(Online) Table 6. Top contributors[a] to total carbohydrate and dietary fiber in Puerto Rican adults by poverty status

	Below Poverty		Above Poverty			GI
	%	Rank	%	Rank	GI[b]	Class[c]
Total carbohydrate, mean ± SE (g/d)[d]	269 ± 1.9		267 ± 2.1			
White rice	6.4	1	6.1	1	79	High
Rice with beans or pigeon peas	5.7	2	5.6	2	66	Medium
Beans and peas	5.6	3	5.3	3	31	Low
Milk (including in cereal or coffee/tea)	3.8	4	3.6	4	31	Low
Sugar in coffee and/or tea	3.6	5	3.4	6	65	Medium
White bread	3.5	6	3.0	8	71	High
Orange juice (100% juice)	3.2	7	3.4	5	50	Low
Cold cereal	3.2	8	3.1	7	72	High
Soft drinks, regular	3.0	9	2.6	9	57	Medium
Plantains, green bananas	2.5	10	2.4	10	54	Low
Hispanic root crops	2.2	11	2.1	11	69	Medium
Dietary fiber, mean ± SE (g/d)[d]	19.0 ± 0.2		19.4 ± 0.3			
Beans and peas	25.4	1	23.5	1	31	Low
Rice with beans or pigeon peas	7.3	2	7.1	2	66	Medium
Oatmeal	4.0	3	3.4	3	66	Medium

Hispanic root crops	3.3	4	3.1	4	69	Medium
Cold cereal	3.0	5	2.9	5	72	High
Plantains, green bananas	2.7	6	2.5	6	54	Low
French fries	2.6	7	2.5	7	69	Medium
White bread	2.1	8	1.9	10	71	High
100% whole wheat bread	1.3	15	2.1	8	69	Medium
Salad greens	1.9	9	2.0	9	0	-

[a]Foods were included if they contributed at least 2% to total daily nutrient intake in either poverty status group.

[b]GI values listed are based on glucose as the reference.

[c]GI classifications are: low GI: ≤ 55; medium GI: 56-69; and high GI: ≥ 70 (53).

[d]Total carbohydrate and dietary fiber (mean ± SE, g/d) were adjusted for age, sex, total energy, and type 2 diabetes.