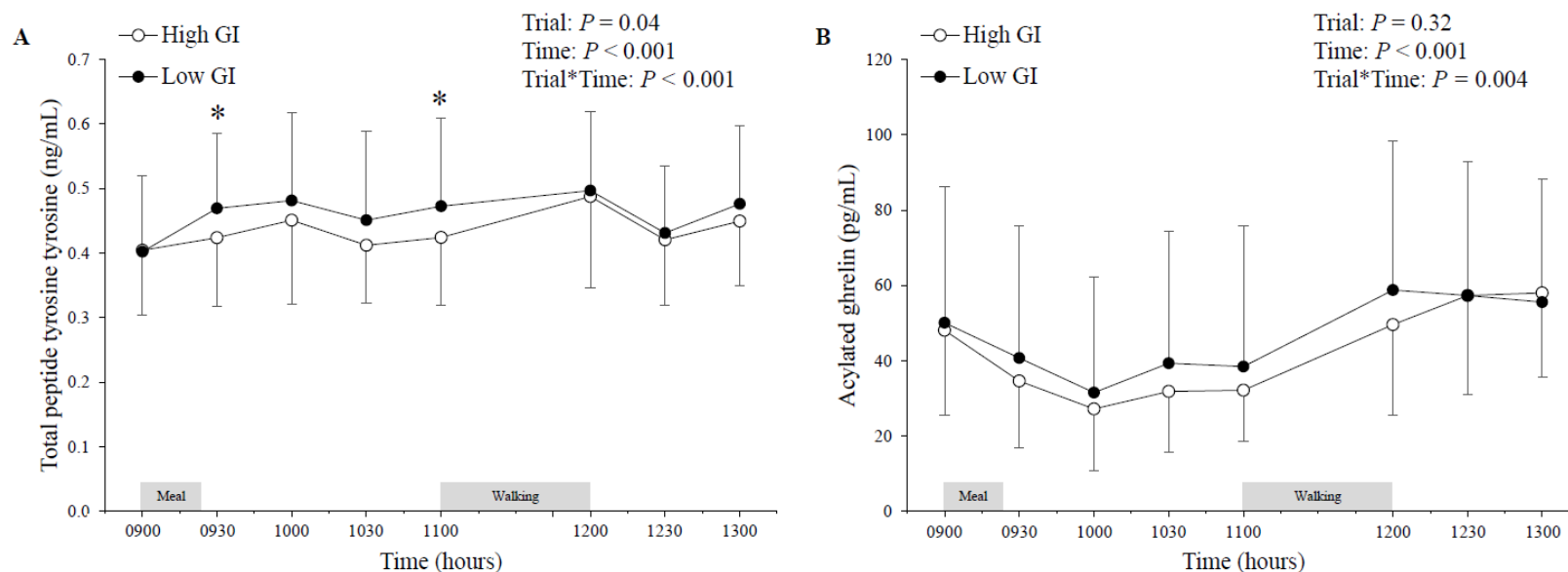


Title: Effects of pre-exercise high and low glycaemic index meals on substrate metabolism and appetite in middle-aged women

Authors: Miki Sakazaki, et al.



SUPPLEMENTAL FIGURE 1 Total peptide tyrosine tyrosine (A) and acylated ghrelin (B) concentrations in the high and low glycaemic index (GI) trials

GI, glycaemic index. Values are means \pm standard deviation represented by unidirectional bars. Values were compared using generalised estimating equations. Post-hoc analysis was adjusted for multiple comparisons using the Bonferroni method. *Significantly different between trials, $P \leq 0.009$ (for total peptide tyrosine tyrosine concentrations (A)).