

**Web Table 1. Age and energy adjusted baseline prevalence of risk factors and dietary variables according to quintiles of glycemic index or glycemic load, Iowa Women's Health Study (n=35,197), 1986**

Characteristic	Glycemic Index Quintiles					Glycemic Load Quintiles				
	<81.0	81.0-84.1	84.2-86.5	86.6-89.3	≥89.4	<146	147-163	164-176	177-192	≥193
<i><b>Risk Factors</b></i>										
BMI 5 <sup>th</sup> quintile* (%)	20	20	20	20	21	22	22	20	18	17
WHR 5 <sup>th</sup> quintiles* (%)	20	19	19	20	21	22	20	19	19	19
Current estrogen user (%)	11	12	11	12	11	11	11	12	12	12
Diabetes (%)	6	5	6	5	7	8	7	6	6	4
High physical activity (%)	29	27	25	23	22	23	25	25	25	26
Current Smoker (%)	20	15	14	13	13	24	17	13	11	11
40+ pack-years of smoking (%)	27	20	19	17	17	32	23	17	15	14
Post-high school education (%)	44	42	41	38	35	41	41	40	39	38
Height 5 <sup>th</sup> quintile* (%)	17	17	17	16	16	16	17	16	17	16
Age at 1 <sup>st</sup> live birth 5 <sup>th</sup> quintile (%)†	20	19	19	20	19	18	20	20	19	19
Number of live births 5 <sup>th</sup> quintile (%)†	19	19	19	19	19	20	20	19	19	18
<i><b>Dietary Components</b></i>										
Foods										
Alcohol drinker (%)	52	49	46	42	38	58	49	44	41	34
Fruit 5 <sup>th</sup> quintile* (%)	25	23	20	18	14	8	15	18	23	36
Vegetables 5 <sup>th</sup> quintile* (%)	23	20	19	19	20	19	21	20	20	21

Fruit and Vegetables 5 <sup>th</sup> quintile* (%)	24	21	19	18	17	13	18	19	21	28
Dairy 5 <sup>th</sup> quintile* (%)	36	24	17	12	10	27	23	21	17	12
Whole grains 5 <sup>th</sup> quintile* (%)	11	15	19	23	29	10	16	19	23	27

*Nutrients*

Fiber 5 <sup>th</sup> quintile* (%)	18	19	19	22	23	9	16	20	23	32
Insoluble Fiber 5 <sup>th</sup> quintile* (%)	15	17	20	23	25	9	16	20	23	32
Soluble Fiber 5 <sup>th</sup> quintile* (%)	17	19	20	22	23	8	16	20	23	33
Starch 5 <sup>th</sup> quintile* (%)	9	15	20	25	31	7	16	21	24	32
Carbohydrates 5 <sup>th</sup> quintile* (%)	18	19	20	21	21	4	15	19	22	40
Caffeine 5 <sup>th</sup> quintile* (%)	26	22	20	18	14	27	23	19	16	14
Calcium 5 <sup>th</sup> quintile* (%)	32	23	18	15	13	21	21	20	20	18
Beta Carotene 5 <sup>th</sup> quintile* (%)	17	19	20	21	23	14	18	21	22	25
Folate 5 <sup>th</sup> quintile* (%)	22	21	19	19	18	17	18	20	22	24
Fructose 5 <sup>th</sup> quintile* (%)	22	21	21	20	16	5	13	17	23	41
Glucose 5 <sup>th</sup> quintile* (%)	20	21	21	21	17	5	13	18	24	41
Sucrose 5 <sup>th</sup> quintile* (%)	18	21	22	21	18	5	15	20	23	36

*Vitamins*

Multivitamin use (%)	36	35	32	32	32	32	33	33	34	35
Vitamin A 5 <sup>th</sup> quintile* (%)	20	20	19	20	21	16	19	20	21	24
Retinol 5 <sup>th</sup> quintile* (%)	23	20	19	19	19	18	20	20	20	22

Vitamin D 5 <sup>th</sup> quintile* (%)	28	23	19	16	15	18	20	20	21	21
Vitamin E 5 <sup>th</sup> quintile* (%)	21	21	19	20	19	19	19	20	21	21

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\*Quintile cut-points indicated in Table 2.

†Age at first live birth quintiles: ≤18, 19-20, 21-22, 23-25, 26-50; Number of live births quintiles: 1, 2, 3, 4, 5-14.