

Supplemental Table 1. Comparison of the association of consumption of bread at breakfast with visceral obesity and metabolic syndrome

	Coffee less than 1 time/day		Green tea less than 1 time/day		Coffee more than 1 time/day		Green tea more than 1 time/day	
	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI
Obesity (BMI \geq 25)	0.655	0.443-0.969	0.640	0.489-0.838	0.588	0.469-0.736	0.567	0.429-0.748
Visceral obesity (VAT \geq 100)	1.130	0.718-1.778	0.602	0.428-0.846	0.549	0.413-0.730	0.700	0.500-0.979
Metabolic syndrome	0.770	0.500-1.187	0.621	0.454-0.849	0.614	0.472-0.798	0.621	0.453-0.850

Adjusted for age, sex, daily alcohol drinking, brinkman index, sleeping time, METs, drug treatment for hypertension, dyslipidemia and diabetes