

Table 1a: Relative contribution (%) to overall dietary glycaemic load (GL) according to main glycaemic load contributing food ( *sub* ) groups, men

Food ( <i>sub</i> ) group	Greece	Spain					Italy					Germany		The Netherlands	United Kingdom		Denmark		Sweden	
		Granada	Murcia	Navarra	San Sebastian	Asturias	Ragusa	Florence	Turin	Varese	Heidelberg	Potsdam	Bilthoven	General population	Health conscious	Copenhagen	Aarhus	Malmö	Umeå	
Potatoes and other tubers	5	9.7	10.3	8.7	11.3	12.4	4.3	4.2	3.9	3.4	9.3	10.6	12.7	10.7	9.8	10.4	11.2	13.8	13.6	
Vegetables	5	3.2	5	3	3.5	2.4	1.7	1.9	2.3	2.1	1.7	1.7	1.4	2.1	2.4	2.7	2.5	2.3	1.6	
Legumes, dried	1.6	1.5	1.7	1.8	2.2	2.6	0.4	0.5	0.3	0.2	0.2	0.2	0.3	0.3	1	0	0	0.3	0.1	
Fruits total	11.9	12.3	14.6	11.2	13.6	12.3	10.8	10.1	11.6	8.7	7.5	10.5	6.3	6.3	13	5.6	6	5.9	5.4	
Dairy products	2.2	5.4	4.1	4.3	5	5.4	1	1.8	1.6	1.8	2.9	4	4.5	5.5	2.5	3.7	3.1	3.6	4.3	
Cereal and cereal products	59.6	46.7	41.6	49.7	40.6	40	63.4	61.3	61.1	59.7	42.9	38.4	41.3	42	43.7	48.1	49	40	41	
<i>flour, flakes, starches, semolina</i>	0.3	0.8	0.9	0.2	0.4	1	0.7	0.7	0.1	0	0.8	0.5	0.2	0.8	0.7	0.7	1	0.8	1.9	
<i>pasta, rice, other grain</i>	8.8	7	6	3.1	3.1	4.9	17.6	18.4	16.8	22.3	6.8	2.2	4	3.2	5	3.9	3	4	3.9	
<i>pasta</i>	4.5	1.2	1	1	0.9	1.4	15	14.8	11.7	13.1	4.5	1.3	1.2	1	1.1	1.9	1.6	1.7	1.9	
<i>rice</i>	4.1	5.9	5	2.1	2.2	3.5	2.6	2.7	3.8	7.7	1.8	0.8	2.6	2.2	3.4	2.1	1.4	2.3	1.8	
<i>grains, except rice (100% cereal)</i>	0.3	0	0	0	0	0	0	0.8	0.9	1.1	0.1	0.1	0.1	0	0.4	0	0	0	0.1	
<i>cereal-based products (not 100% cereal), white</i>	0	0	0	0	0	0	0	0.1	0.3	0.4	0.5	0.1	0.1	0.1	0.1	0	0	0	0.1	
<i>bread</i>	40	36.9	32	45.1	35.1	30.7	38.2	36.3	35.2	32.5	31.1	33.1	33.6	25	25.5	38	39.3	26	15.4	
<i>bread, white</i>	5.5	32.4	29.5	43.6	32.8	28.1	19.2	31.2	30.8	29.1	10.6	11.8	9.5	15.8	5.4	9.5	12.2	17.3	10.2	
<i>bread, non-white</i>	34.3	4	2.2	1.4	2.2	2.4	18.9	4.2	4.1	3.1	19.7	21	24.1	9.1	19.4	28	26.9	8.6	5.1	
<i>crispbread, rusks</i>	6.3	1.7	2	1.2	1.9	2.6	2.2	2.2	5.9	1.9	0.6	1	1.4	1.1	1	0.7	0.7	3.1	12.4	
<i>breakfast cereals</i>	0.4	0	0.3	0.1	0.3	0.5	0.2	0.7	0.3	0.2	1.8	0.9	0.9	9.1	10.2	3.5	3.8	3.8	5.2	
<i>salty biscuits, aperitif biscuits, crackers</i>	0.3	0.3	0.2	0.1	0	0.1	0.4	1.1	1.6	1	0.7	0.4	1	1.3	0.9	0.4	0.3	0.8	0.9	
<i>dough and pastry (puff, short-crust, pizza)</i>	3.5	0.1	0.2	0	-0.3	0.2	4.1	1.9	1.2	1.8	1.1	0.3	0.1	1.5	0.4	0.8	0.9	1.5	1.3	
Sugar and confectionery	6.9	9.1	8	9.1	9.6	9.9	6	5.1	7.2	10	8.2	7.6	12.8	11.8	5.1	9.8	8.6	11.5	11.2	
Sweet buns, cakes & pies/ sweet biscuits	5	5.9	8.2	5.5	6.1	6	8.4	9.7	8	9.3	9.4	8.7	7.4	12.6	11.4	6.5	8.1	10.2	11.6	
<i>sweet buns, cakes &amp; pies</i>	3	4.5	6.1	3.4	4	3.8	5.5	6.6	5	4.8	8.4	7.4	4.9	9.6	9.3	5.1	6.2	9	10.5	
<i>sweet biscuits</i>	2	1.3	2.2	2.1	2.1	2.2	2.9	3.1	3	4.5	1	1.3	2.6	2.9	2.1	1.5	1.9	1.1	1.1	
Non alcoholic beverages	1.6	3.3	3.2	2.4	1.9	3.1	1.3	2.2	1.9	2.6	8.4	9.1	6.1	3.9	5	6.3	5.3	4.5	4.9	
<i>fruit and vegetable juices</i>	0.8	1.5	0.8	0.9	0.5	1	0	0.5	0.6	0.7	5	6.6	1.8	2	2.8	1.9	1.7	1.8	1.3	
<i>soft drinks, syrups</i>	0.4	1.3	1.6	1.3	1	1.8	0.9	0.9	0.8	1.3	2.5	1.8	3.5	1.8	1.5	4.3	3.5	2.7	3.6	
Alcoholic beverages	0.2	0.3	0.3	1.3	1.9	2.4	0.4	0.5	0.7	0.8	7	6.9	4.4	1.7	1.5	5	4.6	4.4	2.9	
Soups & Sauces	0.7	1.8	2.3	2.2	3.5	2.6	0.6	0.5	0.5	0.6	1.5	1.2	1.5	1.6	1.6	0.9	0.9	2.6	2.6	

**Table 1b** Relative contribution (%) to overall dietary glycaemic load (GL) according to main glycaemic load contributing food (*sub*) groups, women

Food ( <i>sub</i> )group	Greece	Spain					Italy					France				Germany		The Netherlands		United Kingdom		Denmark		Sweden		Norway	
		Asturias	Granada	Murcia	Navarra	San Sebastian	Florence	Varese	Regusa	Turin	Naples	North East	North West	South	South coast	Heidelberg	Potsdam	Bilthoven	Utrecht	General population	Health conscious	Copenhagen	Aarhus	Malmö	Umeå	South-East Norway	North-West Norway
Potatoes and other tubers	4.5	11	8.4	10.4	8.2	9.5	3.9	3.7	3.4	3.5	3.6	7.1	8.6	6.1	4.4	8.7	9.8	11.3	10.6	9.8	9.7	9.2	8.7	11.6	11	8.5	10.2
Vegetables	5.2	2	3.9	8.4	3	4.2	2.7	2	2.2	3.3	2.4	3.3	3.2	3.3	3.9	2.1	2.5	1.7	1.7	2.6	2.9	3.2	3	3	2.5	2.6	2.6
Legumes, dried	1.3	2	1	1.2	1.2	1.7	0.5	0.3	0.6	0.1	0.5	0.4	0.4	0.4	0.7	0.2	0.2	0.3	0.3	0.4	0.8	0	0	0.2	0.2	0.1	0.1
Fruits total	14.2	15.2	16	16.7	16.1	16.6	12.8	12.8	14.5	14.5	11.2	11.3	11.6	12.5	12.5	12.2	14.6	8.2	9.8	10	15	9.1	9.4	9.8	9.3	9.3	8.7
Dairy products	3.3	9.6	7.9	6.4	7.2	7.3	2.7	2.9	2	2.7	2.2	4.8	4.5	4.1	4.6	3.8	5.5	4.6	5.8	6.6	3.2	4.1	3.1	4.2	4.5	5.1	5
Cereal and cereal products	50.7	34.5	40	32.8	37.5	34.3	55	52	53.9	52.6	56.8	43.2	44.4	45.9	47.1	40.1	35.6	40.1	39	39.6	39.7	48.7	49.1	36.4	40.2	44.2	42.9
<i>flour, flakes, starches, semolina</i>	0.5	1.1	0.5	2	0.2	0.7	0.5	0.1	1.3	0.6	0.1	0.2	0.2	0.2	0.9	0.9	0.5	0.2	0.3	0.6	0.5	0.7	0.8	0.9	2.1	0.4	0.5
<i>pasta, rice, other grain</i>	7.7	5.2	3.8	4.7	3.8	3.8	14.9	18.1	11.7	13.1	14.5	4.8	5.1	5.2	5.6	6.4	3.3	4.2	3.3	3.4	4.6	3.8	3.4	3.8	3.9	2.8	2
<i>pasta</i>	3.7	1.1	0.8	0.4	1	0.8	11.1	10.4	9.6	9.2	12	1.7	1.4	1.9	2.1	4	1.8	1.2	1.1	1.3	1.5	2.3	1.5	1.6	1.8	1	0.6
<i>rice</i>	3.6	4.1	2.9	4.3	2.8	2.9	2.9	4.9	2.1	2.6	1.6	2.4	2.7	2.4	2.5	1.8	1.4	2.9	2	1.9	2.9	1.5	1.8	2.2	1.9	1.9	1.4
<i>grains, except rice (100% cereal)</i>	0.4	0	0	0	0	0	0.6	1.7	0	1.1	0.3	0.7	0.8	0.7	0.8	0.2	0	0.2	0	0	0.3	0	0.1	0.1	0.1	0	0
<i>cereal-based products (not 100% cereal), white</i>	0	0	0	0	0	0	0.3	1.1	0	0.2	0.7	0.1	0.1	0.2	0.1	0.4	0	0	0.1	0.1	0	0	0	0	0.1	0	0
<i>bread</i>	31	21.8	32.4	21.6	29.1	24.3	31	25.8	29.5	27.6	32.3	31.6	33.8	33	32.3	27.9	27.7	30.5	29.6	23.3	22.5	38.7	40.1	21.7	15.6	34	33
<i>bread, white</i>	4.5	18	27.6	19.2	25.7	20.8	26.7	22.6	16.9	23.4	28.4	18.8	21.9	21	21.3	8.7	8.8	8.1	6.8	12.4	7	10.1	9.9	13.2	9	6.2	4.5
<i>bread, non-white</i>	26.3	3.7	4.2	2.2	3.1	3.4	3.8	3	12.6	4.1	2.5	12.6	11.6	11.7	11	18.4	18.5	22.5	22.7	10.9	15.3	28.2	29.9	8.4	6.5	27.7	28.6
<i>crispbread, rusks</i>	6.8	5.6	2.2	3.3	4	4.6	3.8	3.2	2.4	7.3	3.8	2.3	1.8	3.6	3.9	1.5	2.1	2.2	2.6	1.3	2.2	1.4	1	4.3	10.5	3.4	3.5
<i>breakfast cereals</i>	0.6	0.3	0.2	0.1	0.2	0.8	0.8	0.9	0.2	0.6	0.6	1.7	2	2.2	2.3	1.8	1.2	1.1	1.4	8.7	7.7	2.9	2.7	3.2	5.4	1.5	1.3
<i>salty biscuits, aperitif biscuits, crackers</i>	0.5	0.2	0.4	0.3	0.2	0.1	1.2	1.5	1.3	1.5	2.5	0.9	0.8	0.5	0.5	0.8	0.5	1.5	1.3	1.4	1.6	0.4	0.2	1.2	1.2	1.2	1.1
<i>dough and pastry (puff, short-crust, pizza)</i>	3.5	0.3	0.3	0.8	0	0	2.7	2.4	7.6	1.8	3.1	1.6	0.8	1.2	1.6	0.7	0.3	0.3	0.5	0.9	0.6	0.9	0.9	1.3	1.6	1	1.5
Sugar and confectionery	8.5	9.7	8.9	7.3	10.4	11	5.9	9.2	8.3	8.7	8.9	10.2	9.6	10.2	10	9.3	8.3	11.4	10.6	9	6.9	8.6	8.8	11.3	9.5	8.5	8.1
Sweet buns, cakes & pies/ sweet biscuits	8.6	9.2	6.9	11.4	11.1	9.3	11.3	13	11.7	10.4	10.6	10.6	9.2	9.3	8.6	11.2	10	11.9	12.6	13.8	12.6	7.8	10	13	13.1	8.5	9.5
<i>sweet buns, cakes &amp; pies</i>	4.8	6.2	5.3	8.6	7	6.7	7.5	6.8	6.9	5.8	7.3	8.6	7.8	7.3	6.6	9.1	8.6	8	7.6	10.6	10.3	5.9	7.7	11.5	11.7	7.7	8.7
<i>sweet biscuits</i>	3.8	3	1.7	2.8	4.1	2.6	3.8	6.3	4.8	4.6	3.2	2	1.4	2	2	2.1	1.4	3.8	5	3.2	2.3	1.9	2.3	1.5	1.3	0.8	0.8
Non alcoholic beverages	2.9	2.6	4.5	3	2.2	2.5	2.6	2.4	1.3	2.5	1.7	4.9	5.1	4.6	4.1	8.3	10.2	6.6	6.4	4.7	5.4	5.8	4.5	4.5	5	9.2	9.1
<i>fruit and vegetable juices</i>	2.1	1.3	1.3	1.1	1.2	0.9	0.8	0.7	0	0.9	0.7	2.8	3	2.4	2.2	6.1	8.2	3.4	4	2.4	2.8	2.1	2	2.3	1.7	4.6	3.6
<i>soft drinks, syrups</i>	0.4	0.9	2.4	1	0.7	1.1	0.4	0.8	1.1	1	0.6	0.4	0.2	0.6	0.4	1.5	1	2.6	1.9	2.2	1.7	3.6	2.5	2.1	3.2	3.9	5
Alcoholic beverages	0	1	0.2	0.4	0.4	0.3	0.4	0.3	0.2	0.5	0.3	1	1	0.6	0.7	1.8	1.5	1.4	1.1	0.5	0.3	1.8	1.7	2	1.4	1.1	0.6
Soups & Sauces	0.7	2.3	1.8	1.3	1.8	2.2	0.4	0.7	0.5	0.6	0.3	2.3	1.9	2.3	2.7	1.3	1.2	1.4	1.2	1.9	2	0.7	0.9	3.2	2.7	1.9	2.1

**Table 2a** Mean glycaemic index values<sup>1,2</sup> in non-diabetic subjects by centre and gender, according to BMI status

Country and Centre	MEN										WOMEN									
	All			<25		25 - 30		>30		P	All			<25		25 - 30		>30		P
	N	Mean	SE	Mean	SE	Mean	SE	Mean	SE	trend	N	Mean	SE	Mean	SE	Mean	SE	Mean	SE	trend
Greece	1139	58.5	0.2	58.9	0.4	58.3	0.2	58.6	0.3	0.60	1263	56.5	0.2	55.1	0.3	56.7	0.2	57.2	0.3	0.17
Spain																				
Granada	189	56.5	0.4	56.1	1.6	56.6	0.5	56.3	0.8	0.71	273	55.1	0.3	54.9	0.6	55.3	0.5	55.1	0.6	0.73
Murcia	226	56.9	0.4	56.4	0.8	57.1	0.5	56.9	0.8	0.52	284	54.3	0.3	54.6	0.6	54.0	0.5	54.3	0.6	0.67
Navarra	418	56.2	0.3	55.7	0.7	56.8	0.3	55.3	0.5	0.83	264	53.4	0.3	53.2	0.6	53.2	0.5	54.2	0.8	0.34
San Sebastian	450	53.7	0.3	53.8	0.5	53.6	0.3	54.2	0.7	0.55	239	52.5	0.4	52.0	0.5	53.4	0.6	51.5	1.0	0.84
Asturias	369	54.4	0.3	54.6	0.7	54.4	0.4	54.4	0.6	0.53	316	52.4	0.3	52.4	0.5	52.6	0.4	51.7	0.8	0.48
Italy																				
Ragusa	162	57.5	0.4	58.0	1.0	57.3	0.6	57.8	1.0	0.81	135	57.1	0.5	56.9	0.7	56.6	0.8	58.7	1.3	0.41
Naples											394	56.2	0.3	56.7	0.5	55.9	0.4	56.2	0.5	0.54
Florence	262	56.7	0.3	57.5	0.6	56.3	0.5	55.7	0.9	0.12	760	55.7	0.2	56.0	0.3	55.5	0.3	55.1	0.5	0.03
Turin	666	56.1	0.2	56.1	0.4	56.4	0.3	55.3	0.6	0.52	385	55.3	0.3	55.2	0.4	55.3	0.5	55.7	0.7	0.26
Varese	314	56.5	0.3	55.9	0.5	56.8	0.4	57.9	1.1	0.06	780	55.3	0.2	55.2	0.3	55.0	0.3	56.3	0.5	0.40
France																				
South coast											608	54.9	0.2	55.1	0.3	54.1	0.6	54.7	1.0	0.71
South											1405	55.7	0.1	55.8	0.2	55.5	0.3	55.8	0.8	0.96
North-East											2007	55.6	0.1	55.7	0.1	54.9	0.3	56.6	0.5	0.64
North-West											619	56.4	0.2	56.5	0.3	56.2	0.5	56.5	1.3	0.92
Germany																				
Heidelberg	966	54.7	0.2	54.4	0.3	55.1	0.3	53.9	0.4	0.71	1068	52.9	0.2	52.9	0.2	52.9	0.3	53.1	0.5	0.39
Potsdam	1136	55.0	0.2	55.1	0.3	55.0	0.2	54.8	0.4	0.20	1015	52.9	0.2	52.9	0.3	52.6	0.3	53.3	0.4	0.54
Netherlands																				
Bilthoven	1000	59.2	0.2	59.1	0.3	58.9	0.2	60.7	0.5	0.40	1066	57.3	0.2	57.0	0.2	57.2	0.3	58.2	0.4	0.28
Utrecht											1809	55.8	0.1	55.4	0.2	56.1	0.2	56.4	0.3	0.13
United Kingdom																				
General population	146	58.1	0.5	58.5	0.9	57.9	0.6	57.8	1.3	0.30	244	56.7	0.4	56.9	0.5	55.8	0.6	57.7	0.9	0.73
Health conscious	106	58.8	0.5	58.7	0.6	58.6	1.2	63.0	3.6	0.35	180	56.2	0.4	56.4	0.5	56.0	1.0	54.2	2.0	0.23
Denmark																				
Copenhagen	1264	58.4	0.2	58.5	0.3	58.4	0.2	58.0	0.4	0.19	1406	56.9	0.1	56.9	0.2	56.8	0.2	57.3	0.4	0.42
Aarhus	520	58.5	0.2	58.0	0.4	58.5	0.3	59.7	0.6	0.12	470	56.8	0.3	57.0	0.3	56.3	0.5	57.3	0.7	0.80
Sweden																				
Malmo	1335	56.8	0.2	57.1	0.3	56.7	0.2	56.4	0.4	0.07	1603	54.3	0.1	54.3	0.2	54.3	0.2	54.5	0.3	0.16
Umea	1310	56.4	0.2	56.2	0.3	56.5	0.2	57.0	0.4	0.11	1552	54.5	0.1	54.4	0.2	54.4	0.2	54.8	0.4	0.37
Norway																				
South & East											802	55.0	0.2	54.9	0.2	55.3	0.4	55.1	0.9	0.71
North & West											641	55.9	0.2	55.8	0.3	55.9	0.4	57.5	0.9	0.30

SE = standard error

<sup>1</sup> adjusted by age and total energy, and weighted by season & day<sup>2</sup> based on the glucose = 100 scale

**Table 2b** Mean glycaemic index values<sup>1,2</sup> in non-diabetic subjects by centre and gender, according to physical activity status

Country and Centre	MEN											WOMEN												
	N	All		Inactive		Moderately active		Moderately active		Active		P trend	N	All		Inactive		Moderately inactive		Moderately active		Active		P trend
		Mean	SE	Mean	SE	Mean	SE	Mean	SE	Mean	SE			Mean	SE	Mean	SE	Mean	SE	Mean	SE	Mean	SE	
Greece	1139	58.3	0.2	58.9	0.4	57.6	0.3	58.5	0.3	59.9	0.6	0.49	1263	56.2	0.2	56.9	0.6	56.3	0.4	55.7	0.2	58.0	0.5	0.70
Spain																								
Granada	189	56.3	0.4	55.8	0.9	56.3	0.7	56.0	0.6	58.5	1.1	0.19	273	54.9	0.3	52.3	2.2	55.9	1.2	54.7	0.4	55.5	1.6	0.26
Murcia	226	56.7	0.4	56.4	0.7	56.8	0.7	56.5	0.7	57.1	1.0	0.34	284	54.0	0.3	53.6	1.3	52.5	0.8	54.2	0.4	55.9	1.3	0.29
Navarra	418	56.0	0.3	55.8	0.6	55.7	0.5	56.3	0.5	56.4	0.7	0.09	264	53.2	0.3	51.3	1.4	55.1	1.0	52.9	0.4	54.1	1.5	0.53
San Sebastian	450	53.6	0.3	54.1	0.6	53.3	0.5	53.6	0.4	53.3	0.7	0.28	239	52.3	0.4	52.0	1.3	51.3	0.8	52.7	0.5	52.3	1.1	0.59
Asturias	369	54.2	0.3	53.9	0.7	54.5	0.5	54.1	0.5	54.4	0.7	0.57	316	52.2	0.3	52.3	1.3	51.7	0.9	52.0	0.4	53.7	1.0	0.47
Italy																								
Ragusa	162	57.3	0.4	56.1	0.8	57.7	0.8	58.0	0.8	57.6	1.4	0.29	135	56.7	0.5	60.9	1.6	56.3	1.1	56.3	0.6	56.2	1.5	0.21
Naples													394	55.9	0.3	56.0	0.8	55.9	0.5	55.9	0.4	57.1	1.1	0.25
Florence	262	56.6	0.3	56.7	0.7	56.4	0.6	57.3	0.6	54.9	1.2	0.42	760	55.6	0.2	55.7	0.6	56.0	0.4	55.6	0.3	55.2	0.7	0.23
Turin	666	56.0	0.2	56.0	0.4	56.4	0.4	55.5	0.4	56.2	0.7	0.92	385	55.2	0.3	55.5	0.8	55.5	0.6	55.2	0.4	54.5	0.8	0.06
Varese	314	56.4	0.3	56.7	0.8	56.4	0.5	56.6	0.5	54.3	1.1	0.21	780	55.1	0.2	54.6	0.7	54.9	0.5	55.3	0.3	54.3	0.6	0.72
France																								
South coast													608	55.0	0.2	55.5	0.6	54.8	0.3	54.9	0.5	55.3	1.3	0.61
South													1405	55.8	0.1	55.7	0.4	55.6	0.2	56.5	0.4	56.1	1.0	0.52
North-East													2007	55.6	0.1	55.8	0.3	55.4	0.2	56.1	0.3	54.6	1.0	0.40
North-West													619	56.4	0.2	56.9	0.6	56.1	0.3	56.9	0.6	56.9	1.7	0.70
Germany																								
Heidelberg	966	54.7	0.2	54.7	0.4	54.8	0.3	54.3	0.3	56.4	0.5	0.40	1068	53.0	0.2	53.7	0.4	52.4	0.3	53.2	0.3	53.3	0.5	0.63
Potsdam	1136	55.0	0.2	54.3	0.4	55.3	0.3	55.0	0.2	55.8	0.5	0.20	1015	52.8	0.2	52.5	0.4	52.9	0.3	53.0	0.3	51.3	0.8	0.30
Netherlands																								
Bilthoven	998	59.3	0.2	59.2	0.5	59.1	0.4	59.3	0.3	59.9	0.4	0.20	1065	57.3	0.2	56.1	0.6	57.6	0.4	57.6	0.2	57.1	0.4	0.72
Utrecht													1809	55.9	0.1	55.2	0.6	55.9	0.3	56.0	0.2	56.0	0.3	0.24
United Kingdom																								
General population	146	58.2	0.5	57.9	1.2	58.2	0.9	58.2	0.7	58.7	1.2	0.30	244	56.6	0.4	55.9	0.9	56.3	0.7	57.2	0.6	56.1	1.2	0.83
Health conscious	105	58.9	0.5	55.8	1.4	59.6	1.0	59.1	0.8	60.1	1.3	0.20	180	56.3	0.4	55.5	0.8	57.1	0.8	56.6	0.6	54.4	1.9	0.52
Denmark																								
Copenhagen	1264	58.5	0.2	58.1	0.3	58.1	0.3	58.7	0.3	59.7	0.4	0.05	1406	57.1	0.1	57.3	0.3	56.9	0.2	57.0	0.3	57.4	0.6	0.69
Aarhus	520	58.6	0.2	58.5	0.5	58.7	0.4	58.1	0.4	59.8	0.7	0.48	470	56.9	0.3	57.0	0.5	56.3	0.4	57.2	0.4	58.4	1.0	0.22
Sweden																								
Malmo	1335	57.0	0.2	56.4	0.4	57.5	0.2	56.8	0.3	56.2	0.8	0.69	1603	54.4	0.1	54.3	0.3	54.4	0.2	54.6	0.2	54.0	0.6	0.86
Umea																								
Norway																								
South & East																								
North & West																								

SE = standard error

<sup>1</sup> adjusted by age, total energy, weight and height, and weighted by season & day

<sup>2</sup> based on the glucose = 100 scale

**Table 2c** Mean glycaemic index values<sup>1,2</sup> in non-diabetic subjects by centre and gender, according to highest level of education

Country and Centre	MEN										WOMEN									
	N	All		None/ primary school		Technical/ professional/ secondary school		University		P trend	N	All		None/ primary school		Technical/ professional/ secondary school		University		P trend
		Mean	SE	Mean	SE	Mean	SE	Mean	SE			Mean	SE	Mean	SE	Mean	SE	Mean	SE	
Greece	1137	58.3	0.2	59.8	0.3	57.9	0.3	57.1	0.3	0.18	1256	56.2	0.2	57.4	0.2	54.3	0.3	56.6	0.4	0.78
Spain																				
Granada	183	56.4	0.4	56.9	0.6	56.0	1.0	55.7	0.7	0.23	267	55.2	0.4	55.1	0.4	55.7	1.1	55.3	1.5	0.71
Murcia	226	56.6	0.4	56.5	0.5	55.1	1.2	57.7	0.8	0.79	284	54.0	0.3	54.0	0.4	54.8	1.0	53.1	0.8	0.46
Navarra	416	56.0	0.3	55.9	0.3	56.9	0.6	55.0	1.0	0.67	263	53.2	0.3	53.1	0.4	52.6	1.1	53.8	1.2	0.72
San Sebastian	448	53.6	0.3	53.3	0.4	53.7	0.5	53.7	0.8	0.06	237	52.3	0.4	52.4	0.4	52.1	0.8	50.9	1.3	0.11
Asturias	367	54.2	0.3	54.0	0.4	54.2	0.6	55.2	0.8	0.29	311	52.2	0.3	52.0	0.4	52.3	0.9	52.7	1.1	0.30
Italy																				
Ragusa	161	57.2	0.4	58.2	0.8	57.2	0.6	55.8	1.1	0.20	135	56.7	0.5	57.3	0.9	56.7	0.6	56.5	1.3	0.83
Naples											394	55.9	0.3	54.9	0.6	56.1	0.4	57.2	0.7	0.49
Florence	260	56.6	0.3	57.2	0.9	56.3	0.4	57.3	0.8	0.95	757	55.6	0.2	55.4	0.4	55.7	0.3	55.9	0.5	0.04
Turin	666	56.0	0.2	56.0	0.5	56.0	0.2	56.2	0.7	0.79	385	55.2	0.3	55.5	0.6	55.0	0.3	56.1	0.8	0.86
Varese	314	56.4	0.3	57.1	0.6	56.2	0.4	56.5	1.4	0.64	779	55.1	0.2	55.5	0.3	54.8	0.3	54.9	0.7	0.55
France																				
South coast											585	55.0	0.2	54.8	0.6	54.6	0.3	55.7	0.4	0.40
South											1338	55.8	0.2	56.0	0.5	55.8	0.2	55.8	0.2	0.08
North-East											1935	55.6	0.1	56.6	0.4	55.3	0.2	55.7	0.2	0.43
North-West											603	56.4	0.2	56.1	0.6	56.2	0.3	56.9	0.4	0.14
Germany																				
Heidelberg	963	54.7	0.2	54.9	0.3	54.8	0.3	54.2	0.3	0.02	1066	53.0	0.2	53.1	0.3	53.0	0.2	52.6	0.3	0.06
Potsdam	1136	55.0	0.2	55.3	0.4	55.3	0.3	54.6	0.2	0.23	1015	52.8	0.2	52.9	0.4	53.3	0.2	51.8	0.3	0.43
Netherlands																				
Bilthoven	998	59.3	0.2	60.4	0.5	59.5	0.2	58.2	0.3	0.02	1061	57.3	0.2	59.2	0.5	57.7	0.2	55.1	0.4	0.05
Utrecht											1809	55.9	0.1	56.6	0.3	55.9	0.2	54.8	0.3	0.09
United Kingdom																				
General population	94	57.6	0.6	.	.	57.8	0.9	57.5	0.8	.	148	56.2	0.5	.	.	56.6	0.6	55.7	0.8	.
Health conscious	78	58.6	0.6	.	.	58.3	1.0	58.7	0.7	.	155	56.2	0.4	.	.	56.6	0.7	56.0	0.6	.
Denmark																				
Copenhagen	1263	58.5	0.2	58.8	0.3	58.6	0.2	58.0	0.3	0.04	1406	57.0	0.1	57.6	0.3	56.8	0.2	56.5	0.4	0.09
Aarhus	520	58.6	0.2	58.5	0.4	58.9	0.4	58.0	0.5	0.37	470	56.9	0.3	57.5	0.5	56.6	0.3	56.7	0.8	0.38
Sweden																				
Malmo	1332	57.0	0.2	57.6	0.2	56.7	0.3	56.4	0.3	0.22	1600	54.4	0.1	55.0	0.2	54.0	0.2	54.3	0.3	0.42
Umea	1306	56.6	0.2	56.6	0.3	56.7	0.2	55.9	0.3	0.20	1546	54.5	0.1	54.7	0.3	54.8	0.2	54.0	0.3	0.36
Norway																				
South & East											802	55.2	0.2	55.1	0.5	55.2	0.2	54.8	0.5	0.14
North & West											641	56.1	0.2	55.4	0.5	56.2	0.3	56.0	0.6	0.31

SE = standard error. Data are not reported if the number of subjects per stratum is less than 20.

<sup>1</sup> adjusted by age, total energy, weight and height, and weighted by season & day

<sup>2</sup> based on the glucose = 100 scale

**Table 2d** Mean glycaemic index values<sup>1,2</sup> in non-diabetic subjects by centre and gender, according to cigarette smoking status

Country and Centre	MEN										WOMEN									
	N	All		Never		Former		Current		P trend	N	All		Never		Former		Current		P trend
		Mean	SE	Mean	SE	Mean	SE	Mean	SE			Mean	SE	Mean	SE	Mean	SE			
Greece	1065	58.4	0.2	57.8	0.3	57.6	0.3	59.7	0.3	0.39	1205	56.2	0.2	56.3	0.2	55.2	0.6	56.2	0.4	0.93
Spain																				
Granada	189	56.3	0.4	58.0	0.6	54.8	0.6	56.3	0.9	0.63	273	54.8	0.3	55.0	0.4	53.2	1.5	54.1	1.1	0.66
Murcia	226	56.6	0.4	55.4	0.6	56.6	0.7	57.6	0.6	0.05	283	54.0	0.3	53.8	0.4	51.4	1.2	56.3	0.9	0.66
Navarra	418	56.0	0.3	55.5	0.4	55.9	0.6	56.5	0.4	0.08	264	53.2	0.3	53.2	0.4	51.7	1.0	54.0	0.9	0.78
San Sebastian	450	53.6	0.3	53.0	0.4	52.8	0.5	54.6	0.4	0.41	239	52.3	0.4	52.9	0.4	50.0	0.9	51.6	1.1	0.71
Asturias	368	54.2	0.3	54.1	0.5	54.5	0.5	54.0	0.5	0.86	316	52.2	0.3	51.9	0.3	52.5	1.2	53.2	0.8	0.01
Italy																				
Ragusa	161	57.3	0.4	57.2	0.7	57.0	0.7	58.0	0.9	0.44	135	56.7	0.5	57.2	0.7	56.4	1.0	56.4	0.8	0.35
Naples											394	55.9	0.3	55.0	0.4	56.6	0.6	57.1	0.6	0.19
Florence	257	56.7	0.3	56.5	0.6	56.6	0.5	57.2	0.7	0.27	760	55.6	0.2	55.8	0.3	55.4	0.4	55.7	0.4	0.98
Turin	651	56.0	0.2	56.0	0.4	56.2	0.3	55.8	0.4	0.64	385	55.2	0.3	55.6	0.3	54.2	0.6	55.2	0.7	0.83
Varese	312	56.4	0.3	56.5	0.5	56.7	0.5	55.7	0.7	0.45	780	55.1	0.2	55.1	0.2	54.9	0.5	55.1	0.5	0.99
France																				
South coast											586	54.9	0.2	55.2	0.3	54.0	0.6	54.3	1.0	0.46
South											1349	55.8	0.2	55.9	0.2	55.6	0.3	55.8	0.6	0.89
North-East											1908	55.5	0.1	55.7	0.1	55.3	0.3	54.9	0.5	0.01
North-West											595	56.4	0.2	56.7	0.3	55.9	0.5	54.5	0.9	0.10
Germany																				
Heidelberg	966	54.7	0.2	54.6	0.3	54.5	0.3	55.5	0.4	0.42	1068	53.0	0.2	52.8	0.2	53.0	0.3	53.4	0.4	0.12
Potsdam	1136	55.0	0.2	54.5	0.3	55.0	0.2	55.8	0.4	0.10	1014	52.8	0.2	52.8	0.2	53.1	0.4	52.3	0.5	0.53
Netherlands																				
Bilthoven	994	59.3	0.2	59.2	0.3	59.1	0.3	59.7	0.3	0.46	1061	57.3	0.2	57.0	0.3	56.8	0.3	58.2	0.3	0.43
Utrecht											1809	55.9	0.1	55.9	0.2	55.5	0.2	56.6	0.3	0.58
United Kingdom																				
General population	146	58.2	0.5	58.5	0.7	57.9	0.7	58.1	1.2	0.56	243	56.6	0.4	56.6	0.4	56.4	0.7	57.7	1.5	0.43
Health conscious	106	58.9	0.5	58.8	0.8	59.8	0.8	57.4	1.3	0.60	179	56.3	0.4	56.6	0.5	56.1	0.7	52.1	2.8	0.27
Denmark																				
Copenhagen	1263	58.5	0.2	58.3	0.3	58.2	0.3	59.0	0.3	0.42	1406	57.0	0.1	57.1	0.2	56.8	0.3	57.0	0.3	0.81
Aarhus	517	58.6	0.2	58.6	0.4	58.4	0.4	58.8	0.4	0.70	469	56.9	0.3	56.7	0.4	57.2	0.5	56.8	0.5	0.95
Sweden																				
Malmo	1335	57.0	0.2	56.9	0.3	56.7	0.2	57.3	0.3	0.59	1603	54.4	0.1	54.2	0.2	54.4	0.3	54.6	0.3	0.11
Umea	1287	56.6	0.2	56.4	0.2	56.8	0.3	56.7	0.4	0.52	1532	54.5	0.1	54.5	0.2	54.6	0.3	54.5	0.4	0.87
Norway																				
South & East											761	55.2	0.2	55.6	0.3	55.1	0.3	54.8	0.4	0.14
North & West											619	56.1	0.2	56.5	0.4	55.9	0.4	55.8	0.5	0.17

SE = standard error. Data are not reported if the number of subjects per stratum is less than 20.

<sup>1</sup> adjusted by age, total energy, weight and height, and weighted by season & day<sup>2</sup> based on the glucose = 100 scale

**Table 2e** Mean glycaemic load values<sup>1,2</sup> in non-diabetic subjects by centre and gender, according to BMI status

Country and Centre	MEN										WOMEN									
	N	All		<25		25 - 30		>30		P trend	N	All		<25		25 - 30		>30		P trend
		Mean	SE	Mean	SE	Mean	SE	Mean	SE			Mean	SE	Mean	SE	Mean	SE	Mean	SE	
Greece	1139	135.3	1.1	137.0	2.7	134.4	1.5	135.8	2.2	0.69	1263	104.9	0.8	101.7	1.6	105.3	1.3	106.5	1.4	0.18
Spain																				
Granada	189	131.9	2.8	133.0	11.0	131.8	3.3	131.7	5.6	0.27	273	107.8	1.8	105.1	3.3	109.6	2.6	107.4	3.4	0.65
Murcia	226	144.0	2.6	153.1	5.3	142.7	3.4	137.0	5.6	0.10	284	106.3	1.7	107.0	3.0	106.0	2.7	106.1	3.3	0.38
Navarra	418	124.2	1.9	125.0	4.7	127.4	2.4	115.9	3.8	0.46	264	96.3	1.8	95.0	2.9	95.4	2.7	100.9	4.1	0.29
San Sebastian	450	116.9	1.8	118.2	3.8	117.3	2.3	114.3	4.6	0.20	239	100.4	1.9	99.2	2.6	102.6	3.1	98.7	5.4	0.93
Asturias	369	133.4	2.0	138.0	4.8	134.8	2.6	126.6	4.1	0.15	316	105.5	1.6	105.1	2.8	105.4	2.3	106.7	4.1	0.22
Italy																				
Ragusa	162	178.5	3.1	173.7	6.9	180.2	3.9	178.4	7.3	0.50	135	123.1	2.5	117.9	3.5	126.9	4.3	134.1	6.7	0.04
Naples											394	122.1	1.5	121.8	2.6	125.2	2.2	118.1	2.7	0.65
Florence	262	171.0	2.4	180.9	3.9	166.7	3.4	159.8	6.6	0.13	760	123.2	1.1	126.4	1.5	121.5	1.8	115.3	2.9	0.04
Turin	666	169.4	1.5	172.6	2.6	169.6	2.0	159.8	4.3	0.19	385	122.8	1.5	125.5	2.0	117.1	2.6	125.2	3.9	0.98
Varese	314	167.9	2.2	174.9	3.5	162.9	2.9	167.0	7.6	0.55	780	126.4	1.0	126.7	1.5	125.5	1.8	127.9	2.8	0.68
France																				
South coast											608	101.4	1.2	105.0	1.3	89.1	3.0	82.6	5.1	0.15
South											1405	111.3	0.8	113.7	0.9	103.0	1.7	108.5	4.3	0.68
North-East											2007	106.6	0.7	108.1	0.8	102.8	1.3	104.1	2.8	0.48
North-West											619	110.0	1.2	110.9	1.3	107.4	2.6	102.9	6.9	0.04
Germany																				
Heidelberg	966	138.0	1.2	140.7	2.1	137.2	1.8	135.5	3.0	0.12	1068	106.6	0.9	107.3	1.2	106.6	1.7	104.1	2.4	0.20
Potsdam	1136	138.1	1.1	140.0	2.1	138.1	1.6	135.3	2.6	0.06	1015	113.7	0.9	114.1	1.3	113.6	1.5	113.0	2.1	0.02
Netherlands																				
Bilthoven	1000	158.0	1.3	165.9	2.2	155	1.7	151	3.2	0.17	1066	121.0	0.9	123.4	1.3	119.1	1.5	117.9	2.4	0.20
Utrecht											1809	116.5	0.7	117.2	1.0	115.8	1.1	115.7	1.8	0.32
United Kingdom																				
General population	146	159.6	3.3	168.3	6.0	156.1	4.4	154.1	9.0	0.25	244	118.8	1.9	117.3	2.9	117.8	3.1	125.2	4.7	0.30
Health conscious	106	176.2	3.7	175.6	4.2	180.7	8.1	156.7	25.3	0.46	180	131.5	2.2	133.0	2.5	129.5	5.1	113.9	10.4	0.22
Denmark																				
Copenhagen	1264	144.6	1.1	149.8	1.8	142.7	1.5	137.8	2.9	0.06	1406	113.2	0.8	114.0	1.1	112.7	1.3	111.3	2.1	0.00
Aarhus	520	148.1	1.7	148.0	2.9	149.2	2.3	144.7	4.5	0.50	470	118.0	1.3	119.2	1.7	112.5	2.5	125.4	3.9	0.68
Sweden																				
Malmo	1335	148.2	1.1	150.0	1.8	148.5	1.5	141.1	2.9	0.24	1603	109.5	0.7	111.3	1.1	109.3	1.2	104.3	1.8	0.16
Umea	1310	157.0	1.1	158.1	1.8	157	1.5	153.6	3.1	0.18	1552	118.6	0.7	119.0	1.1	117.6	1.2	119.7	2.0	0.80
Norway																				
South & East											802	118.2	1.0	118.8	1.2	115.9	2.1	122.1	4.8	0.64
North & West											641	119.5	1.2	120.2	1.4	118.9	2.2	116.3	4.9	0.12

SE = standard error

<sup>1</sup> adjusted by age and total energy, and weighted by season & day<sup>2</sup> based on the glucose = 100 scaleSupplementary information from <http://epic.iarc.fr>

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**Table 2f** Mean glycaemic load values<sup>1,2</sup> in non-diabetic subjects by centre and gender, according to physical activity status

Country and Centre	MEN												WOMEN											
	N	All		Inactive		Moderately inactive		Moderately active		Active		P trend	N	All		Inactive		Moderately inactive		Moderately active		Active		P trend
		Mean	SE	Mean	SE	Mean	SE	Mean	SE	Mean	SE			Mean	SE	Mean	SE	Mean	SE	Mean	SE	Mean	SE	
Greece	1139	136.4	1.2	141.3	2.9	133.1	1.9	138.4	1.8	131.9	4.3	0.34	1263	105.7	0.9	103.8	3.2	104.3	1.9	106.0	1.1	108.9	2.6	0.05
Spain																								
Granada	189	133.3	2.8	135.3	6.1	126.4	5.3	135.8	4.6	138.3	7.9	0.54	273	108.5	1.8	91.0	12.0	107.1	6.7	109.4	1.9	103.4	9.1	0.38
Murcia	226	144.3	2.6	140.5	5.1	144.0	4.7	148.8	4.8	143.5	7.0	0.49	284	107.1	1.8	97.9	7.1	109.2	4.4	107.6	2.1	106.4	7.2	0.39
Navarra	418	125.0	1.9	131.6	4.5	121.4	3.5	127.4	3.2	119.6	4.8	0.30	264	96.8	1.8	86.9	7.6	102.9	5.3	96.6	2.1	97.2	8.3	0.53
San Sebastian	450	117.1	1.9	118.6	4.0	122.5	3.8	114.4	2.9	114.2	4.6	0.30	239	100.7	1.9	104.2	6.9	95.6	4.4	102.3	2.4	97.5	5.9	0.57
Asturias	369	134.3	2.1	129.9	4.9	136.4	3.6	134.9	3.5	134.2	4.7	0.48	316	106.0	1.7	106.4	7.2	103.1	4.7	105.2	1.9	117.1	5.6	0.29
Italy																								
Ragusa	162	178.5	3.2	169.8	5.7	174.9	6.0	190.1	5.5	178.8	9.9	0.37	135	123.5	2.5	113.8	8.7	133.1	5.9	120.2	3.2	135.9	8.2	0.34
Naples													394	122.8	1.5	120.4	4.0	124.8	2.4	120.8	2.3	129.7	5.9	0.28
Florence	262	170.7	2.4	168.5	4.6	168	4.1	177.4	4.4	165.7	8.4	0.97	760	123.2	1.1	118.9	3.3	122.2	2.2	123.9	1.4	126.7	3.8	0.01
Turin	666	169.0	1.5	167.9	3.0	170.2	2.6	166.9	2.7	175.0	4.8	0.36	385	122.8	1.5	121.2	4.5	125.3	3.4	122.8	2.0	120.1	4.3	0.66
Varese	314	167.0	2.2	169.3	5.6	159.5	3.5	176.3	3.5	155.3	7.7	0.66	780	126.5	1.1	127.6	3.5	125.3	2.5	127.4	1.3	121.2	3.5	0.26
France																								
South coast													608	100.6	1.2	101.6	3.1	101.1	1.5	97.1	2.8	108.1	7.5	0.56
South													1405	110.5	0.8	109.7	2.0	111.0	1.0	110.7	1.9	96.9	5.6	0.26
North-East													2007	106.1	0.7	102.1	1.6	106.1	0.8	110.7	1.6	100.7	5.4	0.99
North-West													619	109.2	1.2	112.6	3.1	108.3	1.4	110.0	2.9	108.8	9.3	0.36
Germany																								
Heidelberg	966	138.3	1.3	136.2	2.8	137.3	2.3	136.7	2.0	150.6	3.9	0.21	1068	106.7	0.9	107.2	2.3	107.3	1.6	104.9	1.4	111.5	2.8	0.51
Potsdam	1136	138.5	1.2	133.5	3.0	136.7	2.5	139.9	1.6	142.0	3.5	0.00	1015	114.2	0.9	113.2	2.0	112.8	1.7	115.2	1.4	117.3	4.6	0.08
Netherlands																								
Bilthoven	998	158.1	1.3	152.6	3.5	155.5	2.6	159.2	1.9	161.5	2.8	0.00	1065	121.5	0.9	116.0	3.2	120.2	2.0	122.6	1.2	121.7	2.3	0.14
Utrecht													1809	116.7	0.7	116.5	3.0	115.2	1.4	116.5	1.0	119.2	1.6	0.28
United Kingdom																								
General population	146	159.7	3.4	160.1	8.1	159.7	6.5	157.6	5.2	164.0	8.4	0.53	244	119.1	2.0	129.6	4.7	117.9	3.6	115.9	2.9	118.6	6.8	0.27
Health conscious	105	172.9	3.8	156.8	9.4	167.5	6.9	182.6	6.0	174.7	9.7	0.19	180	130.9	2.2	128.2	4.5	135.6	4.2	129.4	3.3	131.8	10.9	0.82
Denmark																								
Copenhagen	1264	144.7	1.1	141.1	2.1	142.5	2.1	145.8	2.0	152.3	2.8	0.04	1406	113.4	0.8	113.2	1.5	111.4	1.3	115.9	1.5	113.1	3.1	0.70
Aarhus	520	148.1	1.7	147.3	3.4	146.2	3.2	152.6	3.0	142.1	4.7	0.73	470	118.1	1.4	113.3	2.8	115.9	2.2	121.3	2.3	131.7	5.3	0.04
Sweden																								
Malmo	1335	148.1	1.2	146.6	2.5	148.4	1.7	149.1	1.9	141.8	5.4	0.47	1603	109.6	0.8	107.0	1.8	109.2	1.2	110.5	1.2	115.1	3.4	0.03
Umea																								
Norway																								
South & East																								
North & West																								

SE = standard error

<sup>1</sup> adjusted by age, total energy, height and weight, and weighted by season & day

<sup>2</sup> based on the glucose = 100 scale



**Table 2g** Mean glycaemic load values<sup>1,2</sup> in non-diabetic subjects by centre and gender, according to highest level of education

Country and Centre	MEN										WOMEN									
	N	All		None/primary school		Technical/professional/secondary school		University		P trend	N	All		None/primary school		Technical/professional/secondary school		University		P trend
		Mean	SE	Mean	SE	Mean	SE	Mean	SE			Mean	SE	Mean	SE	Mean	SE	Mean	SE	
Greece	1137	136.2	1.2	139.6	1.8	135.9	2.4	132.3	2.0	0.00	1256	105.8	0.9	109.5	1.2	100.1	1.7	104.8	1.7	0.66
Spain																				
Granada	183	133.3	2.8	135.8	3.8	130.4	6.9	133.2	5.2	0.68	267	109.5	1.9	109.8	1.9	103.2	6.2	107.3	8.2	0.76
Murcia	226	144.8	2.6	140.5	3.1	143.5	8.0	158.5	5.7	0.23	284	106.1	1.8	109.1	2.0	96.1	5.4	105.3	4.4	0.82
Navarra	416	124.9	1.9	124.4	2.2	127.8	4.0	125.2	7.3	0.86	263	96.9	1.8	97.9	2.0	89.7	6.0	93.9	6.6	0.68
San Sebastian	448	117.3	1.8	116.1	2.3	116.6	3.3	124.2	5.9	0.30	237	100.6	1.9	102.6	2.2	95.4	4.2	97.3	7.0	0.50
Asturias	367	133.8	2.0	133.6	2.5	132.9	4.2	137.7	5.4	0.42	311	105.7	1.7	106.2	1.9	104.9	4.8	103	5.8	0.06
Italy																				
Ragusa	161	178.3	3.1	183.5	4.5	175.8	5.2	168.8	7.7	0.02	135	123.5	2.5	126.8	3.6	118.4	4.0	127.2	7.2	0.97
Naples											394	122.8	1.5	124.6	2.3	121.4	2.3	123.0	3.6	0.67
Florence	260	170.5	2.4	175.4	3.9	168.1	3.6	165.7	5.7	0.18	757	123.3	1.1	123.3	1.5	123.8	1.8	122.2	2.6	0.51
Turin	666	168.9	1.5	173.6	2.4	166.8	2.1	161.5	4.9	0.05	385	122.9	1.5	123.1	2.0	120.9	2.6	127.2	4.5	0.56
Varese	314	167.0	2.2	160.4	3.1	173.6	3.1	173.2	10.1	0.35	779	126.5	1.1	126.4	1.3	126.3	2.0	129.8	3.8	0.35
France																				
South coast											585	100.9	1.2	100.3	3.3	101.4	1.7	100.4	2.0	0.94
South											1338	110.9	0.8	106.6	2.4	111.7	1.1	111.1	1.3	0.40
North-East											1935	106.3	0.7	108.5	1.9	107.3	1.0	104.3	1.1	0.15
North-West											603	109.2	1.2	109.5	3.2	109.6	1.6	108.3	2.2	0.37
Germany																				
Heidelberg	963	138.0	1.2	139.1	2.1	141.7	2.1	132.4	2.2	0.51	1066	106.6	0.9	109.4	1.7	106.1	1.3	103.7	1.9	0.06
Potsdam	1136	138.3	1.1	138.6	2.6	139.9	2.0	137.2	1.6	0.65	1015	114.1	0.9	114.2	1.8	115.6	1.3	110.7	1.8	0.51
Netherlands																				
Bilthoven	998	157.9	1.3	162.9	3.3	158.2	1.6	153.9	2.4	0.02	1061	121.4	0.9	123.9	2.4	122.1	1.1	116.7	1.9	0.18
Utrecht											1809	116.6	0.7	118.6	1.4	117.1	0.9	111.8	1.8	0.20
United Kingdom																				
General population	94	157.4	4.0	.	.	152.8	6.0	161	5.4	.	148	119.6	2.4	.	.	120.1	3.0	118.6	4.2	.
Health conscious	78	170.6	4.3	.	.	160.9	7.4	176.6	5.1	.	155	129.2	2.3	.	.	135.3	3.6	124.3	3.1	.
Denmark																				
Copenhagen	1263	144.5	1.1	144.9	2.0	145.5	1.7	142.8	1.9	0.47	1406	113.3	0.8	113.7	1.5	112.7	1.0	114.9	2.2	0.63
Aarhus	520	148.0	1.7	148.8	3.0	148.6	2.6	145.6	3.3	0.31	470	118.0	1.3	119.7	2.5	117.5	1.7	115.9	4.5	0.07
Sweden																				
Malmo	1332	147.9	1.1	148.8	1.6	146.8	1.9	148.4	2.3	0.89	1600	109.6	0.8	109.6	1.2	109.5	1.2	110.4	1.6	0.42
Umea	1306	156.5	1.1	154.4	1.8	157.6	1.6	157.9	2.3	0.29	1546	118.8	0.7	118.4	1.4	119.0	1.1	118.7	1.4	0.69
Norway																				
South & East											802	117.8	1.0	115.9	2.7	117.1	1.3	120.4	2.5	0.17
North & West											641	119.3	1.2	114.9	2.7	119.8	1.4	120.7	3.1	0.24

SE = standard error. Data are not reported if the number of subjects per stratum is less than 20.

<sup>1</sup> adjusted by age, total energy, height and weight, and weighted by season & day

<sup>2</sup> based on the glucose = 100 scale

**Table 2h** Mean glycaemic load values<sup>1,2</sup> in non-diabetic subjects by centre and gender, according to cigarette smoking status

Country and Centre	MEN										WOMEN									
	All			Never		Former		Current		P trend	All			Never		Former		Current		P trend
	N	Mean	SE	Mean	SE	Mean	SE	Mean	SE		N	Mean	SE	Mean	SE	Mean	SE	Mean	SE	
Greece	1065	136.3	1.2	138.5	2.1	134.6	1.9	136.9	2.0	0.79	1205	105.8	0.9	108.0	1.0	108.2	3.3	99.3	1.9	0.37
Spain																				
Granada	189	133.1	2.8	146.0	4.5	127.6	4.3	124.1	5.7	0.24	273	108.5	1.8	110.9	1.9	103.1	7.8	96.3	5.4	0.01
Murcia	226	144.3	2.6	139.3	4.4	149.1	4.8	144.7	4.0	0.62	283	107.3	1.7	109.4	2.0	100.4	6.4	102.5	4.2	0.49
Navarra	418	124.9	1.9	128.1	3.1	129.8	4.3	120.7	2.8	0.47	264	96.7	1.8	97.5	2.1	96.8	5.4	94.5	4.2	0.23
San Sebastian	450	117.1	1.8	120.1	3.1	117.7	3.6	114.3	2.8	0.08	239	100.6	1.9	103.8	2.2	97.3	5.0	86.6	5.3	0.09
Asturias	368	134.1	2.0	141.3	3.3	135.1	3.4	125.2	3.6	0.09	316	105.9	1.6	105.9	1.9	106.2	6.1	106.8	3.9	0.21
Italy																				
Ragusa	161	178.7	3.1	183.2	5.2	171.6	4.7	185.3	6.2	0.89	135	123.5	2.5	134.5	3.8	131.6	5.6	107.1	4.0	0.28
Naples											394	122.7	1.5	122.9	2.1	125.3	3.3	121.8	2.7	0.85
Florence	257	171.1	2.4	173.3	4.3	169.1	3.4	172.5	4.9	0.88	760	123.2	1.1	125.3	1.5	125.0	2.1	118.9	2.0	0.29
Turin	651	168.7	1.5	171.1	2.7	168.4	2.2	166.6	2.9	0.07	385	122.8	1.5	123.0	1.9	121.8	3.2	124.8	3.6	0.56
Varese	312	166.9	2.2	160.8	3.5	170.9	3.4	168.2	4.4	0.50	780	126.5	1.1	127.4	1.2	125.4	2.8	124.1	2.6	0.14
France																				
South coast											586	101.1	1.2	101.9	1.4	98.1	2.9	94.9	4.7	0.06
South											1349	110.4	0.8	111.4	0.9	106.4	1.7	109.0	3.0	0.66
North-East											1908	106.1	0.7	107.7	0.8	101.5	1.6	98.4	2.5	0.13
North-West											595	109.2	1.2	111.3	1.4	103.6	2.5	102.4	4.3	0.25
Germany																				
Heidelberg	966	138.2	1.2	141.8	2.1	138.8	1.8	132.1	2.6	0.15	1068	106.6	0.9	109.0	1.3	102.1	1.6	107.1	2.0	0.86
Potsdam	1136	138.4	1.1	143.8	2.0	136.2	1.6	136.1	2.4	0.32	1014	114.1	0.9	115.9	1.1	111.5	1.9	111.1	2.4	0.23
Netherlands																				
Bilthoven	994	158.0	1.3	164.5	2.4	157.8	2.0	154.2	2.0	0.09	1061	121.4	0.9	124.9	1.5	121.8	1.6	117.2	1.6	0.11
Utrecht											1809	116.6	0.7	121.2	1.0	114.2	1.2	110.7	1.6	0.12
United Kingdom																				
General population	146	159.5	3.3	162.3	4.9	158.0	5.1	156.3	8.0	0.16	243	119.1	1.9	121.2	2.3	117.4	3.8	107.9	7.5	0.16
Health conscious	106	173.4	3.7	182.7	5.5	172.0	5.8	154.5	8.5	0.08	179	130.8	2.2	129.9	2.6	134.8	3.8	106.1	13.6	0.43
Denmark																				
Copenhagen	1263	144.6	1.1	150.7	1.9	144.5	1.8	138.7	1.9	0.01	1406	113.2	0.8	115.2	1.1	116.0	1.5	107.2	1.6	0.37
Aarhus	517	148.2	1.7	151.4	3.1	153.2	2.7	140.5	2.8	0.41	469	117.9	1.3	123.6	1.9	118.6	2.5	107.2	2.6	0.14
Sweden																				
Malmo	1335	148.0	1.1	151.1	1.9	147.8	1.7	144.0	2.1	0.01	1603	109.6	0.7	110.5	1.1	111.7	1.4	105.9	1.5	0.45
Umea	1287	156.7	1.1	159.6	1.4	157.2	1.9	146.5	2.6	0.22	1532	118.7	0.7	119.5	0.9	120.7	1.8	114.7	1.8	0.48
Norway																				
South & East											761	118.0	1.1	121.9	1.7	117.8	1.8	110.8	2.1	0.09
North & West											619	119.1	1.2	125.9	1.9	118.6	2.0	110.8	2.2	0.03

SE = standard error

<sup>1</sup> adjusted by age, total energy, height and weight, and weighted by season & day<sup>2</sup> based on the glucose = 100 scale

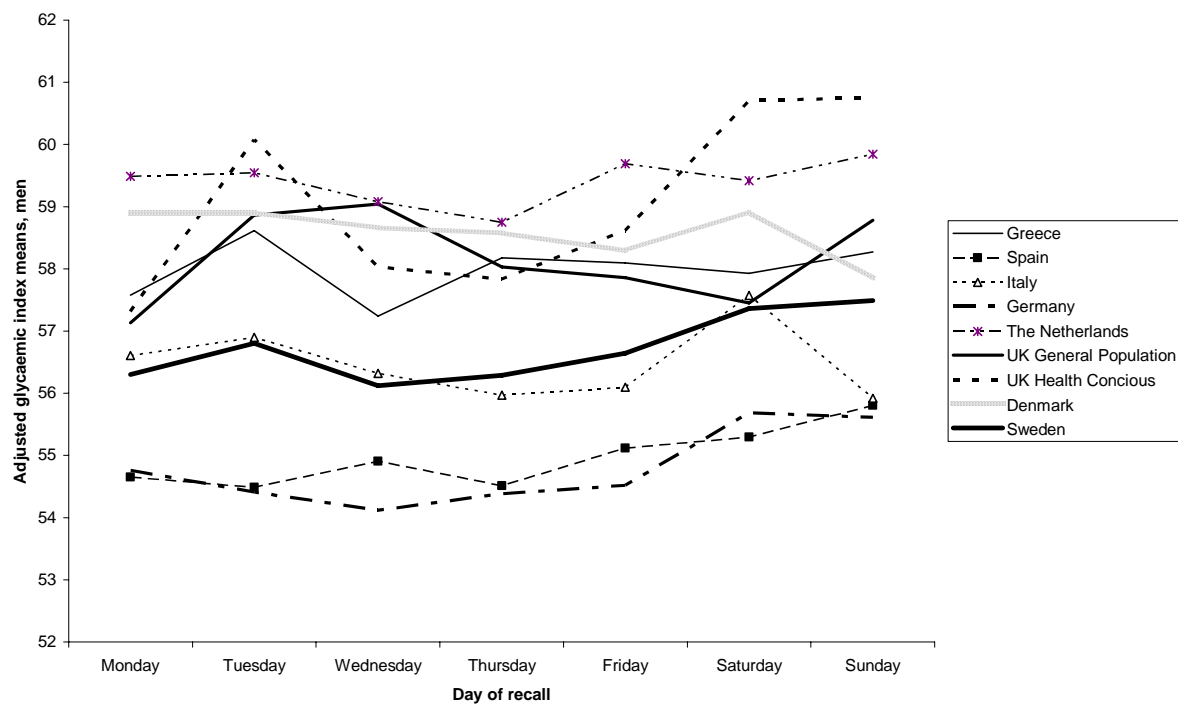


Figure 1a Mean dietary GI in men in the EPIC cohorts according to day of 24-HDR, adjusted for age, energy, weight, height and weighted for season

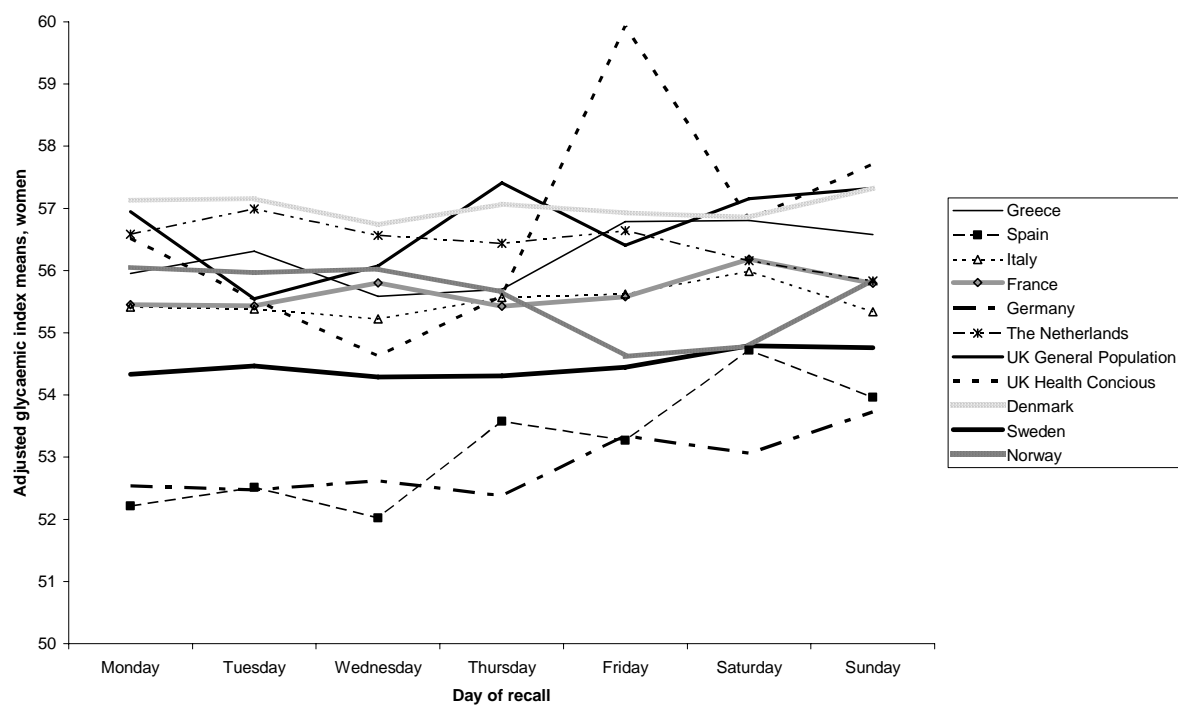


Figure 1b Mean dietary GI in women in the EPIC cohorts according to day of 24-HDR, adjusted for age, energy, weight, height and weighted for season

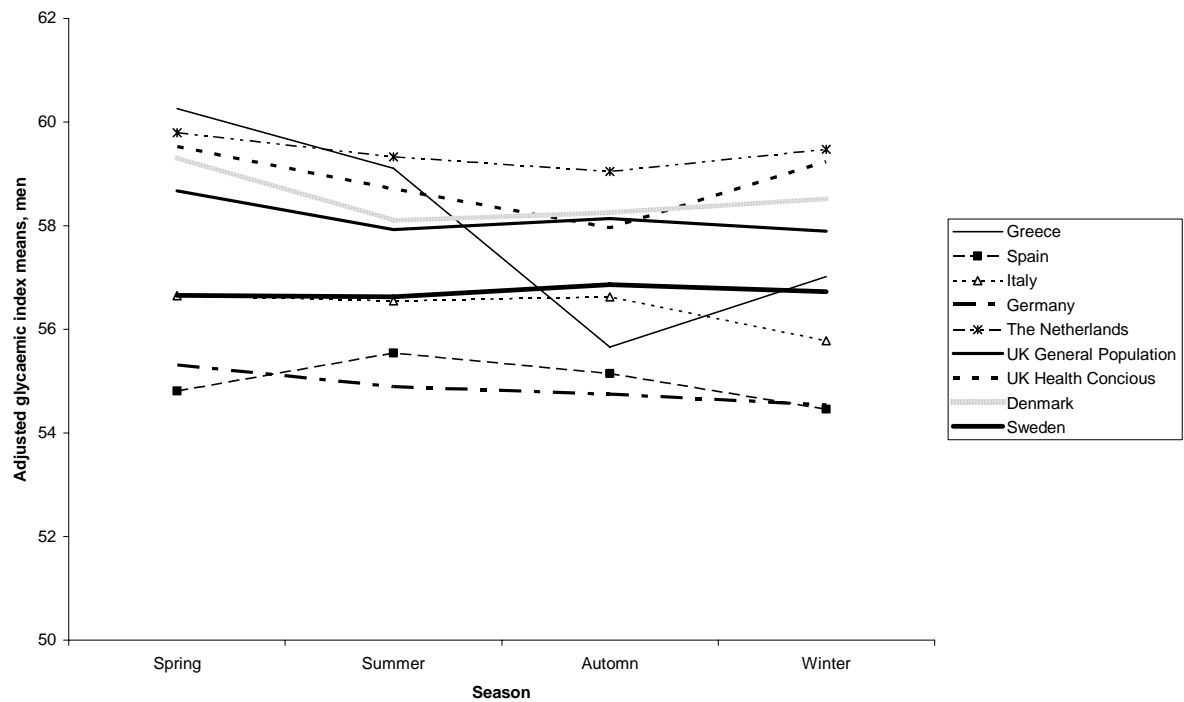


Figure 1c Mean dietary GI in men in the EPIC cohorts according to season of 24-HDR, adjusted for age, energy, weight, height and weighted for day of interview

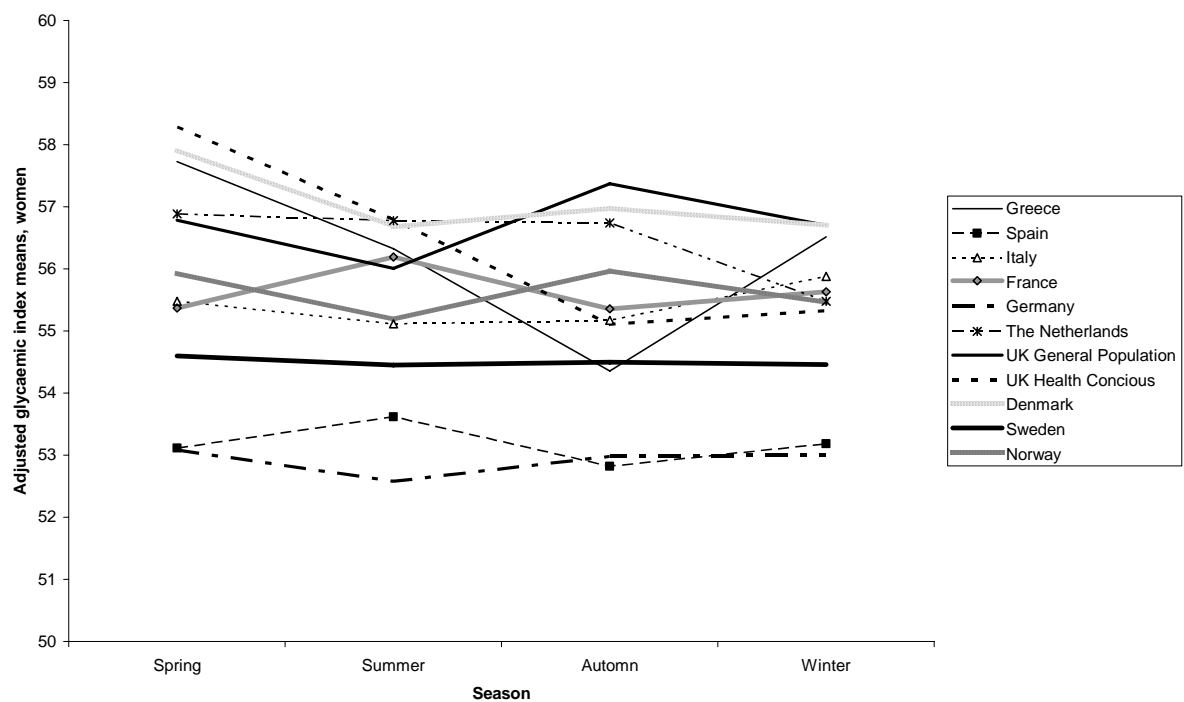


Figure 1d Mean dietary GI in women in the EPIC cohorts according to season of 24-HDR, adjusted for age, energy, weight, height and weighted for day of interview

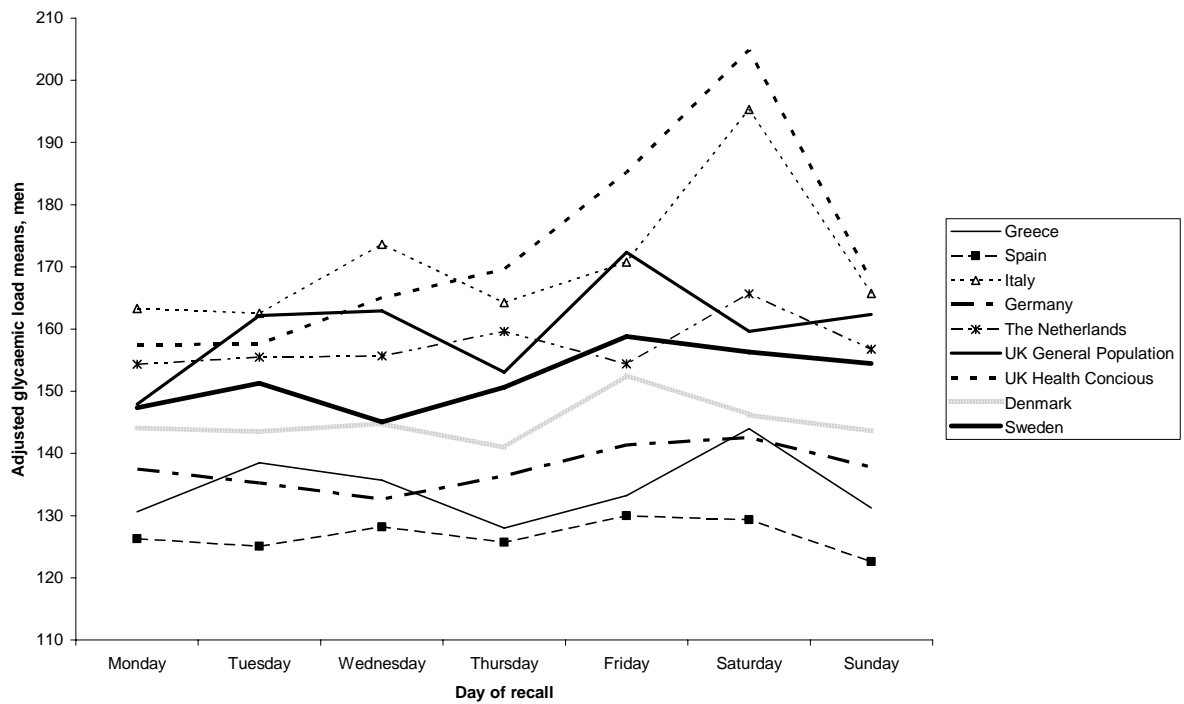


Figure 1e Mean dietary GL in men in the EPIC cohorts according to day of 24-HDR, adjusted for age, energy, weight, height and weighted for season

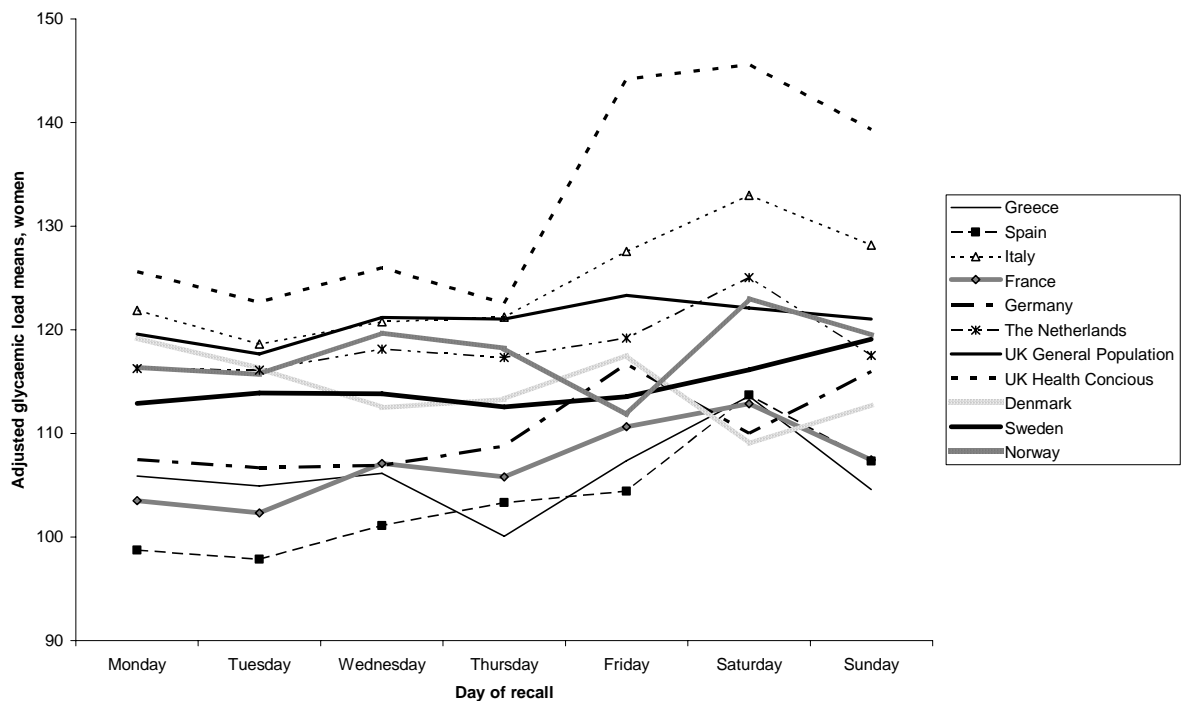


Figure 1f Mean dietary GL in women in the EPIC cohorts according to day of 24-HDR, adjusted for age, energy, weight, height and weighted for season

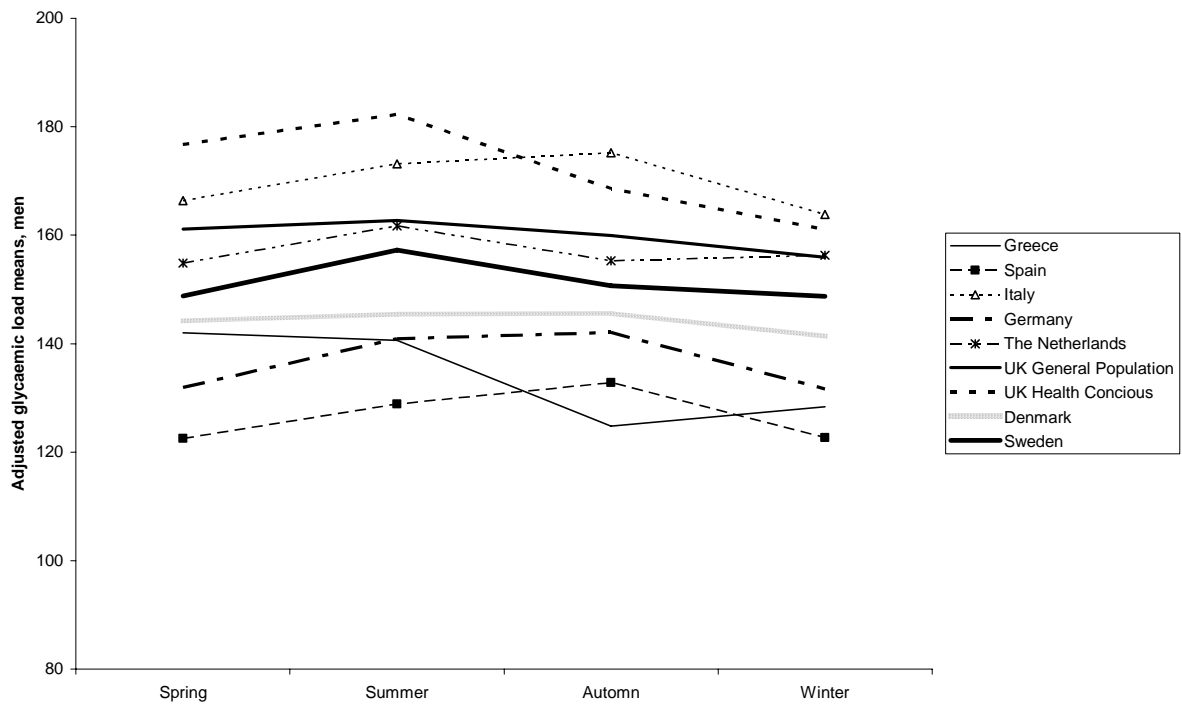


Figure 1g Mean dietary GL in men in the EPIC cohorts according to season of 24-HDR, adjusted for age, energy, weight, height and weighted for day of interview

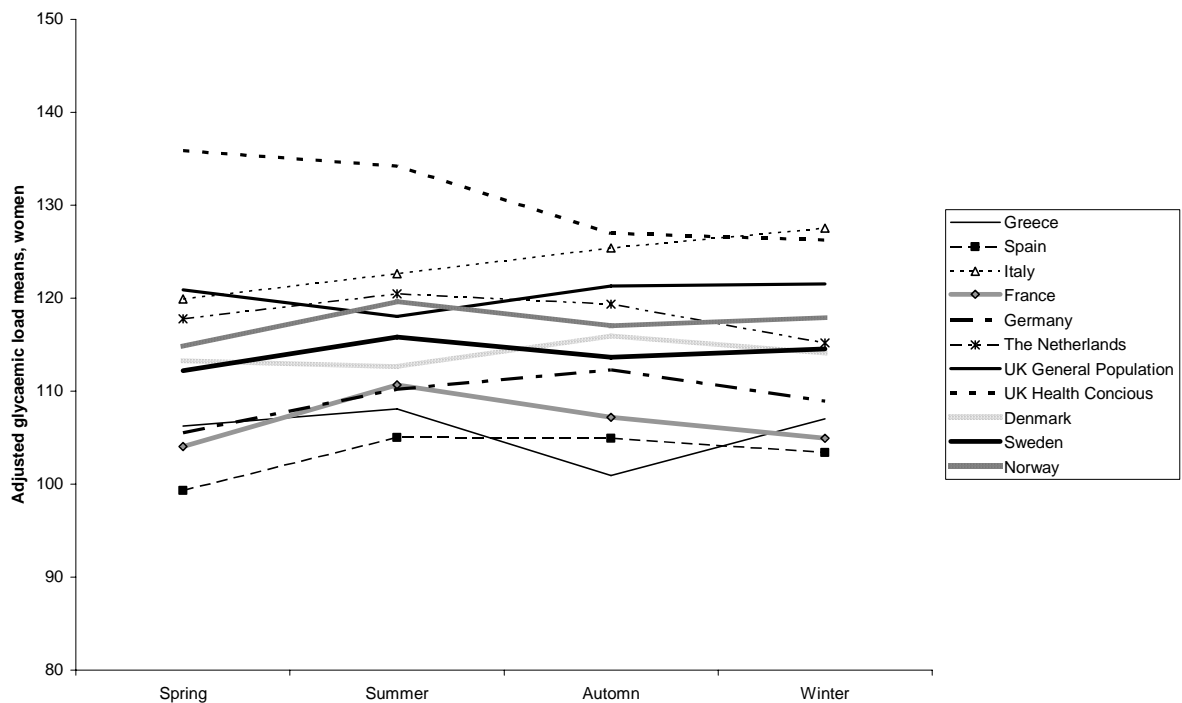


Figure 1h Mean dietary GL in women in the EPIC cohorts according to season of 24-HDR, adjusted for age, energy, weight, height and weighted for day of interview