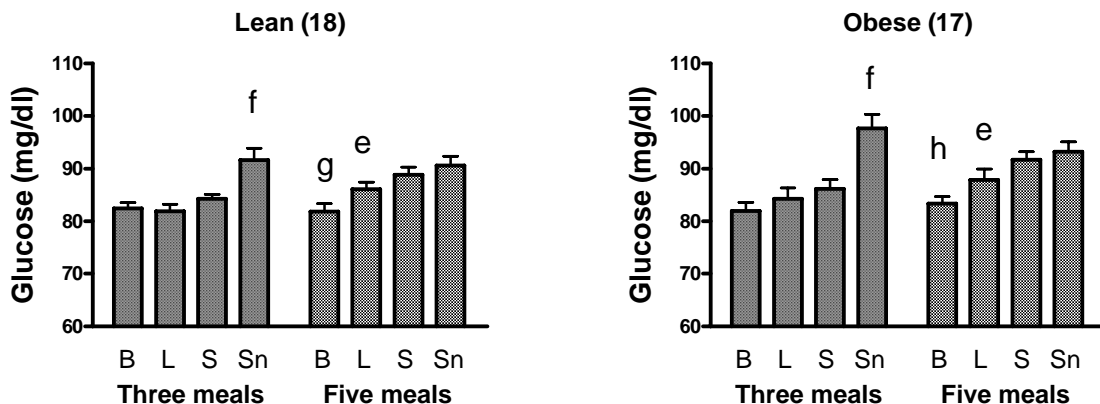Figure 1 (continued next page)

Figure 1. Hormone and glucose concentrations in lean and obese subjects determined prior to breakfast (B), lunch (L), supper (S), and ice cream snack (Sn). Values represent mean ± SE. Asterisks depict comparisons between meal pattern: * p < 0.05. ** p < 0.01, *** p < 0.001 compared to corresponding value determined on the three meal pattern. Letters depict comparisons between time points:

a   p < 0.01 vs. L and < 0.001 vs. Sn
b   p < 0.001 vs. Sn
c   p < 0.001 vs. L, S, Sn
d   p < 0.05 vs. L
e   p < 0.05 vs. Sn
f   p < 0.001 vs. B, L, and S
g   p < .01 vs. S and p < 0.001 vs. Sn
h   p < 0.001 vs. S and Sn.

Data were analyzed by 2-factor ANOVA comparing the effect of meal pattern (3 or 5 meals) and meal time (B, L, S, or Sn) with repeated measures for both factors and interaction (meal pattern*meal time). Insulin data were analyzed after log transformation due to skewed distribution. Values in parentheses indicate number of subjects for whom paired samples were available over all four times of measurement. A few samples could not be used due to problems with specimen processing. For insulin and PYY in both the OB and NW subjects and for glucose in the OB subjects, the analyses revealed significant interaction indicating inter-dependency of the effects of meal time and pattern.