

SUPPLEMENTARY DATA

Supplementary Table 1. Mean values, at baseline and nine years, of parameters associated with the metabolic syndrome, according to dairy product consumption (except cheese) during the 9-year follow-up, the D.E.S.I.R. study.

	Group 1-low 730		Group 2 653		Group 3 1345		Group 4-high 707		P ANCOVA*			
	T0	T9	T0	T9	T0	T9	T0	T9	†	‡	§	
n												
BMI (kg/m ²)	24.4 ± 0.1	25.7 ± 0.1	24.5 ± 0.1	25.6 ± 0.2	24.4 ± 0.1	25.4 ± 0.10	24.2 ± 0.1	25.2 ± 0.2	0.18	0.9 3	0.0 1	0.7 6
Waist circumference (cm) in Men	88.8 ± 0.2	92.1 ± 0.3	88.9 ± 0.2	91.6 ± 0.3	88.5 ± 0.2	91.8 ± 0.2	88.4 ± 0.3	91.4 ± 0.3	0.36		0.3 6	
Waist circumference (cm) in Women	75.9 ± 0.3	80.8 ± 0.4	76.0 ± 0.3	80.2 ± 0.4	76.2 ± 0.2	80.5 ± 0.2	76.4 ± 0.3	80.4 ± 0.3	0.81		0.3 7	
Systolic blood pressure (mmHg)	131.2 ± 0.5	137.1 ± 0.6	130.5 ± 0.5	135.5 ± 0.7	130.7 ± 0.4	135.0 ± 0.5	129.9 ± 0.5	134.9 ± 0.7	0.08	0.8 0	0.2 5	0.0 3
Diastolic blood pressure (mmHg)	79.9 ± 0.3	81.6 ± 0.4	79.8 ± 0.4	81.2 ± 0.4	79.8 ± 0.2	80.5 ± 0.3	78.7 ± 0.3	80.0 ± 0.4	0.00 5	0.4 2	0.1 8	0.0 20
Insulin (pmol/l)	40.3 (38.9-41.7)	52.6 (50.7-54.7)	39.2 (37.9-40.6)	50.9 (48.9-52.9)	39.0 (38.1-40.0)	51.6 (50.2-53.0)	38.5 (37.2-39.9)	50.7 (48.8-52.7)	0.29	0.4 9	0.8 8	0.9 9
HDL-C (mmol/l) in Men	1.54 ± 0.02	1.42 ± 0.01	1.51 ± 0.02	1.39 ± 0.02	1.48 ± 0.01	1.40 ± 0.01	1.45 ± 0.02	1.37 ± 0.02	0.03		0.0 4	
HDL-C (mmol/l) in Women	1.82 ± 0.02	1.67 ± 0.02	1.82 ± 0.02	1.65 ± 0.02	1.79 ± 0.01	1.64 ± 0.01	1.79 ± 0.02	1.62 ± 0.02	0.39		0.7 6	
Triglycerides (mmol/l)	0.98 (0.96-1.00)	1.10 (1.07-1.14)	0.93 (0.90-0.97)	1.05 (1.01-1.08)	0.95 (0.93-0.98)	1.04 (1.02-1.07)	0.98 (0.94-1.01)	1.06 (1.02-1.09)	0.07	0.9 6	0.2 7	0.3 7

Data are LS means ± SEM, or geometric means (95% CI). *ANCOVA for repeated measures, adjusted for sex, age, smoking, physical activity, fat intake, mean BMI. †Average effect of dairy ‡interaction effect on average between dairy and sex. §Interaction effect between dairy and time. ||Interaction effect between dairy, sex and time

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Supplementary Table 2. Mean values, at baseline and nine years, of parameters associated with the metabolic syndrome according to cheese consumption during the 9-year follow-up, the D.E.S.I.R. study.

	Group 1-low 1043		Group 2-medium 769		Group 3-high 1623					
	T0	T9	T0	T9	T0	T9				
BMI (kg/m ²)	24.2 ± 0.1	25.3 ± 0.1	24.6 ± 0.1	25.8 ± 0.1	24.4 ± 0.1	25.4 ± 0.1	0.03	0.93	0.04	0.70
Waist circumference (cm) in Men	88.8 ± 0.2	92.4 ± 0.3	88.6 ± 0.2	91.9 ± 0.3	88.6 ± 0.2	91.5 ± 0.2	0.15		0.08	
Waist circumference (cm) in Women	76.2 ± 0.2	80.7 ± 0.3	76.2 ± 0.2	81.0 ± 0.3	76.1 ± 0.2	80.0 ± 0.3	0.18		0.09	
Systolic blood pressure (mmHg)	131.5 ± 0.4	136.0 ± 0.5	129.9 ± 0.5	135.2 ± 0.6	130.2 ± 0.4	135.5 ± 0.4	0.12	0.19	0.44	0.53
Diastolic blood pressure (mmHg)	80.1 ± 0.3	81.7 ± 0.3	79.7 ± 0.3	80.5 ± 0.3	79.2 ± 0.2	80.5 ± 0.2	0.004	0.11	0.58	0.20
Insulin (pmol/l)	40.1 (39.0-41.3)	53.3 (51.5-55.0)	38.9 (37.6-40.1)	51.3 (49.5-53.1)	38.9 (38.0-39.9)	50.8 (49.5-54.9)	0.07	0.11	0.74	0.47
HDL-C (mmol/l) in Men	1.50 ± 0.02	1.39 ± 0.02	1.50 ± 0.02	1.41 ± 0.02	1.49 ± 0.01	1.40 ± 0.01	0.85		0.47	
HDL-C (mmol/l) in Women	1.80 ± 0.02	1.64 ± 0.01	1.80 ± 0.02	1.63 ± 0.02	1.80 ± 0.02	1.65 ± 0.01	0.87		0.61	
Triglycerides (mmol/l)	0.99 (0.96-1.03)	1.11 (1.08-1.14)	0.95 (0.92-0.98)	1.06 (1.03-1.09)	0.95 (0.92-0.97)	1.03 (1.01-1.05)	0.001	0.20	0.32	0.20

Data are LS means ± SEM, or geometric means (95% CI). *ANCOVA for repeated measures, adjusted for sex, age, smoking, physical activity, fat intake, mean BMI. †Average effect of cheese. ‡Interaction effect on average between cheese and sex. §Interaction effect between cheese and time. ||Interaction effect between cheese, sex and time

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Supplementary Table 3. Mean values, at baseline and nine years, of parameters associated with the metabolic syndrome according to the dietary calcium density consumption during the 9-year follow-up, the D.E.S.I.R. study.

	quartile 1 843		quartile 2 866		quartile 3 875		quartile 4 851		P ANCOVA*		
	T0	T9	T0	T9	T0	T9	T0	T9	†	‡	§
BMI (kg/m ²)	24.1 ± 0.1	25.4 ± 0.1	24.5 ± 0.1	25.6 ± 0.1	24.4 ± 0.1	25.5 ± 0.1	24.5 ± 0.1	25.4 ± 0.1	0.46	0.67	0.000 9
Waist circumference (cm) in Men	88.6 ± 0.2	92.3 ± 0.3	88.5 ± 0.2	92.1 ± 0.3	88.7 ± 0.2	91.8 ± 0.3	88.8 ± 0.2	91.0 ± 0.3	0.30		0.000 8
Waist circumference (cm) in Women	76.3 ± 0.2	81.3 ± 0.3	76.0 ± 0.2	80.1 ± 0.3	76.4 ± 0.2	80.3 ± 0.3	75.9 ± 0.3	80.0 ± 0.3	0.05		0.03
Systolic blood pressure (mmHg)	131.4 ± 0.5	136.7 ± 0.6	130.3 ± 0.5	134.7 ± 0.6	130.6 ± 0.5	135.9 ± 0.6	129.9 ± 0.5	134.9 ± 0.6	0.02	0.10	0.60 1
Diastolic blood pressure (mmHg)	80.1 ± 0.3	81.7 ± 0.3	79.7 ± 0.3	80.7 ± 0.3	79.5 ± 0.3	81.0 ± 0.3	79.0 ± 0.3	79.9 ± 0.3	0.00 1	0.15	0.39 0
Insulin (pmol/l)	40.1 (38.9-41.3)	53.3 (51.4-55.1)	39.1 (38.1-40.4)	51.3 (49.6-53.1)	38.2 (37.0-39.3)	49.6 (48.0-51.3)	39.4 (38.2-40.6)	51.9 (50.1-53.7)	0.02	0.00 2	0.83 5
HDL-C (mmol/l) in Men	1.53 ± 0.02	1.40 ± 0.01	1.51 ± 0.02	1.40 ± 0.01	1.48 ± 0.02	1.39 ± 0.01	1.47 ± 0.02	1.40 ± 0.01	0.25		0.02
HDL-C (mmol/l) in Women	1.77 ± 0.02	1.62 ± 0.02	1.83 ± 0.02	1.65 ± 0.02	1.79 ± 0.02	1.65 ± 0.02	1.82 ± 0.02	1.65 ± 0.02	0.16		0.29
Triglycerides (mmol/l)	0.98 (0.95-1.01)	1.11 (1.08-1.15)	0.96 (0.94-0.99)	1.05 (1.02-1.08)	0.94 (0.91-0.97)	1.04 (1.01-1.07)	0.96 (0.93-0.99)	1.03 (1.00-1.06)	0.02	0.73	0.03 0

Data are LS means ± SEM, or geometric means (95% CI). *ANCOVA for repeated measures, adjusted for sex, age, smoking, physical activity, fat intake, mean BMI. †Average effect of calcium density. ‡Interaction effect on average between calcium density and sex. §Interaction effect between calcium density and time. ||Interaction effect between calcium density and time