

Electronic supplementary material

ESM Table 2 Baseline nutritional profile, biochemical measurements and CHD risk (mean, 95% CI) for quartiles of low GI fruit intake of the completer population ($n=152$)

Variable	Q1		Q2		Q3		Q4		Q4 vs Q1		
	Mean	95% CI	Mean	95% CI	Mean	95% CI	Mean	95% CI	Δ	95% CI	<i>p</i> value
Body weight	82	77–86	88	82–95	92	86–99	84	77–90	2	–6, 10	0.566
Fruit intake (servings/day)											
Total fruit	2.0	1.6–2.4	1.2	0.8–1.5	1.2	0.9–1.4	1.3	1.1–1.6	–0.6	–1.1, –0.2	0.008
Low GI fruit	1.2	0.9–1.4	0.6	0.4–0.8	0.5	0.4–0.7	0.6	0.4–0.8	–0.6	–0.9, –0.3	<0.001
Fibre (g/4,184 kJ)	16	14–17	14	12–15	13	12–15	13	11–15	–3	–5, 0	0.034
GI	80	78–82	82	80–84	82	80–84	81	79–83	1	–2, 4	0.429
HbA _{1c} (%)	7.00	6.80–7.20	7.10	6.90–7.30	7.10	7.00–7.30	7.20	7.00–7.40	0.23	–0.02, 0.48	0.740
Fasting blood glucose (mmol/l)	7.56	7.05–8.08	7.15	6.68–7.62	7.89	7.36–8.42	7.78	7.16–8.41	0.22	–0.57, 1.02	0.581
Total cholesterol (mmol/l)	4.28	4.01–4.55	4.17	3.95–4.39	4.21	3.91–4.50	4.18	3.84–4.53	–0.09	–0.52, 0.34	0.667
HDL-C (mmol/l)	1.21	1.11–1.31	1.07	0.99–1.16	1.01	0.92–1.10	1.11	0.99–1.22	–0.11	–0.26, 0.04	0.154
LDL-C/HDL-C (mmol/l)	2.16	1.96–2.36	2.40	2.13–2.67	2.55	2.25–2.85	2.29	1.99–2.59	0.13	–0.22, 0.48	0.467
CHD risk	0.12	0.10–0.14	0.15	0.13–0.17	0.16	0.13–0.18	0.14	0.12–0.17	0.03	0.00–0.06	0.084

Differences between baseline values between quartiles 1 and 4 were assessed by two-sample *t* test

HDL-C, HDL-cholesterol; LDL-C, LDL-cholesterol; Q, quartile