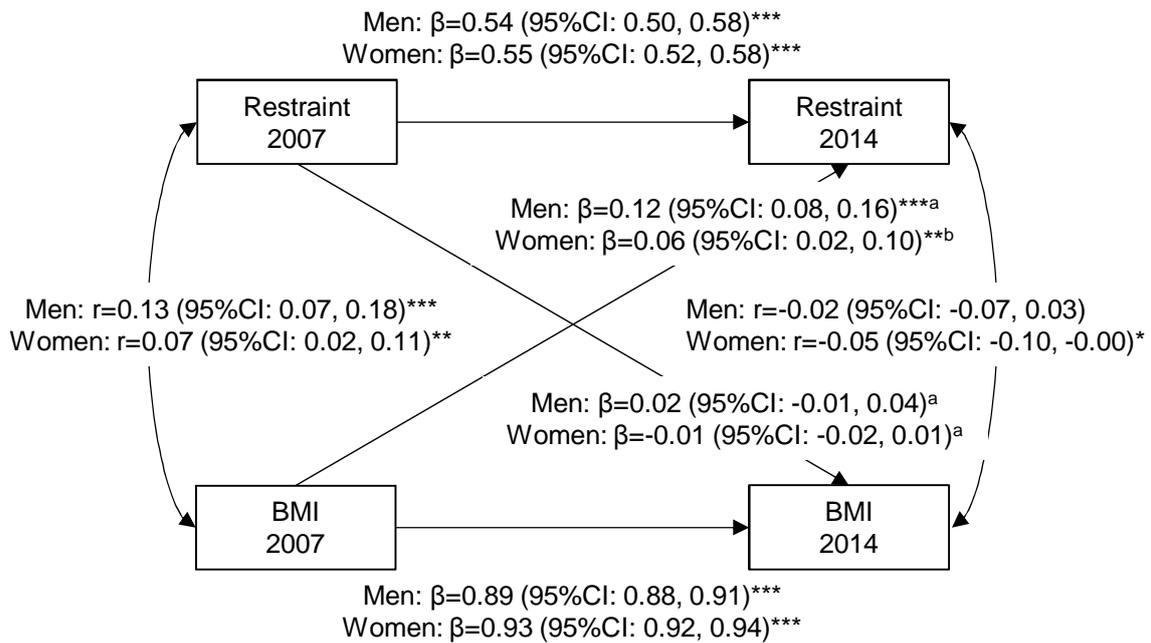
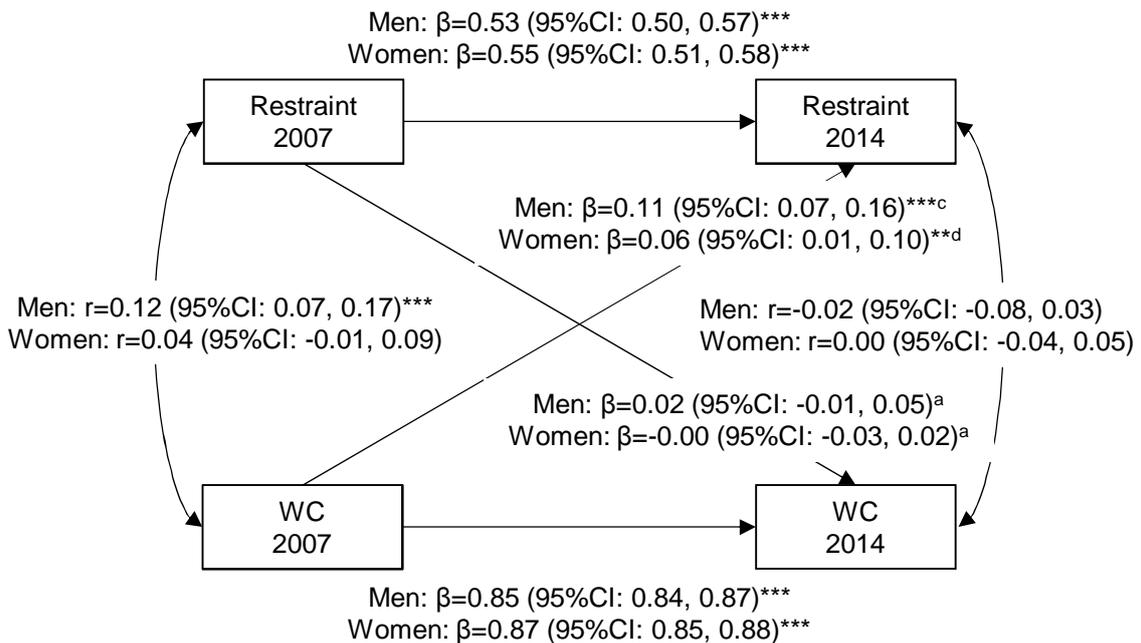


Supplementary Figure 1. Participant flow chart of the Dietary, Lifestyle and Genetic determinants of Obesity and Metabolic syndrome (DILGOM) study.

A**B**

Supplementary Figure 2. Prospective associations between restrained eating and obesity indicators in the Finnish DILGOM participants from 2007 to 2014 by gender. **(A)** Cross-lagged autoregressive model for restrained eating and BMI. **(B)** Cross-lagged autoregressive model for restrained eating and WC. Models were adjusted for baseline age (not shown in Figure). Standardized regression coefficients (95% confidence intervals) are shown on the arrows and correlation coefficients (95% confidence intervals) on the double arrows. ^{***} $P < 0.001$, ^{**} $P < 0.01$, ^{*} $P < 0.05$. Superscripts that differ across men and women indicate that multi-group analyses showed a significant (^{a,b} $P = 0.012$) or borderline significant (^{c,d} $P = 0.063$) gender difference. BMI, body mass index; DILGOM, Dietary, Lifestyle and Genetic determinants of Obesity and Metabolic syndrome; WC, waist circumference.