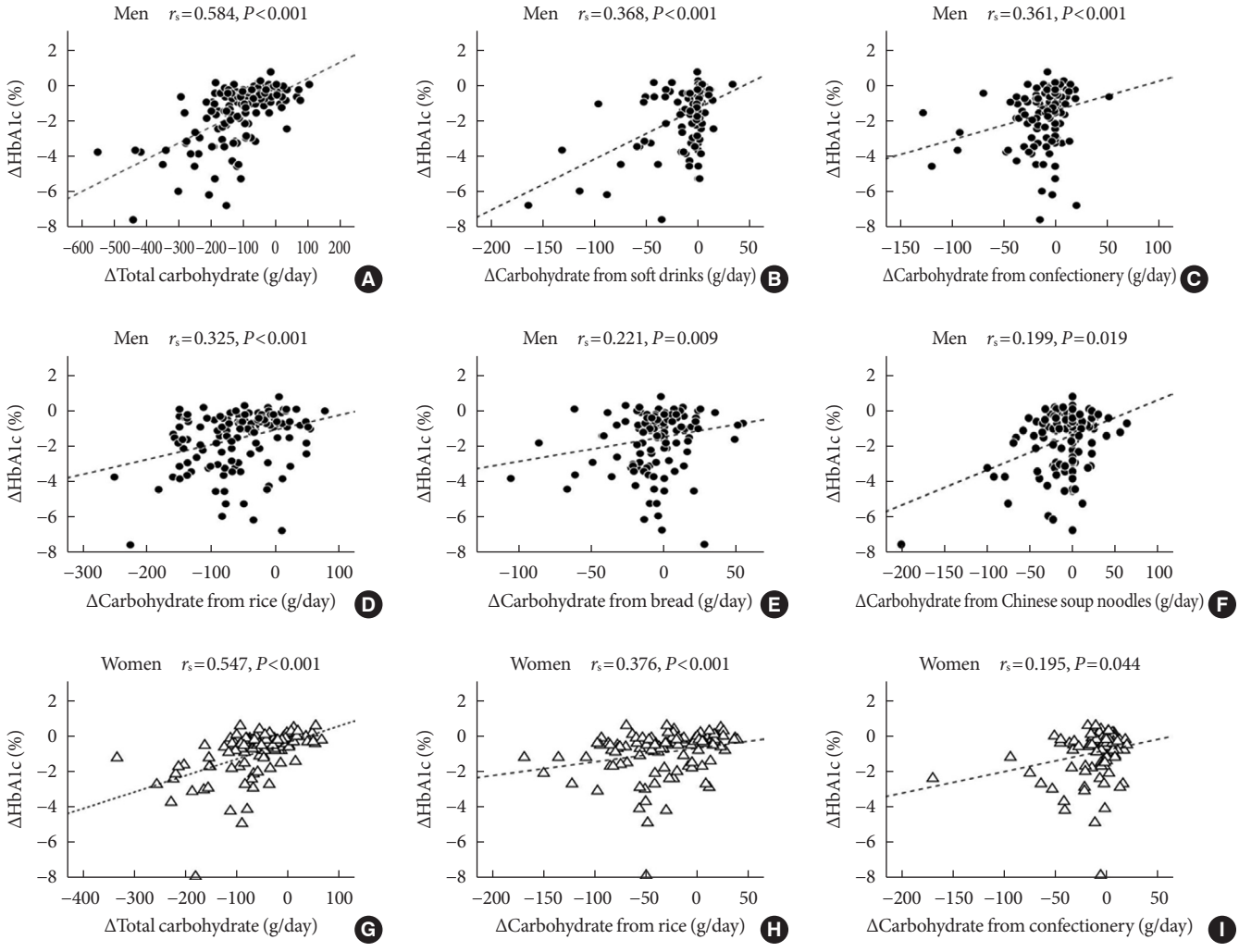

Supplementary Fig. 1. Spearman correlation coefficients of Δtotal carbohydrate or Δcarbohydrate from sources with ΔHbA1c in men and women. Numbers along vertical axes indicate ΔHbA1c (%) and those along horizontal axes Δcarbohydrate from various sources (g/day). Dotted lines are linear regression lines. We obtained positive correlations for Δtotal carbohydrate and Δcarbohydrate from five sources in men. The correlations were strong for Δtotal carbohydrate (A), moderate for Δcarbohydrate from soft drinks (B), confectionery (C) and rice (D), and weak for Δcarbohydrate from bread (E) and Chinese soup noodles (F). In women, we obtained positive correlations for Δtotal carbohydrate and Δcarbohydrate from two sources. The correlations were strong for Δtotal carbohydrate (G), moderate for Δcarbohydrate from rice (H), and weak for Δcarbohydrate from confectionery (I). HbA1c, glycosylated hemoglobin.