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Supplementary table 1: Analysis of Diet questionnaire with blood and salivary glucose

Question	Question Category	BG Level	Salivary Glucose Median [Min-Max]	Mann-Whitney U Test p-value	
<b>Q1</b> (How often do you drink alcohol)	1 - 2 times a day	Group A 1	0.334 (0.334-0.334)	0.637	
		Group B 3	0.635 (0.334-0.669)		
	2 - 4 times a week	Group A 2	8.070 (7.370-8.770)	0.139	
		Group B 3	4.0130 (3.010-4.013)		
	5 - 6 times a week	Group A 0	0	0.134	
		Group B 1	4.0130 (4.0130-4.0130)		
	Never or very rarely	Group A 56	2.440 (0.317-8.361)	0.154	
		Group B 58	3.240 (0.334-27.759)		
	Once a week or less often	Group A 22	2.273 (0.635-11.570)	0.669	
		Group B 13	2.0735 (0.317-9.698)		
	<b>Q2</b> (How often do you eat a portion of vegetables)	1 - 2 times a day	Group A 37	2.540 (0.317-11.570)	0.650
			Group B 21	2.260 (0.334-27.759)	
2 - 4 times a week		Group A 18	3.810 (0.644-8.770)	0.575	
		Group B 15	2.860 (0.317-14.046)		
3 or more times day		Group A 11	0.668 (0.317-7.370)	<b>0.009</b>	
		Group B 30	3.252 (0.334-24.749)		
5 - 6 times a week		Group A 11	2.460 (1.587-7.720)	0.647	
		Group B 10	2.850 (0.635-17.056)		
Never or very rarely		Group A 2	0.874 (0.796-0.952)	0.667	
		Group B 1	0.317 (0.317-0.317)		
Once a week or less often		Group A 2	4.460 (3.310-5.610)	1.0	
		Group B 1	3.310 (3.310-3.310)		
<b>Q3</b> (Include fresh, tinned and frozen vegetables and pulses like		1 - 2 times a day	Group A 28	2.113 (0.317-8.361)	<b>0.036</b>
			Group B 30	3.8455 (0.635-27.759)	
	2 - 4 times a week	Group A 27	2.54 (0.644-8.770)	<b>0.018</b>	

lentils and kidney beans)		Group B 10	1.1125 (0.334-4.760)		
	3 or more times day	Group A 6	0.6680 (0.334-2.540)	<b>0.039</b>	
		Group B 10	4.0130 (0.334-24.749)		
	5 - 6 times a week	Group A 7	2.8600 (0.668-7.720)	0.389	
		Group B 11	3.344 (0.668-17.056)		
	Never or very rarely	Group A 6	3.0650 (0.635-5.710)	0.143	
		Group B 5	0.7680 (0.317-2.17)		
	Once a week or less often	Group A 7	3.4900 (0.952-11.570)	0.352	
		Group B 12	2.56 (0.317-10.870)		
	<b>Q4</b> (How often did you eat a portion of fruit? Include fresh, frozen, tinned and dried fruit. Do not count fruit juices.)	1 - 2 times a day	Group A 18	2.2200 (0.317-7.720)	0.892
Group B 22			1.7850 (0.334-18.300)		
2 - 4 times a week		Group A 23	2.860 (0.317-11.570)	0.144	
		Group B 23	3.678 (0.635-24.749)		
3 or more times day		Group A 0	0		
		Group B 2	4.3470 (0.668-8.026)		
5 - 6 times a week		Group A 14	2.460 (0.432-7.720)	<b>0.048</b>	
		Group B 14	3.7515 (1.003-27.759)		
Never or very rarely		Group A 3	3.81 (0.952-5.710)	0.226	
		Group B 4	1.0660 (0.317-2.86)		
Once a week or less often		Group A 23	2.5400 (0.317-8.361)	0.531	
		Group B 13	2.1700 (0.317-4.760)		
<b>Q5</b> (How often did you eat a cake, a sweet pastry like a Danish pastry, a donut or a sweet biscuit?)		1 - 2 times a day	Group A 3	2.0060 (0.334-2.860)	0.629
			Group B 4	2.9710 (1.003-9.364)	
	2 - 4 times a week	Group A 16	3.4000 (0.432-8.770)	0.677	
		Group B 14	2.240 (0.635-24.749)		
	5 - 6 times a week	Group A 6	2.6075 (0.950--7.360)	0.931	
		Group B 5	3.160 (0.669-27.759)		
	Never or very rarely	Group A 13	4.3800 (0.334-11.570)	0.464	
		Group B 17	2.0735 (0.334-18.300)		
		Group A	1.9000	0.124	

	Once a week or less often	43 Group B 38	(0.317-7.720) 3.334 (0.317-17.056)		
<b>Q6</b> (How often did you eat sweets, chocolate or sugary foods like gulab jamun, halva or sweet popcorn?)	1 - 2 times a day	Group A 3	1.370 (0.334-2.341)	1.0	
		Group B 1	1.003 (1.003-1.003)		
	2 - 4 times a week	Group A 20	2.9925 (0.635-7.720)	0.124	
		Group B 12	6.1810 (0.635-17.056)		
	5 - 6 times a week	Group A 7	5.7100 (3.17-7.360)	0.074	
		Group B 5	3.3100 (2.17-4.76)		
	Never or very rarely	Group A 12	2.1130 (0.334-8.361)	0.768	
		Group B 23	2.0735 (0.334-24.749)		
	Once a week or less often	Group A 39	1.900 (0.317-11.570)	0.182	
		Group B 37	3.3340 (0.317-27.759)		
	<b>Q7</b> (How often did you drink sugary drinks? Include non-diet fizzy drinks, squashes, mixers, energy drinks, fruit juices, sweetened milk drinks or coffee, tea or other hot drinks with sugar or flavoured syrups.)	1 - 2 times a day	Group A 14	2.500 (0.317-7.720)	1.0
			Group B 12	2.1950 (0.317-23.070)	
2 - 4 times a week		Group A 25	2.5400 (0.334-7.720)	0.948	
		Group B 12	3.4120 (0.317-10.870)		
3 or more times a day		Group A 2	3.8100 (2.86-4.760)	0.414	
		Group B 2	1.7475 (0.635-2.860)		
5 - 6 times a week		Group A 7	3.1700 (2.22-8.770)	0.152	
		Group B 6	2.26 (0.635-4.760)		
Never or very rarely		Group A 10	2.113 (0.334-11.57)	0.289	
		Group B 24	3.257 (0.334-24.749)		
Once a week or less often		Group A 23	2.0060 (0.317-8.361)	0.176	
		Group B 22	3.3390 (0.334-27.759)		
<b>Q8</b> (How often did you use butter, full-fat margarine, ghee, lard or coconut oil or palm oil on your bread, potatoes or vegetables or in cooking?)	1 - 2 times a day	Group A 38	1.785 (0.317-11.570)	0.073	
		Group B 42	3.085 (0.334-18.300)		
	2 - 4 times a week	Group A 12	3.660 (0.668-5.710)	0.509	
		Group B 10	3.40 (0.317-7.692)		
	3 or more times a day	Group A 3	2.020 (0.950-7.720)	0.381	
		Group B 6	5.852 (1.350-23.070)		

	5 - 6 times a week	Group A 11	4.38 (1.338-8.770)	0.805
		Group B 10	3.1365 (0.334-24.749)	
	Never or very rarely	Group A 5	3.81 (2.220-7.37)	0.286
		Group B 4	1.62775 (0.669-8.770)	
	Once a week or less often	Group A 12	2.113 (0.317-5.710)	0.851
		Group B 6	2.5150 (0.317-27.759)	
<b>Q9</b> (How often did you eat oily fish? Think about fresh or tinned salmon, trout, sardine, mackerel, pilchards, herring, red mullet, or fresh tuna.)	1 - 2 times a day	Group A 1	0.334 (0.334-0.334)	0.667
		Group B 2	6.672 (0.635-12.709)	
	2 - 4 times a week	Group A 15	1.587 (0.334-4.380)	0.129
		Group B 22	2.38 (0.334-17.056)	
	5 - 6 times a week	Group A 3	3.17 (0.668-6.670)	0.786
		Group B 5	4.682 (0.334-14.046)	
	Never or very rarely	Group A 45	2.860 (0.317-11.570)	0.521
		Group B 29	2.860 (0.317-24.749)	
	Once a week or less often	Group A 17	2.540 (0.334-8.361)	0.368
		Group B 20	3.322 (0.334-27.759)	

**Supplementary Table 2: Analysis of stress with blood and salivary glucose**

Question	Question Category	BG Level	Salivary Glucose Median [Min-Max]	Mann-Whitney U Test p-value	
Q1 (How often have you been upset because of something that happened unexpectedly?)	0 - Never	Group A 4	0.794 (0.317-1.670)	0.212	
		Group B 3	2.074 (0.875-4.670)		
	1 - Almost Never	Group A 12	4.095 (0.668-7.720)	0.316	
		Group B 5	0.334 (0.317-14.046)		
	2 - Sometimes	Group A 35	2.220 (0.317-11.570)	0.151	
		Group B 39	3.170 (0.334-18.300)		
	3 - Fairly Often	Group A 20	4.095 (0.334-8.361)	0.909	
		Group B 22	3.490 (0.317-27.759)		
	4 - Very Often	Group A 8	2.733 (0.334-8.770)	0.799	
		Group B 4	3.512 (0.668-9.364)		
	Q2 (How often have you felt that you were unable to control the important things in your life?)	0 - Never	Group A 8	2.120 (0.317-7.720)	0.921
			Group B 3	0.8750 (0.334-11.37)	
1 - Almost Never		Group A 13	1.9000 (0.635-7.720)	0.283	
		Group B 11	0.6690 (0.317-17.056)		
2 - Sometimes		Group A 26	2.4405 (0.317-11.570)	<b>0.042</b>	
		Group B 30	3.4900 (0.334-18.300)		
3 - Fairly Often		Group A 20	2.660 (0.334-8.361)	0.791	
		Group B 22	2.5600 (0.317-27.759)		
4 - Very Often		Group A 12	3.660 (0.317-8.770)	0.554	
		Group B 7	3.678 (1.003-10.870)		
Q3 (How often have you felt nervous and stressed?)		0 - Never	Group A 3	1.670 (0.644-5.610)	1.0
			Group B 3	0.6690 (0.669-11.370)	
	1 - Almost Never	Group A 14	1.645 (0.635-11.570)	0.965	
		Group B 15	3.160 (0.317-14.046)		
	2 - Sometimes	Group A	2.341	0.545	

		33	(0.317-7.720)	
		Group B 25	2.540 (0.334-17.056)	
	3 - Fairly Often	Group A 15	3.310 (0.317-7.720)	0.641
		Group B 20	3.417 (0.317-0.317)	
	4 - Very Often	Group A 14	3.940 (0.334-8.770)	0.266
		Group B 10	4.3865 (0.668-27.759)	
<b>Q4</b> (How often have you felt confident about your ability to handle your personal problems?)	0 - Never	Group A 0	0	
		Group B 1	3.678 (3.678-3.678)	
	1 - Almost Never	Group A 7	1.338 (0.334-7.720)	0.182
		Group B 8	3.252 (0.950-24.749)	
	2 - Sometimes	Group A 21	3.170 (0.432-8.361)	0.378
		Group B 21	4.0130 (0.317-27.759)	
	3 - Fairly Often	Group A 32	2.2805 (0.317-11.570)	0.389
		Group B 23	3.3100 (0.334-23.070)	
	4 - Very Often	Group A 19	2.5400 (0.635-8.770)	0.603
		Group B 20	2.215 (0.317-14.046)	
<b>Q5</b> (How often have you felt that things were going your way?)	0 - Never	Group A 2	6.535 (5.710-7.360)	0.667
		Group B 1	9.364 (9.364-9.364)	
	1 - Almost Never	Group A 12	2.280 (0.334-5.016)	0.241
		Group B 11	3.310 (0.334-24.749)	
	2 - Sometimes	Group A 34	2.460 (0.317-11.570)	0.232
		Group B 31	3.344 (0.317-17.056)	
	3 - Fairly Often	Group A 26	2.508 (0.317-8.770)	0.724
		Group B 21	3.010 (0.334-27.759)	
	4 - Very Often	Group A 5	0.796 (0.668-1.670)	0.789
		Group B 9	1.003 (0.317-11.370)	
<b>Q6</b> (How often have you found that you could not cope with all the things that	0 - Never	Group A 4	2.740 (1.20-5.610)	0.686
		Group B 4	2.093 (0.317-11.370)	
	1 - Almost Never	Group A 15	1.900 (0.317-11.5700)	0.743
		Group B 14	2.106 (0.334-12.709)	

<b>you had to do?)</b>	2 - Sometimes	Group A 32	2.220 (0.334-7.010)	0.078	
		Group B 28	3.344 (0.334-23.07)		
	3 - Fairly Often	Group A 21	3.31 (0.317-7.360)	0.220	
		Group B 20	3.846 (0.317-27.759)		
	4 - Very Often	Group A 7	5.71 (0.334-8.770)	0.337	
		Group B 7	2.170 (0.334-24.749)		
<b>Q7 (How often have you been able to control irritations in your life?)</b>	0 - Never	Group A 3	1.587 (0.334-3.510)	0.857	
		Group B 4	2.1735 (0.317-4.013)		
	1 - Almost Never	Group A 7	2.006 (0.635-2.860)	0.130	
		Group B 10	3.252 (0.668-24.749)		
	2 - Sometimes	Group A 27	3.31 (0.317-8.77)	0.248	
		Group B 25	3.510 (0.317-27.759)		
	3 - Fairly Often	Group A 31	2.460 (0.317-11.570)	0.829	
		Group B 26	2.775 (0.334-23.070)		
	4 - Very Often	Group A 11	2.22 (0.668-7.720)	0.589	
		Group B 8	0.8855 (0.668-14.046)		
	<b>Q8 (How often have you felt that you were on top of things?)</b>	0 - Never	Group A 6	3.810 (1.200-5.710)	0.867
			Group B 2	2.8365 (1.003-4.670)	
1 - Almost Never		Group A 14	1.7435 (0.334-4.440)	<b>0.041</b>	
		Group B 9	3.6780 (0.668-27.759)		
2 - Sometimes		Group A 27	3.5100 (0.317-11.57)	0.797	
		Group B 31	3.3340 (0.334-24.749)		
3 - Fairly Often		Group A 26	2.1130 (0.317-7.370)	0.288	
		Group B 18	3.412 (0.317-23.070)		
4 - Very Often		Group A 6	2.1725 (0.668-7.720)	0.758	
		Group B 13	1.6720 (0.317-12.374)		
<b>Q9 (How often have you been angered because of things that</b>		0 - Never	Group A 3	3.810 (2.020-5.610)	0.8
			Group B 2	2.6525 (0.635-4.670)	
	1 - Almost Never	Group A 17	2.675 (0.317-7.720)	0.492	
		Group B	3.327		

<b>happened that were outside of your control?)</b>		12	(0.334-14.046)	
	2 - Sometimes	Group A 36	1.953 (0.317-7.720)	0.453
		Group B 26	2.260 (0.334-23.070)	
	3 - Fairly Often	Group A 21	3.310 (0.334-11.570)	0.269
		Group B 24	4.0130 (0.317-27.759)	
	4 - Very Often	Group A 2	4.552 (0.334-8.770)	0.909
Group B 9		2.170 (0.317-17.056)		
<b>Q10 (How often have you felt difficulties were piling up so high that you could not overcome them?)</b>	0 - Never	Group A 4	1.945 (0.668-5.610)	0.8
		Group B 2	6.1225 (0.875-11.370)	
	1 - Almost Never	Group A 18	2.500 (1.270-7.720)	0.952
		Group B 13	3.1700 (0.317-14.046)	
	2 - Sometimes	Group A 38	2.0130 (0.317-11.570)	0.436
		Group B 33	3.010 (0.317-24.749)	
	3 - Fairly Often	Group A 13	3.46 (0.334-7.36)	0.321
		Group B 21	3.6780 (0.668-18.30)	
	4 - Very Often	Group A 6	5.895 (1.338-8.77)	1.0
		Group B 3	2.260 (1.340-17.056)	
	Once a week or less often	Group A 0	0	
		Group B 1	27.7590 (27.7590-27.7590)	