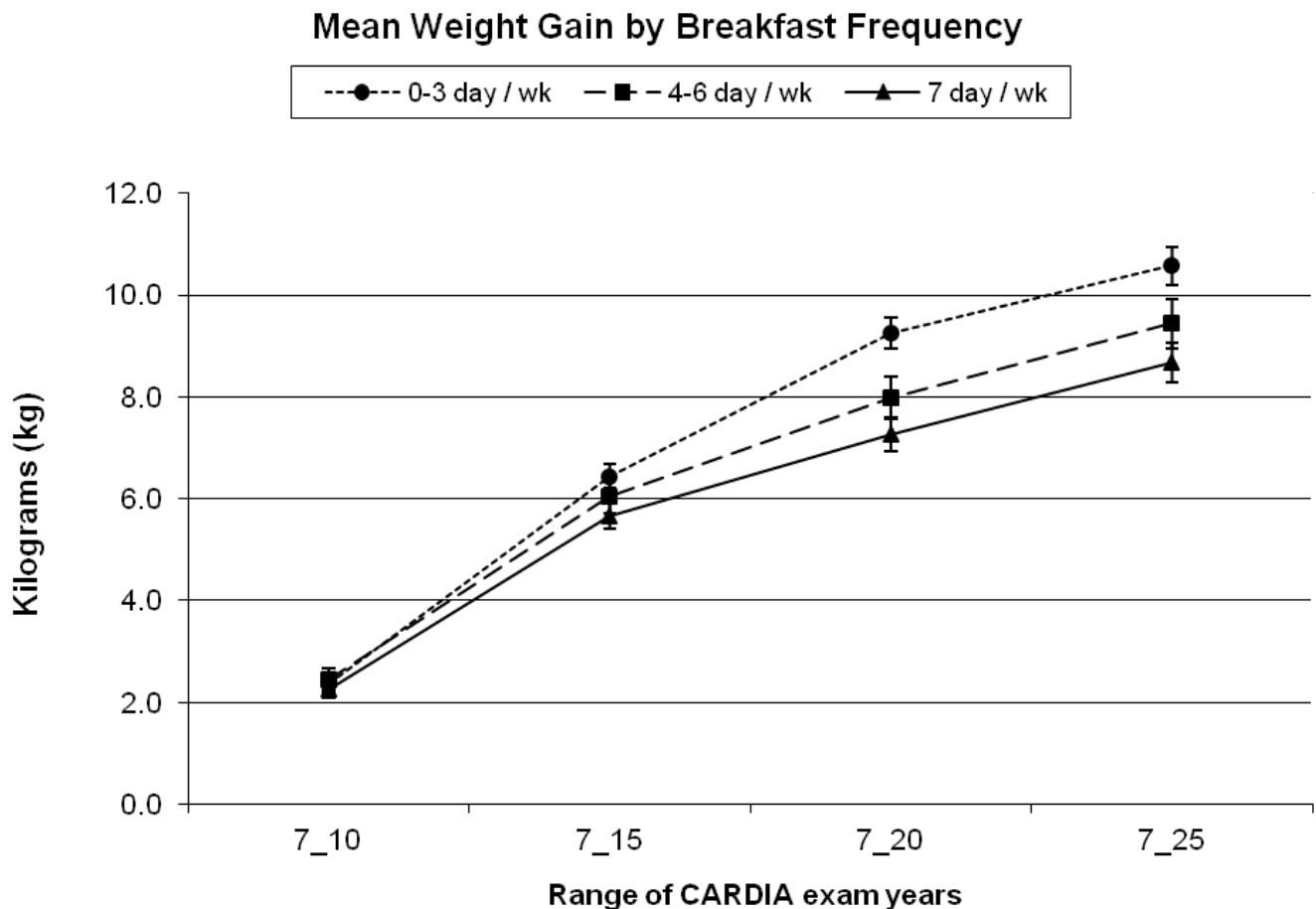


Figure 1b.

