

SUPPLEMENTARY DATA

Supplementary Table 1 – Sample menu for the two study diets

	LGI diet	HF diet
Breakfast	1 slice soy & linseed bread ^a 2 tsp reduced fat margarine 1 large fried egg 250 mL skim milk 1 medium orange	2 slices wholemeal bread 250 mL skim milk 1 large fried egg 1 tsp reduced fat margarine 1 medium orange
Morning Tea	1 low GI muesli bar ^b	3 plain water crackers 30g cheese spread
Lunch	1 cup cooked wholemeal pasta 1 cup beef meatball stew in tomato sauce 0.5 cup mixed vegetables	2 cups beef and vegetable soup 2 slices wholemeal bread 1 cup mixed vegetables
Afternoon Tea	150 g skim fruit yoghurt	1 slice wholemeal bread 2 tsp honey
Dinner	1 cup minestrone soup 2 tsp olive oil 1 slice soy & linseed bread ^a 1 medium mandarin	125 g plain risotto 100 g chicken breast 1.5 cup broccoli flowerets
Supper	150 g skim fruit yoghurt	150g skim fruit yoghurt
Nutritional analyses		
Energy (kJ)	6980	7062
Protein (%)	25	28
Fat (%)	28	24
CHO (%)	42	44
Dietary Fiber (g)	33	30
Glycemic index	41	60
Glycemic load	70	106

^aBurgen® Soy & Lin bread; Tip Top Bakeries, Australia

^bUncle Toby's® Crunchy Nut Crumble muesli bar; Uncle Toby's, Australia

Supplementary Table 2 – Foods in sample baskets

Low GI diet	GI	High fiber diet	GI
Kellogg's® Guardian cereal	37	Uncle Toby's® Vita Brits	65
SunRice® Doongara™ Rice	48	Arnott's® Vita Wheat crispbread	55*
Burgen® Soy & Linseed bread	52	Sun Rice® Calrose rice (white or brown)	83
Uncle Toby's® Crunchy Nut Crumble Muesli Bar	51	Uncle Toby's® Bodywise™ Muesli Bar	63
Edgell® Four Bean Mix	37	Tip Top® 100% Wholegrain	70*
San Remo® Wholemeal Pasta	42*		

GI – glycemic index; GI values obtained from Atkinson *et al* Diabetes Care 2008;31:2281-3, GlycemicIndex.com, and personal communications (SUGiRS 2008-2010).

*estimated GI

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Supplementary Figure 1 – Flow of subjects (CONSORT diagram)

GI – glyceic index; HF – wholegrain high fiber

