

Supplementary Online Content

Sacks FM, Carey VJ, Anderson CAM, et al. Effects of high vs low glycemic index of dietary carbohydrate on cardiovascular disease risk factors and insulin sensitivity: the OmniCarb randomized clinical trial. *JAMA*. doi:10.1001/jama.2014.16658.

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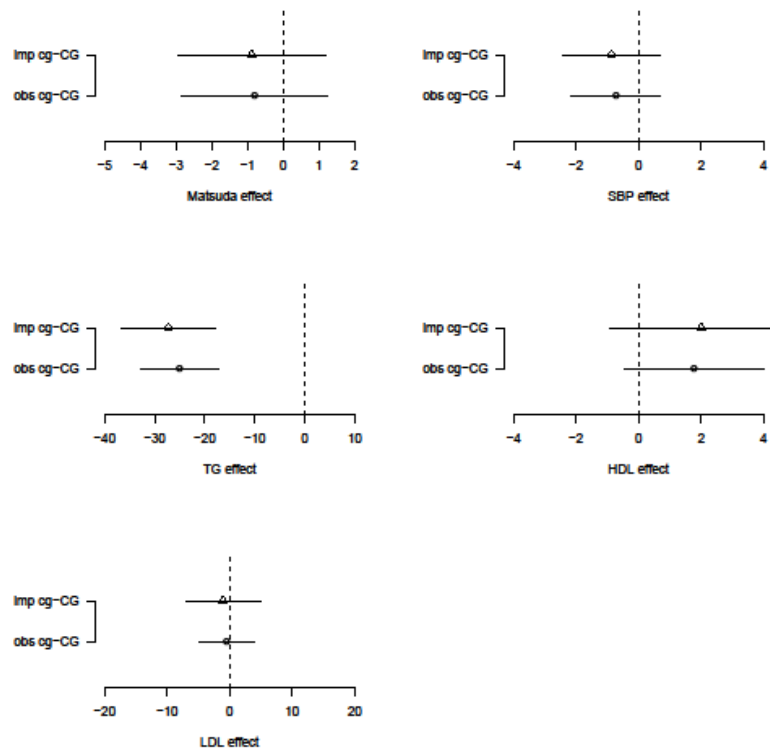
eTable 15: HOMA Index of Insulin Resistance

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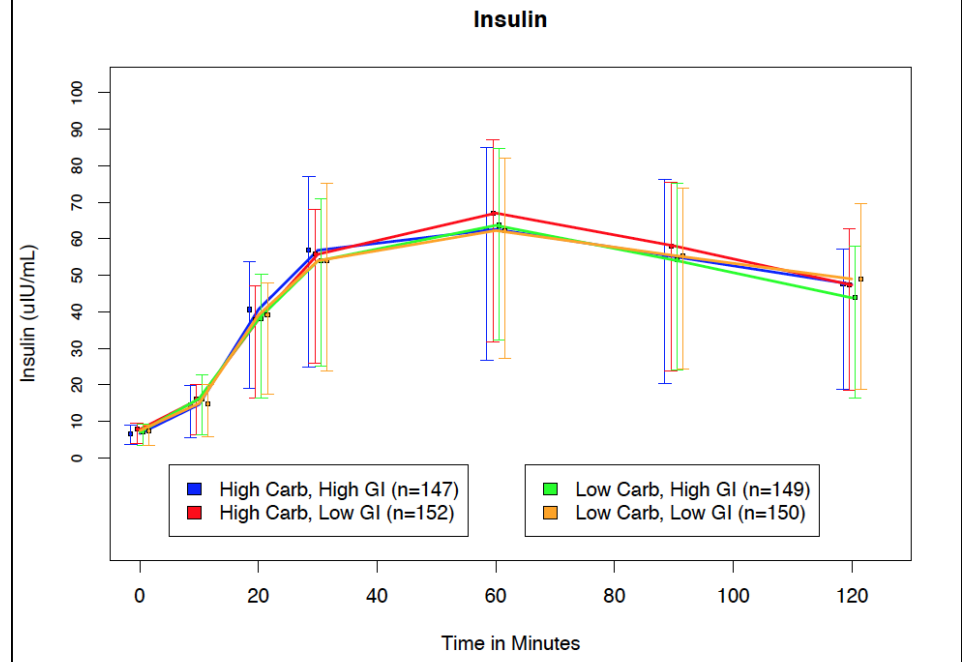
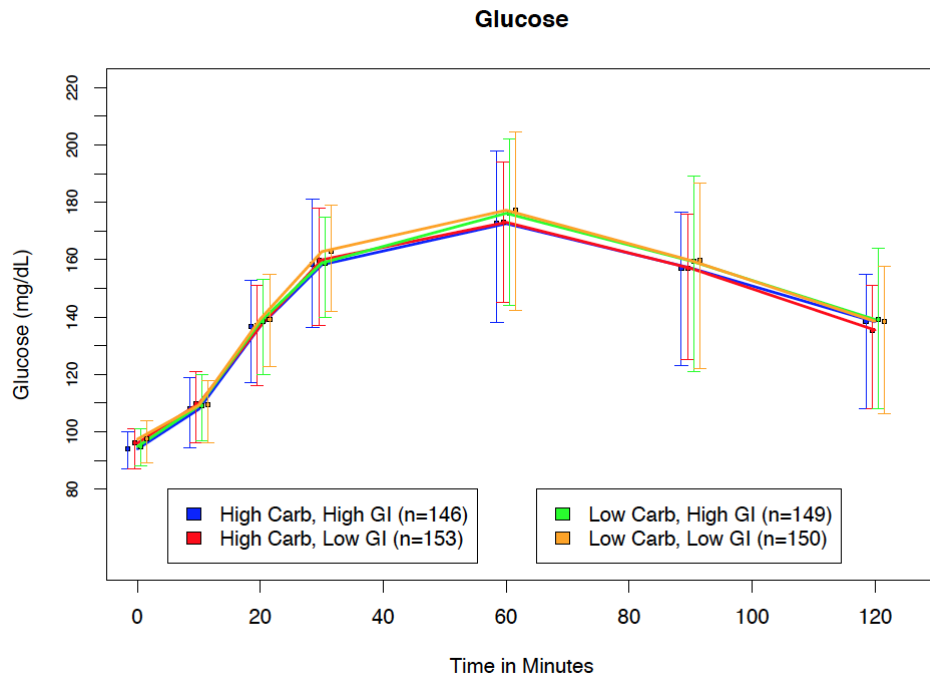
This supplementary material has been provided by the authors to give readers additional information about their work.

eFigure 1. Differences in outcomes according to whether multiple imputation or the observed value was used.

Multiple imputation analyzes the effect on the results of the failure of some of the participants to complete all four study diets. Of 163 enrollees completing the two mandatory diets, a modest number stopped at 2 or 3 study diets. We conduct inferences on key outcomes through multiple imputation of missing responses. We will focus on SBP, TG, LDL, HDL, and insulin sensitivity computed by the index of Matsuda and deFronzo. There was no qualitative impact of multiple imputation, as shown in the following display. To simplify consideration of the issue, we consider 99% CI constructed for contrasts of three experimental diets against the high carbohydrate, high glycemic index control. Triangles are plotted with abscissae at the multiple imputation estimate, circles plotted with abscissae at the 'available pairs' estimates. Multiple imputation was performed using the mi package in R 3.1.1, with five imputations using a collection of fixed covariates to impute missing responses in the main variables. Nominally significant, borderline significant, and apparently null effects are essentially identical for the two analyses (see figure). Note that lower case "c" = low carbohydrate; upper case "C" = high carbohydrate; lower case "g" = low glycemic index; upper case "G" = high glycemic index. Imp = multiple imputation; obs = only completers included.



eFigure 2. Blood glucose and insulin during oral glucose tolerance test. In the morning after a 10-12 hour fast and at the end of each dietary period the participants drank 75 g glucose in water. Blood was sampled before the drink (time point 0), and 10, 20, 30, 60, 90, and 120 minutes later. Glucose concentration at 60 minutes was higher on the lower-carbohydrate lower-GI diet than the high-carbohydrate high GI diet by 4.9 mg/dL (P=0.046)(eTable 3). Area under the curve and diet effects for glucose and insulin are shown in eTable 3. Data points show mean, error bars show interquartile range.



eTable 1a. Sample menus for Monday for each study diet, 2000 kcals

Meal	Low Carb, Low Glycemic Index		Low Carb, High Glycemic Index		High Carb, Low Glycemic Index		High Carb, High Glycemic Index	
	g	Food Item	g	Food Item	g	Food Item	g	Food Item
Breakfast	28	Kashi Go Lean	21	Cheerios	28	Kashi Go Lean	34	Cheerios
		Whole Grain Sourdough						
	26	Bread	5	Wheat Bran	6	Sugar	6	Wheat Bran
	244	Skim Milk	244	2% Milk	244	2% Milk	244	Skim Milk
	50	Ham	40	Turkey Sausage	40	Prunes	200	Cantaloupe
	100	Blueberries	75	Carrot and Bran Muffin	100	Blueberries	75	Carrot and Bran Muffin
	21	Slivered Almonds	5	Margarine	20	Slivered Almonds	10	Margarine
	10	Margarine						
Lunch	35	Whole Grain Sourdough	56	White Bread	65	Whole Grain Sourdough	45	White Bread
		Bread				Bread		
	150	Tuna Salad	130	Tuna Salad	70	Tuna Salad	85	Tuna Salad
	10	Canola Oil	5	Canola Oil	60	Pasta Salad	11	Canola Oil
		Salad:		Salad:		Salad:		Salad:
	45	Lettuce	60	Baby Spinach	40	Romaine Lettuce	50	Baby Spinach
	60	Tomatoes	45	Tomatoes	45	Tomatoes	50	Tomatoes
		Canola Oil/Balsamic						
	11/5	Vinegar	18	Olive Oil	10/5	Olive Oil/Balsamic Vinegar	10	Olive Oil
	21	Cheddar Cheese, Light	210	Cantaloupe	159	Orange Sections	143	Banana
	20	Dried Apples	122	2% Milk	163	Tomato Juice	35	Pretzels
30	Dried Apricots			15	Margarine			
Dinner	120	Pork Tenderloin	90	Pork Tenderloin	36	Pork Tenderloin	50	Pork Tenderloin
	62	Bulgur Salad	76	Couscous	62	Bulgur Salad	95	Couscous
	90	Turnip Greens (ckd)	140	Turnip Greens (ckd)	75	Turnip Greens (ckd)	120	Turnip Greens (ckd)
	0.7	Salt	13	Canola Oil	6	Canola Oil	28	White Bread
	6	Sugar	35	White Bread	0.8	Salt	10	Margarine
		Whole Grain Sourdough				Whole Grain Sourdough		
	25	Bread	14	Honey	70	Bread	122	2% Milk
	5	Margarine	92	Gelatin, sugar free	10	Margarine	140	Apricots, in Heavy Syrup
	21	Peanut Butter			120	Apple Juice		
	138	Apple			138	Apple		
				240	Yogurt			
Snack	138	Apple	120	Apricots, in Heavy Syrup	40	Dried Apples	28	Raisins
	25	Slivered Almonds	28	White Bread	8	Peanuts	240	Cranberry Juice
	113	Cottage Cheese	50	Turkey Breast	113	Cottage Cheese	113	Cottage Cheese
			12	Mayonnaise				

eTable 1b. Sample menus for Monday for each study diet, 2500 kcals

Meal	Low Carb, Low Glycemic Index		Low Carb, High Glycemic Index		High Carb, Low Glycemic Index		High Carb, High Glycemic Index	
	g	Food Item	g	Food Item	g	Food Item	g	Food Item
Breakfast	37	Kashi Go Lean	34	Cheerios	28	Kashi Go Lean	45	Cheerios
	55	Whole Grain Sourdough	8	Wheat Bran	6	Sugar	6	Wheat Bran
	244	Bread	122	2% Milk	244	1% Milk	244	1% Milk
	60	2% Milk	50	Turkey Sausage	40	Prunes	28	Raisins
	20	Turkey Sausage	75	Carrot and Bran Muffin	160	Blueberries	75	Carrot and Bran Muffin
	120	Margarine	5	Margarine	24	Slivered Almonds	5	Margarine
		Apple Juice	18	Slivered Almonds	40	Whole Grain Sourdough	10	Peanuts
				5	Bread			
					Margarine			
Lunch	55	Pumpnickel Bread	68	White Bread	100	Whole Grain Sourdough	72	White Bread
	190	Tuna Salad	150	Tuna Salad	70	Bread	100	Tuna Salad
	11	Canola Oil	10	Olive Oil	80	Pasta Salad	9	Canola Oil
		Salad:		Salad:	12	Canola Oil		Salad:
	45	Baby Spinach	60	Baby Spinach		Salad:	60	Baby Spinach
	50	Tomatoes	60	Tomatoes	40	Iceberg Lettuce	60	Tomatoes
	13/5	Olive Oil/Balsamic Vinegar	14	Olive Oil	55	Tomatoes	11	Olive Oil
	25	Cheddar Cheese, Light	150	Pomegranite Juice	4/5	Olive Oil/Balsamic Vinegar	120	Apricots, in Heavy Syrup
	170	Apple	244	2% Milk	100	Orange Sections	50	Pretzels
	122	Skim Milk			150	Strawberries		
					122	Skim Milk		
				5	Margarine			
Dinner	105	Pork Tenderloin	100	Pork Tenderloin	40	Pork Tenderloin	50	Pork Tenderloin
	77	Bulgur Salad	105	Couscous	77	Bulgur Salad	143	Couscous
	100	Turnip Greens (ckd)	120	Turnip Greens (ckd)	100	Turnip Greens (ckd)	125	Turnip Greens (ckd)
	0.5	Salt	10	Canola Oil	3	Canola Oil	40	White Bread
	7	Canola Oil	56	White Bread	1.4	Salt	10	Margarine
		Whole Grain Sourdough				Whole Grain Sourdough		
	40	Bread	10	Margarine	80	Bread	122	2% Milk
	30	Peanuts	60	Apricots, in Heavy Syrup	10	Margarine	170	Apricots, in Heavy Syrup
	20	Dried Apples			32	Dried Apricots		
	18	Dried Apricots			30	Twix® Cookie Bar, mini		
				240	Yogurt			
Snack	260	Orange Sections	175	Cantaloupe	138	Apple	250	Cantaloupe
	32	Slivered Almonds	56	White Bread	21	Peanut Butter	113	Cottage Cheese
	113	Cottage Cheese	70	Turkey Breast	113	Cottage Cheese	28	Dried Cranberries
			12	Mayonnaise	200	Apple Juice	15	Slivered Almonds

eTable 1c. Sample menus for Monday for each study diet, 3000 kcals

	Low Carb, Low Glycemic Index		Low Carb, High Glycemic Index		High Carb, Low Glycemic Index		High Carb, High Glycemic Index	
Meal	g	Food Item	g	Food Item	g	Food Item	g	Food Item
Breakfast	42	Kashi Go Lean	35	Cheerios	42	Kashi Go Lean	45	Cheerios
		Whole Grain Sourdough						
	30	Bread	8	Wheat Bran	6	Sugar	5	Wheat Bran
	366	Skim Milk	244	2% Milk	244	1% Milk	244	2% Milk
	75	Ham	80	Turkey Sausage	60	Prunes	200	Cantaloupe
	200	Blueberries	75	Carrot and Bran Muffin	150	Blueberries	150	Carrot and Bran Muffin
						Whole Grain Sourdough		
	31	Slivered Almonds	15	Margarine	20	Bread	10	Margarine
15	Margarine	65	Egg Substitute	10	Margarine			
		5	Canola Oil	21	Peanut Butter			
Lunch	225	Tuna Salad	112	White Bread	60	Whole Grain Sourdough		
	15	Canola Oil	195	Tuna Salad	100	Bread	68	White Bread
	35	Pasta Salad	12	Olive Oil	140	Tuna Salad	132	Tuna Salad
		Salad:		Salad:	0.7	Pasta Salad	16	Canola Oil
	60	Lettuce	60	Baby Spinach	12	Salt	60	Salad:
	60	Tomatoes	65	Tomatoes		Mayonnaise	60	Baby Spinach
		Canola Oil/Balsamic				Salad:	60	Tomatoes
	12/5	Vinegar	16	Olive Oil	50	Iceberg Lettuce	8	Olive Oil
	42	Cheddar Cheese, Light	300	Cantaloupe	60	Tomatoes	42	Raisins
	200	Apple	122	2% Milk	15/5	Olive Oil/Balsamic Vinegar	53	Pretzels
	120	Apple Juice			150	Orange Sections		
	6	Sugar			240	Apple Juice		
Dinner	180	Pork Tenderloin	135	Pork Tenderloin	65	Pork Tenderloin	80	Pork Tenderloin
	92	Bulgur Salad	114	Couscous	92	Bulgur Salad	152	Couscous
	100	Turnip Greens (ckd)	180	Turnip Greens (ckd)	80	Turnip Greens (ckd)	150	Turnip Greens (ckd)
	1.2	Salt	20	Canola Oil	8	Canola Oil	5	Olive Oil
	5	Olive Oil	75	Carrot and Bran Muffin	1.5	Salt	0.8	Salt
		Whole Grain Sourdough				Whole Grain Sourdough		
	49	Bread	14	Honey	80	Bread	50	White Bread
	10	Margarine	92	Gelatin, sugar free	10	Margarine	5	Margarine
	21	Peanut Butter			163	Tomato Juice	122	2% Milk
	200	Apple			60	Dried Apples	210	Apricots, in Heavy Syrup
	120	Apple Juice			360	Yogurt		
Snack	40	Dried Apple	150	Apricots, in Heavy Syrup	200	Apple	240	Cranberry Juice
	40	Slivered Almonds	42	White Bread	14	Slivered Almonds	113	Cottage Cheese
	113	Cottage Cheese	70	Turkey Breast	30	Twix® Cookie Bar, mini	215	Banana
			5	Margarine	21	Cheddar Cheese, Light	10	Slivered Almonds
			12	Mayonnaise	122	2% Milk		

eTable 1d. Sample menus for Tuesday for each study diet, 2000 kcals

	Low Carb, Low Glycemic Index		Low Carb, High Glycemic Index		High Carb, Low Glycemic Index		High Carb, High Glycemic Index	
Meal	g	Food Item	g	Food Item	g	Food Item	g	Food Item
Breakfast	153	Steel Cut Oats (ckd)	40	Instant Oatmeal (dry)	189	Steel Cut Oats (ckd)	45	Instant Oatmeal (dry)
	244	Skim Milk	100	1% Milk	244	Skim Milk	14	Honey
	163	Tomato Juice	200	Cantaloupe	163	Tomato Juice	120	Cranberry Juice
	46	Vegetarian Sausage	46	Vegetarian Sausage	138	Apple	117	Banana
	21	Peanut Butter	75	Egg Substitute	26	Slivered Almonds	20	Slivered Almonds
	5	Margarine	12	Olive Oil				
	18	Whole Grain Wheat Bread						
Lunch	40	Pumpernickel Bread	56	White Bread	40	Pumpernickel Bread	56	White Bread
	90	Tuna Fish	105	Tuna Fish	35	Tuna Fish	35	Tuna Fish
	12	Mayonnaise	12	Mayonnaise	12	Mayonnaise	12	Mayonnaise
	40	Dried Apricots	91	Banana	55	Dried Apricots	226	Apricots, cnd/Heavy Syrup
	110	Italian Salad, w/Beans	125	Carrot Raisin Salad	125	Italian Salad, w/Beans	85	Carrot Raisin Salad
	8	Olive Oil	5	Canola Oil	150	1% Milk	20	American Cheese
	21	Cheddar Cheese, Light			25	Twix® Cookie Bar, mini	35	Celery
Dinner	80	White Pasta Sauce	66	White Pasta Sauce	39	White Pasta Sauce	64	White Pasta Sauce
	67	Rotini Pasta (al dente, ckd)	151	Instant Rice (ckd)	147	Rotini Pasta (al dente, ckd)	126	Instant Rice (ckd)
	72	Diced Chicken	77	Diced Chicken	19	Diced Chicken	32	Diced Chicken
	11	Canola Oil	170	Spinach (ckd)	6	Parmesan Cheese	90	Spinach (ckd)
		Salad:		Salad:		Salad:		Salad:
	60	Baby Spinach	70	Iceberg Lettuce	50	Romaine Lettuce	100	Tomatoes
	100	Tomatoes	100	Tomatoes	56	Tomatoes	8	Olive Oil
	8/5	Olive Oil/Red Wine Vinegar	50	Broccoli	5	Rice vinegar	175	2% Milk
	200	Orange Sections	12	Olive Oil	14	Olive Oil	28	White Bread
			12	Parmesan Cheese	40	Prunes	262	Cantaloupe
Snack	113	Cottage Cheese	113	Cottage Cheese	113	Cottage Cheese	113	Cottage Cheese
	22	Slivered Almonds	15	Slivered Almonds	6	Sunflower Seeds	10	Slivered Almonds
	30	Prunes	10	Sunflower Seeds	140	Orange Sections	104	Banana
			14	Honey	50	Whole Grain Sourdough Bread	14	Honey

eTable 1e. Sample menus for Tuesday for each study diet, 2500 kcals

	Low Carb, Low Glycemic Index		Low Carb, High Glycemic Index		High Carb, Low Glycemic Index		High Carb, High Glycemic Index	
Meal	g	Food Item	g	Food Item	g	Food Item	g	Food Item
Breakfast	198	Steel Cut Oats (ckd)	51	Instant Oatmeal (dry)	225	Steel Cut Oats (ckd)	45	Instant Oatmeal (dry)
	244	Skim Milk	7	Wheat Bran	9	Olive Oil	5	Wheat Bran
	163	Tomato Juice	122	2% Milk	120	1% Milk	14	Honey
	58	Vegetarian Sausage	200	Cantaloupe	163	Tomato Juice	175	Cranberry Juice
	21	Peanut Butter	57	Vegetarian Sausage	15	Dried Apricots	156	Banana
	5	Margarine	94	Egg Substitute	22	Slivered Almonds	20	Slivered Almonds
	33	Whole Grain Wheat Bread	15	Olive Oil	250	Fruit Salad		
Lunch	40	Pumpernickel Bread	56	White Bread	40	Pumpernickel Bread	56	White Bread
	110	Tuna Fish	132	Tuna Fish	68	Tuna Fish	58	Tuna Fish
	12	Mayonnaise	12	Mayonnaise	12	Mayonnaise	12	Mayonnaise
	60	Dried Apricots	111	Banana	0.6	Salt	295	Cantaloupe
	150	Italian Salad, w/Beans	157	Carrot Raisin Salad	70	Dried Apricots	125	Carrot Raisin Salad
	10	Olive Oil	7	Canola Oil	105	Italian Salad, w/Beans	21	Cheddar Cheese, Light
	42	Cheddar Cheese, Light			21	Cheddar Cheese, Light	40	Celery
					40	Twix® Cookie Bar, mini	200	1% Milk
						16	Peppermints	
Dinner	132	White Pasta Sauce	114	White Pasta Sauce	88	White Pasta Sauce	116	White Pasta Sauce
	105	Rotini Pasta (al dente, ckd)	198	Instant Rice (ckd)	195	Rotini Pasta (al dente, ckd)	137	Instant Rice (ckd)
	50	Diced Chicken	56	Diced Chicken	1	Salt	5	Wheat Bran
	14	Canola Oil	200	Spinach (ckd)	244	Skim Milk	1.9	Salt
	0.3	Salt		Salad:		Salad:		Salad:
	60	Romaine Lettuce	62	Iceberg Lettuce	40	Romaine Lettuce	125	Tomatoes
	125	Tomatoes	125	Tomatoes	50	Tomatoes	65	Romaine Lettuce
	10/5	Olive Oil/Red Wine Vinegar	68	Broccoli	5	Rice vinegar	10	Olive Oil
	180	Orange Sections	16	Olive Oil	18	Olive Oil	6	Parmesan Cheese
			12	Parmesan Cheese	138	Apple	56	White Bread
						226	Apricots, in Heavy Syrup	
Snack	113	Cottage Cheese	113	Cottage Cheese	113	Cottage Cheese	113	Cottage Cheese
	30	Slivered Almonds	22	Slivered Almonds	50	Prunes	18	Slivered Almonds
	50	Prunes	13	Sunflower Seeds	90	Orange Sections	240	Orange Juice
			14	Honey	50	Whole Grain Sourdough Bread	14	Honey
			28	White Bread				

eTable 1f. Sample menus for Tuesday for each study diet, 3000 kcals

	Low Carb, Low Glycemic Index		Low Carb, High Glycemic Index		High Carb, Low Glycemic Index		High Carb, High Glycemic Index	
Meal	g	Food Item	g	Food Item	g	Food Item	g	Food Item
Breakfast	225	Steel Cut Oats (ckd)	30	Instant Oatmeal (dry)	270	Steel Cut Oats (ckd)	56	Instant Oatmeal (dry)
	244	Skim Milk	5	Wheat Bran	244	2% Milk	6	Wheat Bran
	163	Tomato Juice	244	1% Milk	40	Pumpnickel Bread	12	Safflower Oil
	67	Vegetarian Sausage	14	Honey	15	Margarine	14	Honey
	33	Peanut Butter	69	Vegetarian Sausage	40	Dried Apricots	240	Cranberry Juice
	10	Margarine	15	Margarine	15	Slivered Almonds	104	Banana
	33	Whole Grain Wheat Bread	115	Egg Substitute	150	Grapefruit Sections	26	Slivered Almonds
			12	Olive Oil			60	2% Milk
Lunch	50	Whole Grain Sourdough Bread	65	White Bread	50	Whole Grain Sourdough Bread	80	White Bread
	120	Tuna Fish	100	Tuna Fish	112	Tuna Fish	70	Tuna Fish
	20	Mayonnaise	12	Mayonnaise	12	Mayonnaise	12	Mayonnaise
	45	Dried Apricots	117	Banana	138	Apple	1	Salt
	25	Dried Apples	185	Carrot Raisin Salad	115	Italian Salad, w/Beans	150	Carrot Raisin Salad
	135	Italian Salad, w/Beans	15	Canola Oil	180	Orange Sections		Salad:
	11	Olive Oil	21	Cheddar Cheese, Light	56	Twix® Cookie Bar, mini	39	Romaine Lettuce
	42	Cheddar Cheese, Light	40	Celery Sticks			75	Tomatoes
Dinner	148	White Pasta Sauce	112	White Pasta Sauce	88	White Pasta Sauce	120	White Pasta Sauce
	143	Rotini Pasta (al dente, ckd)	216	Instant Rice (ckd)	189	Rotini Pasta (al dente, ckd)	216	Instant Rice (ckd)
	100	Diced Chicken	110	Diced Chicken	1.6	Salt	7	Wheat Bran
	7	Canola Oil	90	Spinach (ckd)	140	Skim Milk	1.6	Salt
	0.8	Salt	0.5	Salt		Salad:		Salad:
	50	Baby Spinach	90	Iceberg Lettuce	65	Romaine Lettuce	75	Tomatoes
	70	Tomatoes	90	Tomatoes	80	Tomatoes	39	Romaine Lettuce
	15/5	Olive Oil/Red Wine Vinegar	95	Broccoli	5	Rice vinegar	50	Broccoli (raw)
	275	Fruit Salad	8	Olive Oil	20	Olive Oil	5.5	Olive Oil
			6	Parmesan Cheese	45	Dried Apples	20	Water Crackers
			25	Sunflower Seeds	170	Yogurt	38	White Bread
			120	Cranberry Juice			240	Orange Juice

eTable 1f continued. Sample menus for Tuesday for each study diet, 3000 kcals

Snack	113	Cottage Cheese	113	Cottage Cheese	113	Cottage Cheese	113	Cottage Cheese
	34	Slivered Almonds	35	Slivered Almonds	15	Sunflower Seeds	27	Slivered Almonds
	40	Prunes	300	Cantaloupe	40	Prunes	226	Apricots, in Heavy Syrup
	122	2% Milk	14	Honey	40	Whole Grain Sourdough Bread	14	Honey
				244	Skim Milk			

eTable 1g. Sample menus for Wednesday for each study diet, 2000 kcals

Meal	Low Carb, Low Glycemic Index		Low Carb, High Glycemic Index		High Carb, Low Glycemic Index		High Carb, High Glycemic Index	
	g	Food Item	g	Food Item	g	Food Item	g	Food Item
Breakfast	32	Quinoa Cereal	120	Orange Juice	61	Quinoa Cereal	56	Instant Oatmeal (dry)
	18	Dried Apples	125	Egg Substitute	22	Dried Apples	3	Wheat Bran
	244	1% Milk	122	2% Milk	244	1% Milk	244	1% Milk
	21	Peanut Butter	15	Margarine	21	Peanut Butter	10	Margarine
	25	Whole Grain Sourdough Bread	56	White Bread	50	Whole Grain Sourdough Bread	56	White Bread
	125	Egg Substitute	45	Ham				
	10	Margarine						
Lunch	42	Pumpernickel Bread	32	White Bread	60	Whole Grain Sourdough Bread	56	White Bread
	130	Chicken Salad	130	Chicken Salad	50	Chicken Salad	58	Chicken Salad
	10	Canola Oil	10	Canola Oil	1.2	Salt	9	Canola Oil
	0.5	Salt	28	Raisins	138	Apple	38	Raisins
	50	Dried Apricots	20	Pretzels	50	Prunes	120	Pomegranate Juice
		Salad:		Salad:		Salad:		Salad:
	50	Romaine Lettuce	65	Baby Spinach	60	Romaine Lettuce	50	Baby Spinach
	65	Tomatoes	50	Tomatoes	65	Tomatoes	70	Tomatoes
	9/5	Olive Oil/Balsamic Vinegar	12	Olive Oil	5/5	Olive Oil/Balsamic Vinegar	8	Olive Oil
				23	Peanuts			
Dinner	119	Meatloaf	94	Meatloaf	47	Meatloaf	64	Meatloaf
	120	Broccoli, (ckd)	150	Spinach (ckd)	160	Zucchini	130	Spinach (ckd)
	9	Olive Oil	95	Corn	83	Barley, (ckd)	95	Corn
	1	Salt	13	Canola Oil	1.4	Salt	8	Canola Oil
		Whole Grain Sourdough Bread	35	White Bread	50	Whole Grain Sourdough Bread	0.5	Salt
	40	Bread	15	Margarine	10	Margarine	28	White Bread
	10	Margarine	160	Watermelon	244	Skim Milk	10	Margarine
	244	1% Milk			175	Orange Sections	163	V8 Juice
	138	Apple			24	Milk Chocolate	200	Cantaloupe
							26	Jelly Beans
Snack	150	Grapefruit Sections	30	Water Crackers	50	Dried Apricots	25	Water Crackers
	33	Peanuts	42	Cheddar Cheese, Light	20	Peanuts	21	Cheddar Cheese, Light
	170	Yogurt	200	Cantaloupe	170	Yogurt	140	Apricots, in Heavy Syrup

eTable 1h. Sample menus for Wednesday for each study diet, 2500 kcals

	Low Carb, Low Glycemic Index		Low Carb, High Glycemic Index		High Carb, Low Glycemic Index		High Carb, High Glycemic Index	
Meal	g	Food Item	g	Food Item	g	Food Item	g	Food Item
Breakfast	43	Quinoa Cereal	120	Orange Juice	86	Quinoa Cereal	56	Instant Oatmeal (dry)
	18	Dried Apples	115	Egg Substitute	0.5	Salt	3	Wheat Bran
	244	1% Milk	244	2% Milk	35	Dried Apples	244	1% Milk
	21	Peanut Butter	20	Margarine	244	1% Milk	20	Margarine
	50	Whole Grain Sourdough Bread	75	White Bread	28	Peanuts	56	White Bread
	150	Egg Substitute	55	Ham	50	Whole Grain Sourdough Bread	120	Grape Juice
	20	Margarine	5	Canola Oil	5	Margarine		
Lunch	55	Pumpnickel Bread	56	White Bread	42	Pumpnickel Bread	56	White Bread
	175	Chicken Salad	155	Chicken Salad	60	Chicken Salad	65	Chicken Salad
	12	Canola Oil	11	Canola Oil	1	Salt	10	Canola Oil
	0.6	Salt	24	Raisins	5	Olive Oil	45	Raisins
	60	Dried Apricots	32	Pretzels	138	Apple	95	Pomegranate Juice
		Salad:		Salad:	60	Prunes		Salad:
	50	Romaine Lettuce	65	Baby Spinach	32	Peanuts	60	Baby Spinach
	50	Tomatoes	60	Tomatoes	240	Apple Juice	80	Tomatoes
	11/5	Olive Oil/Balsamic Vinegar	12	Olive Oil			10	Olive Oil
						30	Pretzels	
Dinner	153	Meatloaf	115	Meatloaf	60	Meatloaf	75	Meatloaf
	150	Broccoli, (ckd)	180	Spinach (ckd)	145	Broccoli, (ckd)	170	Spinach (ckd)
	11	Olive Oil	105	Corn	116	Barley, (ckd)	135	Corn
	1.2	Salt	9	Canola Oil	1.5	Salt	10	Canola Oil
		Whole Grain Sourdough Bread	56	White Bread	60	Whole Grain Sourdough Bread	0.5	Salt
	10	Margarine	15	Margarine	10	Margarine	56	White Bread
	244	1% Milk	75	Apricots, in Heavy Syrup	244	Skim Milk	15	Margarine
	138	Apple			200	Orange Sections	163	V8 Juice
	120	Apple Juice			30	Milk Chocolate	240	Cantaloupe
							15	Jelly Beans
Snack	185	Grapefruit Sections	21	Cheddar Cheese, Light	55	Dried Apricots	34	Water Crackers
	40	Peanuts	95	Cantaloupe	28	Peanuts	26	Cheddar Cheese, Light
	266	Yogurt	56	White Bread	226	Yogurt	170	Apricots, in Heavy Syrup
			50	Tuna Fish				
			12	Mayonnaise				

eTable 1i. Sample menus for Wednesday for each study diet, 3000 kcals

	Low Carb, Low Glycemic Index		Low Carb, High Glycemic Index		High Carb, Low Glycemic Index		High Carb, High Glycemic Index	
Meal	g	Food Item	g	Food Item	g	Food Item	g	Food Item
Breakfast	54	Quinoa Cereal	120	Cranberry Juice	101	Quinoa Cereal	56	Instant Oatmeal (dry)
	28	Dried Apples	125	Egg Substitute	32	Dried Apples	4	Wheat Bran
	244	2% Milk	244	2% Milk	244	1% Milk	244	1% Milk
	25	Peanut Butter	20	Margarine	35	Peanuts	20	Margarine
	60	Whole Grain Sourdough Bread	75	White Bread	60	Whole Grain Sourdough Bread	84	White Bread
	185	Egg Substitute	60	Ham	5	Bread	200	Grape Juice
	20	Margarine	22	Slivered Almonds	177	Margarine		
						Pineapple Juice		
Lunch	60	Pumpernickel Bread	56	White Bread	42	Pumpernickel Bread	56	White Bread
	220	Chicken Salad	190	Chicken Salad	75	Chicken Salad	90	Chicken Salad
	12	Canola Oil	12	Canola Oil	1	Salt	12	Canola Oil
	1	Salt	40	Raisins	3	Olive Oil	55	Raisins
	50	Dried Apricots	40	Pretzels	138	Apple	140	Pomegranate Juice
	60	Salad:	60	Salad:	60	Prunes	65	Salad:
	60	Romaine Lettuce	70	Romaine Lettuce	38	Peanuts	80	Romaine Lettuce
	60	Tomatoes	70	Tomatoes	240	Apple Juice	80	Tomatoes
	12/5	Olive Oil/Balsamic Vinegar	12	Olive Oil	20	Twix® Cookie Bar, mini	11	Olive Oil
	20	Twix Bar					37	Pretzels
Dinner	179	Meatloaf	153	Meatloaf	85	Meatloaf	94	Meatloaf
	180	Broccoli, (ckd)	200	Spinach (ckd)	240	Zucchini	170	Spinach (ckd)
	11	Olive Oil	140	Corn	155	Barley, (ckd)	170	Corn
	1.2	Salt	12	Canola Oil	1.7	Salt	10	Canola Oil
	60	Whole Grain Sourdough Bread	56	White Bread	75	Whole Grain Sourdough Bread	0.6	Salt
	15	Margarine	15	Margarine	10	Bread	56	White Bread
	244	1% Milk	21	Cheddar Cheese, Light	244	Margarine	15	Margarine
	138	Apple			230	Skim Milk	163	V8 Juice
	240	Apple Juice			32	Orange Sections	250	Milk Chocolate
							30	Cantaloupe
Snack	220	Grapefruit Sections	21	Cheddar Cheese, Light	65	Dried Apricots	28	Water Crackers
	48	Peanuts	230	Cantaloupe	35	Peanuts	30	Cheddar Cheese, Light
	226	Yogurt	30	Water Crackers	226	Yogurt	200	Apricots, in Heavy Syrup
			65	Tuna Fish			15	Slivered Almonds
			12	Mayonnaise				

eTable 1j. Sample menus for Thursday for each study diet, 2000 kcals

	Low Carb, Low Glycemic Index		Low Carb, High Glycemic Index		High Carb, Low Glycemic Index		High Carb, High Glycemic Index	
Meal	g	Food Item	g	Food Item	g	Food Item	g	Food Item
Breakfast	180	Steel Cut Oats (ckd)	35	Corn Flakes	180	Steel Cut Oats (ckd)	40	Corn Flakes
	20	Walnuts	145	1% Milk	16	Slivered Almonds	175	Skim Milk
	163	Tomato Juice	42	Slivered Almonds	163	Tomato Juice	25	Slivered Almonds
	138	Apple	163	V8 Juice	26	Dried Apples	163	V8 Juice
	244	2% Milk			30	Pumpernickel Bread	117	Banana
				15	Margarine			
Lunch	50	Whole Grain Sourdough Bread	48	White Bread	50	Whole Grain Sourdough Bread	65	White Bread
	35	Peanut Butter	31	Peanut Butter	21	Peanut Butter	21	Peanut Butter
	9	Diet Jelly	14	Jelly	9	Diet Jelly	14	Jelly
		Salad:		Salad:	130	Pasta Salad		Salad:
	60	Lettuce	65	Baby Spinach	355	1% Milk	70	Baby Spinach
	65	Tomatoes	70	Tomatoes	130	Orange Sections	80	Tomatoes
	30	Cucumber	13	Safflower Oil			8	Safflower Oil
	15/5	Olive Oil/Balsamic Vinegar	27	Cheddar Cheese, Light			21	Cheddar Cheese, Light
25	Dried Apples	200	Cantaloupe			220	Pomegranate Juice	
Dinner	84	Rotini Pasta (al dente, ckd)	265	Parmesan Rice	120	Rotini Pasta (al dente, ckd)	270	Parmesan Rice
	158	Parmesan Pasta Sauce	126	Diced Chicken	218	Parmesan Pasta Sauce	60	Diced Chicken
	158	Diced Chicken	130	Broccoli, (ckd)	44	Diced Chicken	150	Broccoli, (ckd)
	90	Zucchini, (ckd)	170	Stewed Tomatoes	70	Broccoli, (ckd)	118	Apricots, in Heavy Syrup
	20	Whole Grain Wheat Bread	11	Rice Krispies Treat	0.4	Salt	5	Margarine
	22	Dried Apples			45	Dried Apricots	110	Grape Juice
				120	2% Milk			
Snack	28	Slivered Almonds	70	Cranberry Juice	138	Apple	69	Bagel
	90	Orange Sections	113	Cottage Cheese	20	Nutella Spread	5	Margarine
	34	Cheddar Cheese, Light	14	Raisins	170	Yogurt	250	Cantaloupe
	163	Tomato Juice	15	Sunflower Seeds	163	Tomato Juice		
		14	Honey					

eTable 1k. Sample menus for Thursday for each study diet, 2500 kcals

Meal	Low Carb, Low Glycemic Index		Low Carb, High Glycemic Index		High Carb, Low Glycemic Index		High Carb, High Glycemic Index	
	g	Food Item	g	Food Item	g	Food Item	g	Food Item
Breakfast	180	Steel Cut Oats (ckd)	45	Corn Flakes	203	Steel Cut Oats (ckd)	50	Corn Flakes
	25	Slivered Almonds	244	Skim Milk	10	Olive Oil	220	Skim Milk
	163	Tomato Juice	40	Slivered Almonds	15	Slivered Almonds	35	Slivered Almonds
	130	Fruit Salad	35	Cheddar Cheese, Light	163	Tomato Juice	163	V8 Juice
	244	1% Milk	163	V8 Juice	33	Dried Apples	156	Banana
	110	Egg Substitute			40	Pumpernickel Bread		
	15	Margaine			10	Margarine		
Lunch	50	Whole Grain Sourdough Bread	56	White Bread	50	Whole Grain Sourdough Bread	65	White Bread
	32	Peanut Butter	40	Peanut Butter	21	Peanut Butter	36	Peanut Butter
	9	Diet Jelly	14	Jelly	9	Diet Jelly	14	Jelly
	175	Pasta Salad		Salad:	186	Pasta Salad		Salad:
	32	Walnuts	70	Romaine Lettuce	1	Salt	65	Romaine Lettuce
			50	Tomatoes	244	2% Milk	40	Tomatoes
			80	Cauliflower	60	Dried Apricots	85	Cauliflower (raw)
			14	Safflower Oil			8	Safflower Oil
			11	Rice Krispies Treat			20	Raisins
			235	Cantaloupe			35	Water Crackers
Dinner	132	Rotini Pasta (al dente, ckd)	260	Parmesan Rice	160	Rotini Pasta (al dente, ckd)	314	Parmesan Rice
	168	Parmesan Pasta Sauce	5	Wheat Bran	218	Parmesan Pasta Sauce	50	Diced Chicken
	155	Diced Chicken	176	Diced Chicken	85	Diced Chicken	130	Broccoli, (ckd)
	100	Zucchini, (ckd)	120	Broccoli, (ckd)	75	Broccoli, (ckd)	5	Wheat Bran
	11	Safflower Oil	125	Stewed Tomatoes	0.9	Salt	110	Apricots, in Heavy Syrup
	0.5	Salt	5	Margarine	240	Fruit Salad	5	Margarine
	22	Dried Apples	11	Rice Krispies Treat	120	Apple Juice	225	Pomegranate Juice
			26	Raisins				
Snack	18	Soy Nuts	120	Cranberry Juice	138	Apple	69	Bagel
	20	Dried Apricots	113	Cottage Cheese	20	Nutella Spread	5	Margarine
	50	Cheddar Cheese, Light	36	Sunflower Seeds	226	Yogurt	225	Cantaloupe
	28	Whole Grain Wheat Bread	14	Honey	140	2% Milk	150	Grape Juice
	163	Tomato Juice						

eTable 11. Sample menus for Thursday for each study diet, 3000 kcals

Meal	Low Carb, Low Glycemic Index		Low Carb, High Glycemic Index		High Carb, Low Glycemic Index		High Carb, High Glycemic Index	
	g	Food Item	g	Food Item	g	Food Item	g	Food Item
Breakfast	180	Steel Cut Oats (ckd)	58	Corn Flakes	234	Steel Cut Oats (ckd)	60	Corn Flakes
	40	Walnuts	244	Skim Milk	12	Olive Oil	244	1% Milk
	163	Tomato Juice	50	Slivered Almonds	18	Slivered Almonds	25	Slivered Almonds
	27	Dried Apples	60	Ham	163	Tomato Juice	120	Cranberry Juice
	244	1% Milk	120	Egg Substitute	40	Dried Apples	176	Banana
	135	Egg Substitute	5	Margarine	40	Pumpernickel Bread	70	Egg Substitute
	15	Margarine			5	Margarine	10	Margarine
					280	Skim Milk		
Lunch	50	Whole Grain Sourdough Bread	56	White Bread	50	Whole Grain Sourdough Bread	65	White Bread
	42	Peanut Butter	42	Peanut Butter	35	Peanut Butter	30	Peanut Butter
	9	Diet Jelly	14	Jelly	9	Diet Jelly	14	Jelly
	170	Pasta Salad		Salad:	200	Pasta Salad		Salad:
	0.4	Salt	60	Romaine Lettuce	1.6	Salt	60	Baby Spinach
	36	Slivered Almonds	110	Tomatoes	90	Grapefruit Sections	84	Tomatoes
	138	Apple	50	Cauliflower	55	Dried Apricots	65	Cauliflower (raw)
			16	Olive Oil	25	Twix® Cookie Bar, mini	10	Olive Oil
			210	Cantaloupe			42	Raisins
			40	Cheddar Cheese, Light			20	Water Crackers
		190	Cranberry Juice			42	Cheddar Cheese, Light	
						25	Angel Cake	
Dinner	160	Rotini Pasta (al dente, ckd)	343	Parmesan Rice	225	Rotini Pasta (al dente, ckd)	368	Parmesan Rice
	198	Parmesan Pasta Sauce	2	Wheat Bran	208	Parmesan Pasta Sauce	70	Diced Chicken
	185	Diced Chicken	155	Diced Chicken	110	Diced Chicken	130	Broccoli, (ckd)
	110	Zucchini, (ckd)	161	Broccoli, (ckd)	1.6	Salt	6	Wheat Bran
	13	Safflower Oil	175	Stewed Tomatoes	265	Fruit Salad	1.2	Salt
	0.4	Salt	11	Rice Krispies Treat	195	2% Milk	135	Apricots, in Heavy Syrup
	220	Fruit Salad	42	Raisins			5	Margarine
							220	Pomegranate Juice
						28	White Bread	
Snack	20	Soy Nuts	120	Orange Juice	138	Apple	69	Bagel
	25	Dried Apricots	113	Cottage Cheese	20	Nutella Spread	10	Margarine
	60	Cheddar Cheese, Light	50	Sunflower Seeds	226	Yogurt	240	Cantaloupe
	32	Whole Grain Wheat Bread	14	Honey	240	Apple Juice	240	Grape Juice
	163	Tomato Juice						

eTable 1m. Sample menus for Friday for each study diet, 2000 kcals

	Low Carb, Low Glycemic Index		Low Carb, High Glycemic Index		High Carb, Low Glycemic Index		High Carb, High Glycemic Index	
Meal	g	Food Item	g	Food Item	g	Food Item	g	Food Item
Breakfast	36	Whole Grain French Toast	55	Waffles	40	Whole Grain French Toast	35	Waffles
	160	Strawberries	14	Honey	24	Diet Syrup	28	Honey
	5	Margarine	12	Pecans	5	Margarine	10	Margarine
	18	Pecans	23	Vegetarian Sausage	8	Pecans	23	Vegetarian Sausage
	46	Vegetarian Sausage	120	Egg Substitute	9	Sugar	60	Egg Substitute
	75	Egg Substitute	122	2% Milk	244	1% Milk	122	2% Milk
	159	Orange Sections	150	Cantaloupe	160	Strawberries	208	Banana
					150	Orange Sections		
Lunch	26	Whole Grain Sourdough Bread	40	White Bread	60	Whole Grain Sourdough Bread	56	White Bread
	70	Vegetarian Burger	50	Tuna Fish	65	Vegetarian Burger	65	Pimento Cheese Filling
	32	Cheddar Cheese, light	12	Mayonnaise	16	Cheddar Cheese, light	35	Lettuce
	5	Margarine		Salad:	10	Margarine	180	Stewed Tomatoes
	60	Broccoli Salad	30	Green Peppers	30	Tomato, raw	5	Wheat Bran
	10	Olive Oil	60	Tomatoes	110	Broccoli Salad	80	Broccoli Salad
	28	Dried Apricots	45	Lettuce	22	Dried Apricots	7	Olive Oil
	244	1% Milk	10	Canola Oil	40	Prunes	28	Raisins
			50	Broccoli Salad			110	Apricot, in Heavy Syrup
			14	Soy Nuts				
			270	Watermelon				
			122	2% Milk				
	Dinner	170	Cod	140	Cod	60	Cod	65
19		Olive Oil	10	Olive Oil	13	Olive Oil	7	Olive Oil
0.5		Old Bay Seasoning	7	Wheat Bran	0.6	Old Bay Seasoning	3	Wheat Bran
75		Brown Basmati Rice	0.6	Old Bay Seasoning	100	Brown Basmati Rice	0.6	Old Bay Seasoning
148		Herbed Zucchini	162	Instant Rice (ckd)	150	Herbed Zucchini	216	Instant Rice (ckd)
0.5		Salt	165	Spinach (ckd)	0.5	Salt	150	Spinach (ckd)
6		Sugar	10	Olive Oil	60	Whole Grain Sourdough Bread	5	Canola Oil
138		Apple	75	Apricots, in Heavy Syrup	138	Apple	20	White Bread
					120	Apple Juice	5	Margarine
							260	Watermelon
Snack	40	Celery Sticks	60	Celery Sticks	138	Apple	120	Pomegranate Juice
	21	Peanut Butter	21	Peanut Butter	21	Peanut Butter	30	Celery Sticks
	122	Skim Milk	113	Cottage Cheese	244	1% Milk	16	Peanut Butter
	17	Soy Nuts	20	Popcorn			15	Cheddar Cheese, Light
	20	Prunes					20	Popcorn

eTable 1n. Sample menus for Friday for each study diet, 2500 kcals

	Low Carb, Low Glycemic Index		Low Carb, High Glycemic Index		High Carb, Low Glycemic Index		High Carb, High Glycemic Index	
Meal	g	Food Item	g	Food Item	g	Food Item	g	Food Item
Breakfast	45	Whole Grain French Toast	70	Waffles	50	Whole Grain French Toast	70	Waffles
	150	Strawberries	28	Honey	24	Diet Syrup	28	Honey
	6	Sugar	21	Pecans	15	Margarine	10	Margarine
	15	Pecans	46	Vegetarian Sausage	120	Apple Juice	23	Vegetarian Sausage
	46	Vegetarian Sausage	140	Egg Substitute	244	1% Milk	120	Egg Substitute
	100	Egg Substitute	5	Margarine	200	Strawberries	5	Canola Oil
	5	Canola Oil	14	Raisins	180	Orange Sections	195	Banana
	10	Margarine						
	180	Orange Sections						
	Lunch	50	Whole Grain Sourdough Bread	56	White Bread	85	Whole Grain Sourdough Bread	56
90		Vegetarian Burger	62	Tuna Fish	80	Vegetarian Burger	85	Pimento Cheese Filling
40		Cheddar Cheese, light	12	Mayonnaise	28	Cheddar Cheese, light	45	Lettuce
10		Margarine		Salad:	10	Margarine	260	Stewed Tomatoes
75		Broccoli Salad	60	Baby Spinach	100	Broccoli Salad	6	Wheat Bran
13		Olive Oil	75	Tomatoes	5	Olive Oil	115	Broccoli Salad
20		Dried Apricots	10	Olive Oil	28	Dried Apricots	10	Olive Oil
244		1% Milk	244	2% Milk	50	Prunes	28	Raisins
			60	Broccoli Salad			270	Cantaloupe
			24	Soy Nuts				
			150	Watermelon				
			150	Cantaloupe				
Dinner		200	Cod	140	Cod	85	Cod	80
	22	Olive Oil	12	Olive Oil	12	Olive Oil	10	Olive Oil
	0.6	Old Bay Seasoning	7	Wheat Bran	0.6	Old Bay Seasoning	4	Wheat Bran
	100	Brown Basmati Rice	0.6	Old Bay Seasoning	125	Brown Basmati Rice	0.6	Old Bay Seasoning
	113	Herbed Zucchini	126	Instant Rice (ckd)	103	Herbed Zucchini	288	Instant Rice (ckd)
	0.5	Salt	160	Herbed Zucchini	1	Salt	130	Spinach (ckd)
	5	Margarine	10	Olive Oil	60	Whole Grain Sourdough Bread	28	White Bread
	180	Apple	113	Cottage Cheese	20	Nutella Spread	10	Margarine
	28	Pumpnickel Bread	130	Apricots, in Heavy Syrup	138	Apple	275	Watermelon
	4	Life Saver Peppermints			8	Mints, Sugar Free	8	Peppermints
	Snack	20	Peanuts	60	Celery Sticks	138	Apple	240
244		1% Milk	14	Raisins	21	Peanut Butter	50	Celery Sticks
22		Soy Nuts	18	Peanuts	244	1% Milk	21	Peanut Butter
20		Prunes	26	Popcorn	50	Whole Grain Sourdough Bread	21	Cheddar Cheese, Light
			34	Cheddar Cheese, Light			15	Popcorn

eTable 1o. Sample menus for Friday for each study diet, 3000 kcals

	Low Carb, Low Glycemic Index		Low Carb, High Glycemic Index		High Carb, Low Glycemic Index		High Carb, High Glycemic Index	
Meal	g	Food Item	g	Food Item	g	Food Item	g	Food Item
Breakfast	52	Whole Grain French Toast	83	Waffles	56	Whole Grain French Toast	53	Waffles
	200	Strawberries	28	Honey	24	Diet Syrup	42	Honey
	9	Sugar	18	Pecans	15	Margarine	15	Margarine
	28	Pecans	46	Vegetarian Sausage	12	Pecans	35	Vegetarian Sausage
	46	Vegetarian Sausage	180	Egg Substitute	9	Sugar	90	Egg Substitute
	180	Egg Substitute	5	Canola Oil	244	1% Milk	244	2% Milk
	10	Margarine	225	Cantaloupe	200	Strawberries	260	Banana
	165	Apple			200	Orange Sections		
	Lunch	39	Whole Grain Sourdough Bread	60	White Bread	90	Whole Grain Sourdough Bread	84
125		Vegetarian Burger	80	Tuna Fish	90	Vegetarian Burger	90	Pimento Cheese Filling
48		Cheddar Cheese, light	12	Mayonnaise	24	Cheddar Cheese, light	53	Lettuce
5		Margarine		Salad:	10	Margarine	200	Stewed Tomatoes
90		Broccoli Salad	45	Green Peppers	30	Tomato, raw	7	Wheat Bran
15		Olive Oil	80	Tomatoes	120	Broccoli Salad	120	Broccoli Salad
21		Dried Apricots	50	Lettuce	0.8	Salt	11	Olive Oil
21		Dried Apples	10	Olive Oil	33	Dried Apricots	42	Raisins
244		1% Milk	75	Broccoli Salad	60	Prunes	360	Watermelon
			25	Soy Nuts	244	1% Milk		
			300	Watermelon				
			28	Cheddar Cheese, Light				
			244	1% Milk				
Dinner		220	Cod	200	Cod	90	Cod	98
	29	Olive Oil	15	Olive Oil	15	Olive Oil	10	Olive Oil
	0.2	Old Bay Seasoning	10	Wheat Bran	0.6	Old Bay Seasoning	5	Wheat Bran
	125	Brown Basmati Rice	0.6	Old Bay Seasoning	238	Brown Basmati Rice	1.6	Old Bay Seasoning
	113	Herbed Zucchini	252	Instant Rice (ckd)	141	Herbed Zucchini	324	Instant Rice (ckd)
	200	Apple Juice	120	Spinach (ckd)	0.5	Salt	150	Spinach (ckd)
	150	Orange Sections	20	Olive Oil	50	Whole Grain Sourdough Bread	8	Canola Oil
	122	Skim Milk	112	Apricots, in Heavy Syrup	200	Apple Juice	28	White Bread
					20	Mints, Sugar Free	10	Margarine
							165	Apricots, in Heavy Syrup
Snack	60	Celery Sticks	90	Celery Sticks	200	Apple	180	Pomegranate Juice
	42	Peanut Butter	32	Peanut Butter	42	Peanut Butter	45	Celery Sticks
	26	Soy Nuts	113	Cottage Cheese	14	Jelly	24	Peanut Butter
	30	Prunes	35	Popcorn	122	2% Milk	21	Cheddar Cheese, Light
						Whole Grain Sourdough Bread		
			14	Raisins	40	Bread	20	Peanut Butter

eTable 1p. Sample menus for Saturday for each study diet, 2000 kcals

	Low Carb, Low Glycemic Index		Low Carb, High Glycemic Index		High Carb, Low Glycemic Index		High Carb, High Glycemic Index	
Meal	g	Food Item	g	Food Item	g	Food Item	g	Food Item
Breakfast	135	Apple	120	Cranberry Juice	180	Apple Juice	170	Pomegranate Juice
	170	Quiche	150	Quiche	75	Quiche	150	Quiche
	244	Skim Milk	23	Vegetarian Sausage	244	1% Milk	240	Cantaloupe
	32	Pecans	56	White Bread	60	Whole Grain Sourdough Bread	56	White Bread
	170	Yogurt	10	Margarine	20	Margarine	20	Margarine
			21	Cheddar Cheese, Light	115	Orange Sections		
		14	Pecans					
Lunch	245	Chicken Barley Bake	80	Chicken Couscous Salad	173	Chicken Barley Bake	84	Chicken Couscous Salad
	28	Soy Nuts	35	Diced Chicken	60	Whole Grain Sourdough Bread	84	White Bread
	60	Salad:	12	Olive Oil		Salad:		Salad:
	50	Romaine Lettuce	28	White Bread	35	Baby Spinach	50	Baby Spinach
		Tomatoes	5	Margarine	20	Tomatoes	50	Tomatoes
	16/5	Olive Oil/Balsamic Vinegar	120	Broccoli, (ckd)	8/5	Canola Oil/Balssamic Vinegar	4	Olive Oil
	32	Dried Apricots	14	Slivered Almonds	10	Margarine	23	Slivered Almonds
			28	Raisins	14	Jelly	28	Raisins
		122	Skim Milk	170	Pear			
Dinner	75	Turkey Breast	70	Turkey Breast	40	Turkey Breast	35	Turkey Breast
	50	Gravy	60	Gravy	50	Gravy	60	Gravy
	36	Egg Noodles (al dente, ckd)	155	Instant Mashed Potatoes	132	Egg Noodles (al dente, ckd)	158	Instant Mashed Potatoes
	60	Kale (ckd)	155	Kale (ckd)	90	Kale (ckd)	130	Kale (ckd)
	1	Salt	5	Olive Oil	0.4	Salt	0.5	Salt
	14	Canola Oil	42	White Bread	6	Olive Oil	28	White Bread
	10	Margarine	5	Margarine	20	Whole Grain Sourdough Bread	5	Margarine
	50	Whole Grain Sourdough Bread	150	Cantaloupe	10	Margarine	14	Honey
	150	Apple			120	Apple	60	Apricots, in Heavy Syrup
	122	1% Milk			180	Strawberries	180	Cranberry Juice
Snack	45	Whole Grain Sourdough Bread	28	White Bread	244	Skim Milk	244	2% Milk
	60	Tuna Fish	55	Tuna Fish	30	Nutella Spread	30	Popcorn
	12	Mayonnaise	12	Mayonnaise	20	Dried Apples	15	Dried Cranberries
	120	Apple Juice	70	Romaine Lettuce				
			175	Cantaloupe				

eTable 1q. Sample menus for Saturday for each study diet, 2500 kcals

Meal	Low Carb, Low Glycemic Index		Low Carb, High Glycemic Index		High Carb, Low Glycemic Index		High Carb, High Glycemic Index	
	g	Food Item	g	Food Item	g	Food Item	g	Food Item
Breakfast	150	Apple	120	Cantaloupe	163	Tomato Juice	163	Pomegranate Juice
	150	Quiche	150	Quiche	150	Quiche	150	Quiche
	244	1% Milk	46	Vegetarian Sausage	244	1% Milk	180	Cantaloupe
	25	Pecans	84	White Bread	90	Whole Grain Sourdough Bread	70	White Bread
	175	Orange Sections	10	Margarine	25	Margarine	20	Margarine
	69	Vegetarian Sausage	20	Pecans	25	Jelly	14	Honey
			122	Skim Milk	155	Apple	122	2% Milk
Lunch	288	Chicken Barley Bake	143	Chicken Couscous Salad	245	Chicken Barley Bake	160	Chicken Couscous Salad
	40	Diced Chicken	35	Diced Chicken	75	Whole Grain Sourdough Bread	56	White Bread
	6	Canola Oil	19	Olive Oil		Salad:	10	Margarine
	60	Romaine Lettuce	28	White Bread	30	Romaine Lettuce		Salad:
	40	Tomatoes	5	Margarine	50	Tomatoes	60	Romaine Lettuce
	16/5	Olive Oil/Balsamic Vinegar	135	Broccoli, (ckd)	6/5	Canola Oil/Balssamic Vinegar	60	Tomatoes
	35	Dried Apricots	25	Cheddar Cheese, Light	15	Pecans	9	Olive Oil
	45	Whole Grain Sourdough Bread	42	Raisins	30	Dried Apricots	170	Orange Juice
					190	Pear	42	Raisins
Dinner	90	Turkey Breast	86	Turkey Breast	40	Turkey Breast	45	Turkey Breast
	60	Gravy	40	Gravy	50	Gravy	75	Gravy
	110	Egg Noodles (al dente, ckd)	176	Instant Mashed Potatoes	176	Egg Noodles (al dente, ckd)	185	Instant Mashed Potatoes
	100	Kale (ckd)	130	Kale (ckd)	90	Kale (ckd)	190	Kale (ckd)
	1	Salt	56	White Bread	0.8	Salt	0.7	Salt
	17	Canola Oil	5	Margarine	6	Olive Oil	56	White Bread
	15	Margarine		Salad:		Whole Grain Sourdough Bread	5	Margarine
	150	Pear	65	Romaine Lettuce	55	Bread	14	Honey
	122	1% Milk	40	Cucumbers	15	Margarine	115	Apricots, in Heavy Syrup
			12	Olive Oil	165	Orange Sections	120	Cranberry Juice
		120	Cranberry Juice					
Snack	50	Whole Grain Sourdough Bread	28	White Bread	120	Apple Juice	25	Dried Cranberries
	30	Peanut Butter	67	Tuna Fish	28	Nutella Spread	40	Popcorn
	244	Skim Milk	12	Mayonnaise	15	Dried Apples	20	Slivered Almonds
			35	Celery Stick	244	2% Milk	15	Cheddar Cheese, Light
			180	Cantaloupe			2	Crystal Light
			122	1% Milk				

eTable 1r. Sample menus for Saturday for each study diet, 3000 kcals

Meal	Low Carb, Low Glycemic Index		Low Carb, High Glycemic Index		High Carb, Low Glycemic Index		High Carb, High Glycemic Index		
	g	Food Item	g	Food Item	g	Food Item	g	Food Item	
Breakfast	200	Apple	240	Cranberry Juice	240	Apple Juice	120	Pomegranate Juice	
	225	Quiche	150	Quiche	75	Quiche	150	Quiche	
	366	1% Milk	69	Vegetarian Sausage	244	1% Milk	360	Cantaloupe	
	32	Pecans	56	White Bread	105	Whole Grain Sourdough Bread	84	White Bread	
	120	Apple Juice	10	Margarine	30	Margarine	25	Margarine	
	69	Vegetarian Sausage	21	Cheddar Cheese, Light	46	Vegetarian Sausage	18	Honey	
			22	Pecans	138	Orange Sections	46	Vegetarian Sausage	
			122	Skim Milk					
	Lunch	370	Chicken Barley Bake	160	Chicken Couscous Salad	254	Chicken Barley Bake	164	Chicken Couscous Salad
		35	Soy Nuts	50	Diced Chicken	120	Whole Grain Sourdough Bread	84	White Bread
45		Whole Grain Sourdough Bread	15	Olive Oil		Salad:	14	Jelly	
10		Margarine	56	White Bread	40	Romaine Lettuce		Salad:	
		Salad:	10	Margarine	25	Tomatoes	85	Romaine Lettuce	
60		Romaine Lettuce	125	Broccoli, (ckd)	11/5	Canola Oil/Balssamic Vinegar	90	Cucumbers	
17/5		Olive Oil/Balsamic Vinegar	15	Slivered Almonds	15	Margarine	5	Olive Oil	
20		Dried Apricots	28	Raisins	14	Jelly	50	Dried Cranberries	
			122	Skim Milk	230	Pear	30	Slivered Almonds	
Dinner		120	Turkey Breast	110	Turkey Breast	50	Turkey Breast	55	Turkey Breast
	65	Gravy	60	Gravy	65	Gravy	40	Gravy	
	80	Egg Noodles (al dente, ckd)	176	Instant Mashed Potatoes	194	Egg Noodles (al dente, ckd)	167	Instant Mashed Potatoes	
	40	Kale (ckd)	225	Kale (ckd)	110	Kale (ckd)	190	Kale (ckd)	
	0.5	Salt	14	Olive Oil	7	Olive Oil	0.9	Salt	
	213	Canola Oil	56	White Bread	45	Whole Grain Sourdough Bread	70	White Bread	
	15	Margarine	5	Margarine	20	Margarine	15	Margarine	
	60	Whole Grain Sourdough Bread	14	Honey	170	Apple	18	Honey	
	125	Pear	250	Cantaloupe	220	Strawberries	90	Apricots, in Heavy Syrup	
	120	1% Milk					240	Cranberry Juice	
Snack	65	Whole Grain Sourdough Bread	28	White Bread	366	Skim Milk	366	2% Milk	
	42	Peanut Butter	70	Tuna Fish	45	Nutella Spread	50	Popcorn	
	244	Skim Milk	12	Mayonnaise	22	Dried Apples	14	Raisins	
			4	Canola Oil					
			10	Dried Cranberries					
			35	Popcorn					

eTable 1s. Sample menus for Sunday for each study diet, 2000 kcals

Meal	Low Carb, Low Glycemic Index		Low Carb, High Glycemic Index		High Carb, Low Glycemic Index		High Carb, High Glycemic Index	
	g	Food Item	g	Food Item	g	Food Item	g	Food Item
Breakfast	28	Kashi Go Lean	21	Cheerios	28	Kashi Go Lean	34	Cheerios
		Whole Grain Sourdough Bread						
	26	Bread	5	Wheat Bran	6	Sugar	6	Wheat Bran
	244	Skim Milk	244	2% Milk	244	2% Milk	244	Skim Milk
	50	Ham	40	Turkey Sausage	40	Prunes	200	Cantaloupe
	100	Blueberries	75	Carrot and Bran Muffin	100	Blueberries	75	Carrot and Bran Muffin
	21	Slivered Almonds	5	Margarine	20	Slivered Almonds	10	Margarine
	10	Margarine						
Lunch		Whole Grain Sourdough Bread				Whole Grain Sourdough Bread		
	35	Bread	56	White Bread	65	Bread	45	White Bread
	150	Tuna Salad	130	Tuna Salad	70	Tuna Salad	85	Tuna Salad
	10	Canola Oil	5	Canola Oil	60	Pasta Salad	11	Canola Oil
		Salad:		Salad:		Salad:		Salad:
	45	Lettuce	60	Baby Spinach	40	Romaine Lettuce	50	Baby Spinach
	60	Tomatoes	45	Tomatoes	45	Tomatoes	50	Tomatoes
		Canola Oil/Balsamic						
	11/5	Vinegar	18	Olive Oil	10/5	Olive Oil/Balsamic Vinegar	10	Olive Oil
	21	Cheddar Cheese, Light	210	Cantaloupe	159	Orange Sections	143	Banana
	20	Dried Apples	122	2% Milk	163	Tomato Juice	35	Pretzels
30	Dried Apricots			15	Margarine			
Dinner	120	Pork Tenderloin	90	Pork Tenderloin	36	Pork Tenderloin	50	Pork Tenderloin
	62	Bulgur Salad	76	Couscous	62	Bulgur Salad	95	Couscous
	90	Turnip Greens (ckd)	140	Turnip Greens (ckd)	75	Turnip Greens (ckd)	120	Turnip Greens (ckd)
	0.7	Salt	13	Canola Oil	6	Canola Oil	28	White Bread
	6	Sugar	35	White Bread	0.8	Salt	10	Margarine
		Whole Grain Sourdough Bread				Whole Grain Sourdough Bread		
	25	Bread	14	Honey	70	Bread	122	2% Milk
	5	Margarine	92	Gelatin, sugar free	10	Margarine	140	Apricots, in Heavy Syrup
	21	Peanut Butter			120	Apple Juice		
	138	Apple			138	Apple		
					240	Yogurt		
Snack	138	Apple	120	Apricots, in Heavy Syrup	40	Dried Apples	28	Raisins
	25	Slivered Almonds	28	White Bread	8	Peanuts	240	Cranberry Juice
	113	Cottage Cheese	50	Turkey Breast	113	Cottage Cheese	113	Cottage Cheese
			12	Mayonnaise				

eTable 1t. Sample menus for Sunday for each study diet, 2500 kcals

	Low Carb, Low Glycemic Index		Low Carb, High Glycemic Index		High Carb, Low Glycemic Index		High Carb, High Glycemic Index	
Meal	g	Food Item	g	Food Item	g	Food Item	g	Food Item
Breakfast	37	Kashi Go Lean	34	Cheerios	28	Kashi Go Lean	45	Cheerios
		Whole Grain Sourdough						
	55	Bread	8	Wheat Bran	6	Sugar	6	Wheat Bran
	244	2% Milk	122	2% Milk	244	1% Milk	244	1% Milk
	60	Turkey Sausage	50	Turkey Sausage	40	Prunes	28	Raisins
	20	Margarine	75	Carrot and Bran Muffin	160	Blueberries	75	Carrot and Bran Muffin
	120	Apple Juice	5	Margarine	24	Slivered Almonds	5	Margarine
		18	Slivered Almonds	40	Whole Grain Sourdough	10	Peanuts	
				5	Bread			
					Margarine			
Lunch	55	Pumpnickel Bread	68	White Bread	100	Whole Grain Sourdough	72	White Bread
	190	Tuna Salad	150	Tuna Salad	70	Bread	100	Tuna Salad
	11	Canola Oil	10	Olive Oil	80	Pasta Salad	9	Canola Oil
		Salad:		Salad:	12	Canola Oil		Salad:
	45	Baby Spinach	60	Baby Spinach		Salad:	60	Baby Spinach
	50	Tomatoes	60	Tomatoes	40	Iceberg Lettuce	60	Tomatoes
	13/5	Olive Oil/Balsamic Vinegar	14	Olive Oil	55	Tomatoes	11	Olive Oil
	25	Cheddar Cheese, Light	150	Pomegranite Juice	4/5	Olive Oil/Balsamic Vinegar	120	Apricots, in Heavy Syrup
	170	Apple	244	2% Milk	100	Orange Sections	50	Pretzels
	122	Skim Milk			150	Strawberries		
					122	Skim Milk		
				5	Margarine			
Dinner	105	Pork Tenderloin	100	Pork Tenderloin	40	Pork Tenderloin	50	Pork Tenderloin
	77	Bulgur Salad	105	Couscous	77	Bulgur Salad	143	Couscous
	100	Turnip Greens (ckd)	120	Turnip Greens (ckd)	100	Turnip Greens (ckd)	125	Turnip Greens (ckd)
	0.5	Salt	10	Canola Oil	3	Canola Oil	40	White Bread
	7	Canola Oil	56	White Bread	1.4	Salt	10	Margarine
		Whole Grain Sourdough				Whole Grain Sourdough		
	40	Bread	10	Margarine	80	Bread	122	2% Milk
	30	Peanuts	60	Apricots, in Heavy Syrup	10	Margarine	170	Apricots, in Heavy Syrup
	20	Dried Apples			32	Dried Apricots		
	18	Dried Apricots			30	Twix® Cookie Bar, mini		
				240	Yogurt			
Snack	260	Orange Sections	175	Cantaloupe	138	Apple	250	Cantaloupe
	32	Slivered Almonds	56	White Bread	21	Peanut Butter	113	Cottage Cheese
	113	Cottage Cheese	70	Turkey Breast	113	Cottage Cheese	28	Dried Cranberries
			12	Mayonnaise	200	Apple Juice	15	Slivered Almonds

eTable 1u. Sample menus for Sunday for each study diet, 3000 kcals

Meal	Low Carb, Low Glycemic Index		Low Carb, High Glycemic Index		High Carb, Low Glycemic Index		High Carb, High Glycemic Index	
	g	Food Item	g	Food Item	g	Food Item	g	Food Item
Breakfast	42	Kashi Go Lean	35	Cheerios	42	Kashi Go Lean	45	Cheerios
		Whole Grain Sourdough Bread						
	30	Bread	8	Wheat Bran	6	Sugar	5	Wheat Bran
	366	Skim Milk	244	2% Milk	244	1% Milk	244	2% Milk
	75	Ham	80	Turkey Sausage	60	Prunes	200	Cantaloupe
	200	Blueberries	75	Carrot and Bran Muffin	150	Blueberries	150	Carrot and Bran Muffin
						Whole Grain Sourdough		
	31	Slivered Almonds	15	Margarine	20	Bread	10	Margarine
15	Margarine	65	Egg Substitute	10	Margarine			
		5	Canola Oil	21	Peanut Butter			
Lunch	225	Tuna Salad	112	White Bread	60	Whole Grain Sourdough Bread	68	White Bread
	15	Canola Oil	195	Tuna Salad	100	Tuna Salad	132	Tuna Salad
	35	Pasta Salad	12	Olive Oil	140	Pasta Salad	16	Canola Oil
		Salad:		Salad:	0.7	Salt		Salad:
	60	Lettuce	60	Baby Spinach	12	Mayonnaise	60	Baby Spinach
	60	Tomatoes	65	Tomatoes		Salad:	60	Tomatoes
		Canola Oil/Balsamic						
	12/5	Vinegar	16	Olive Oil	50	Iceberg Lettuce	8	Olive Oil
	42	Cheddar Cheese, Light	300	Cantaloupe	60	Tomatoes	42	Raisins
	200	Apple	122	2% Milk	15/5	Olive Oil/Balsamic Vinegar	53	Pretzels
	120	Apple Juice			150	Orange Sections		
	6	Sugar			240	Apple Juice		
Dinner	180	Pork Tenderloin	135	Pork Tenderloin	65	Pork Tenderloin	80	Pork Tenderloin
	92	Bulgur Salad	114	Couscous	92	Bulgur Salad	152	Couscous
	100	Turnip Greens (ckd)	180	Turnip Greens (ckd)	80	Turnip Greens (ckd)	150	Turnip Greens (ckd)
	1.2	Salt	20	Canola Oil	8	Canola Oil	5	Olive Oil
	5	Olive Oil	75	Carrot and Bran Muffin	1.5	Salt	0.8	Salt
		Whole Grain Sourdough				Whole Grain Sourdough		
	49	Bread	14	Honey	80	Bread	50	White Bread
	10	Margarine	92	Gelatin, sugar free	10	Margarine	5	Margarine
	21	Peanut Butter			163	Tomato Juice	122	2% Milk
	200	Apple			60	Dried Apples	210	Apricots, in Heavy Syrup
	120	Apple Juice			360	Yogurt		
Snack	40	Dried Apple	150	Apricots, in Heavy Syrup	200	Apple	240	Cranberry Juice
	40	Slivered Almonds	42	White Bread	14	Slivered Almonds	113	Cottage Cheese
	113	Cottage Cheese	70	Turkey Breast	30	Twix® Cookie Bar, mini	215	Banana
			5	Margarine	21	Cheddar Cheese, Light	10	Slivered Almonds
			12	Mayonnaise	122	2% Milk		

eTable 2. Effect of glycemic index and amount of carbohydrate on urinary nitrogen, creatinine, sodium, and potassium

Diet Effects:

Measure	n	Baseline		CG ¹		Cg ²		cG ³		cg ⁴	
		Mean (SD)	n	Mean (SD)	n	Mean (SD)	n	Mean (SD)	n	Mean (SD)	n
Urine Nitrogen mg/d	163	10144(4739)	149	10227(3774)	153	10631(4349)	150	13773(5348)	154	14082(5656)	
Urine Sodium mmol/d	163	152.7(77.9)	149	121.2(57.4)	153	115.3(48.1)	150	122.7(53.6)	154	118.9(58.5)	
Urine K mmol/d	163	57.2(26)	149	77.4(31.5)	153	77.5(33.7)	150	76.1(30.5)	154	75(34)	
Urine Creat mg/d	163	1479(601)	149	1401(557)	153	1368(560)	150	1515(615)	154	1482(617)	

Diet Contrasts: mean difference (95% CI) mean difference (95% CI)

Measure	n	cg-CG		Cg-CG		cG-CG			
		Mean diff. (95% CI)	p	n	Mean diff. (95% CI)	p	n	Mean diff. (95% CI)	p
Urine Nitrogen	140	3887(3191, 4583)	P<0.001	148	376(-234, 985)	0.23	136	3651(2858, 4444)	P<0.001
Urine Sodium	140	-6.1(-15.5, 3.3)	0.20	148	-6.6(-15.5, 2.2)	0.14	136	1.7(-8.2, 11.6)	0.74
Urine K	140	-2.7(-8.3, 2.9)	0.34	148	0.3(-5.5, 6)	0.92	136	-1.2(-6.6, 4.2)	0.66
Urine Creat	140	57(-16, 130)	0.13	148	-40(-115, 36)	0.30	136	99(14, 184)	0.02

Measure	n	cG-Cg		cg-Cg		cg-cG			
		Mean diff. (95% CI)	p	n	Mean diff. (95% CI)	p	n	Mean diff. (95% CI)	p
Urine Nitrogen	140	3237(2386, 4088)	P<0.001	144	3497(2736, 4258)	P<0.001	149	330(-380, 1041)	0.36
Urine Sodium	140	7.5(-2.3, 17.3)	0.13	144	1.3(-8.2, 10.8)	0.79	149	-3.9(-13.4, 5.6)	0.42
Urine K	140	-2(-7.4, 3.5)	0.48	144	-4.2(-9.5, 1.2)	0.12	149	-0.9(-6, 4.2)	0.73
Urine Creat	140	134(52, 216)	0.002	144	94(12, 176)	0.03	149	-29(-102, 43)	0.43

¹ CG = Higher Carbohydrate and Higher Glycemic Index

² Cg = Higher Carbohydrate and Lower Glycemic Index

³ cG = Lower Carbohydrate and Higher Glycemic Index

⁴ cg = Lower Carbohydrate and Lower Glycemic Index

eTable 3. Study outcomes at Baseline Mean(SD) and during each diet period, and differences between diets

Diet Effects:										
Measure	Baseline		CG ¹		Cg ²		cG ³		cg ⁴	
	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)
Insulin Sensitivity	162	7.3(5.8)	147	8.9(9.5)	153	7(6.4)	151	7.9(7.4)	151	8.1(10.3)
OGTT Glucose AUCi	163	6051.6(2838.6)	146	6834.2(3291)	153	6614.4(2972)	149	6936.4(3328.4)	150	6777.3(3396.3)
OGTT Insulin AUCi	162	4937(3659.8)	147	5176.6(4520.5)	152	5243.4(3935)	149	5020.2(3448.1)	150	5044.4(3661)
OGTT Glucose 1hr	163	168.6(42.6)	147	173(46.9)	153	173(43.5)	151	175.8(47.8)	153	177.3(46.4)
OGTT Insulin 1hr	163	63(50.3)	148	62.7(57.8)	153	66.8(54.5)	151	64.4(47.3)	153	62.8(51.6)
HOMA	163	1.9(1.6)	150	1.6(1.4)	153	1.9(1.9)	151	1.7(1.5)	153	1.9(1.9)
Systolic BP	163	132(9.1)	150	123.9(11.5)	153	123.8(10.5)	152	122.6(10.3)	154	123.4(10.1)
Diastolic BP	163	80(7.5)	150	75.3(8.2)	153	75.8(8.4)	152	74.4(8.2)	154	74.8(8.6)
LDL-cholesterol	163	153(42.1)	150	138.6(36.6)	152	146.2(37.2)	151	138(36.1)	153	138(36.8)
HDL-cholesterol	163	58.3(16)	150	56.9(15.1)	153	57.3(17.2)	151	59(17.5)	153	58.2(15.7)
Triglycerides	163	104.6(67.1)	150	110.8(65.7)	153	107.4(59.2)	151	90.4(48.1)	153	86.4(48.1)
12-h Glucose AUCi			52	7127(4188)	49	6022(3719)	56	6283(4178)	57	6023(4653)
12-h Insulin AUCi			52	11472(7215)	50	11458(7553)	56	11373(7281)	56	10270(7107)

Diet Contrasts: mean difference (95% CI)

Measure	n	cg-CG		Cg-CG		cG-CG		p	
		Mean diff. (95% CI)	p	Mean diff. (95% CI)	p	Mean diff. (95% CI)	p		
Insulin Sensitivity*	136	-0.8(-3.6, 2.1)	0.49	146	-1.8(-2.9, -0.7)	0.002	135	-1(-2.6, 0.5)	0.19
OGTT Glucose AUCi	134	-49.4(-401.6, 302.8)	0.78	145	-236.1(-567.2, 94.9)	0.16	132	171.1(-172.6, 514.8)	0.33
OGTT Insulin AUCi	135	-200.9(-848.9, 447)	0.54	145	32.8(-555.2, 620.9)	0.91	133	-117.4(-784.4, 549.6)	0.73
OGTT Glucose 1hr	137	4.9(0.1, 9.7)	0.05	146	0(-4.9, 4.8)	P>0.99	135	5.2(0, 10.3)	0.05
OGTT Insulin 1hr	138	0.2(-7, 7.3)	0.96	147	4.4(-3.2, 12)	0.26	136	2.5(-5.8, 10.7)	0.55
HOMA	140	0.1(-0.1, 0.4)	0.35	149	0.3(0, 0.6)	0.04	138	0.1(-0.1, 0.3)	0.47
Systolic BP*	141	-0.6(-2.2, 0.9)	0.28	149	-0.4(-1.4, 0.7)	0.47	139	-1.3(-2.5, 0)	0.06
Diastolic BP	141	-0.7(-1.5, 0.1)	0.09	149	0.3(-0.4, 0.9)	0.38	139	-1.1(-1.8, -0.4)	0.003
LDL-cholesterol*	140	-0.2(-4.3, 3.8)	0.88	148	7.8(4.2, 11.3)	P<0.001	138	0(-3.7, 3.6)	0.98
HDL-cholesterol*	140	1.7(-0.1, 3.5)	0.02	149	0.7(-1.1, 2.5)	0.45	138	2.6(0.9, 4.3)	0.003
Triglycerides*	140	-25(-34.5, -15.5)	P<0.001	149	-4.7(-10.6, 1.3)	0.13	138	-20.3(-27.9, -12.7)	P<0.001
12-h Glucose AUCi	48	-1433(-2497, -369)	0.009	48	-1216(-2481, 49)	0.06	47	-1363(-2368, -359)	0.009
12-h Insulin AUCi	47	-1795(-3622, 32)	0.05	49	-358(-1747, 1030)	0.61	47	-711(-2357, 936)	0.39

¹ CG = Higher Carbohydrate and Higher Glycemic Index

² Cg = Higher Carbohydrate and Lower Glycemic Index

³ cG = Lower Carbohydrate and Higher Glycemic Index

⁴ cg = Lower Carbohydrate and Lower Glycemic Index

*Primary outcomes calculated at 99% CI

eTable 3. Outcomes, continued

Measure	n	cG-Cg			cg-Cg			cg-cG		
		Mean diff. (95% CI)	p	n	Mean diff. (95% CI)	p	n	Mean diff. (95% CI)	p	
Insulin Sensitivity*	141	0.9(-0.2, 1.9)	0.10	142	1.1(-0.7, 2.9)	0.24	147	0.3(-1.6, 2.1)	0.78	
OGTT Glucose AUCi	139	458.7(96.9, 820.4)	0.01	141	259.2(-100.5, 618.9)	0.16	144	-294(-635.7, 47.7)	0.09	
OGTT Insulin AUCi	138	-137.6(-619.5, 344.3)	0.57	140	-131.2(-636.3, 374)	0.61	144	-91.8(-533.2, 349.7)	0.68	
OGTT Glucose 1hr	141	5(-0.6, 10.5)	0.08	143	5.2(0, 10.4)	0.05	149	-0.2(-5.4, 5.1)	0.95	
OGTT Insulin 1hr	141	-1.6(-8.4, 5.2)	0.64	143	-3.1(-9.7, 3.6)	0.37	149	-2.2(-8.7, 4.3)	0.51	
HOMA	141	-0.2(-0.5, 0)	0.10	143	-0.1(-0.5, 0.2)	0.37	149	0.1(-0.1, 0.4)	0.38	
Systolic BP*	142	-1.3(-2.4, -0.2)	0.02	144	-0.5(-1.5, 0.5)	0.35	150	0.7(-0.3, 1.6)	0.15	
Diastolic BP	142	-1.6(-2.4, -0.9)	P<0.001	144	-1(-1.8, -0.2)	0.01	150	0.5(-0.2, 1.2)	0.17	
LDL-cholesterol*	140	-7.8(-11.7, -4)	P<0.001	142	-8.3(-11.9, -4.8)	P<0.001	149	-0.4(-3.3, 2.4)	0.77	
HDL-cholesterol*	141	2(-0.1, 4.1)	0.07	143	1.1(-0.9, 3.1)	0.26	149	-0.7(-2.1, 0.6)	0.29	
Triglycerides*	141	-16.8(-22.2, -11.4)	P<0.001	143	-21.1(-27.4, -14.8)	P<0.001	149	-4.5(-8.2, -0.8)	0.02	
12-h Glucose AUCi	44	-34(-1422, 1354)	0.96	45	-372(-2025, 1280)	0.65	56	-223(-1167, 721)	0.64	
12-h Insulin AUCi	45	-8(-1749, 1734)	P>0.99	45	-1456(-3536, 624)	0.17	55	-1170(-2229, -112)	0.03	

¹ CG = Higher Carbohydrate and Higher Glycemic Index

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³ cG = Lower Carbohydrate and Higher Glycemic Index

⁴ cg = Lower Carbohydrate and Lower Glycemic Index

*Primary outcomes calculated at 99% CI

Baseline Mean(SD) measurements taken during screening visits while participants were eating their own diets.

Insulin sensitivity determined from blood glucose and insulin levels during a 2-hour 7-time point oral glucose tolerance test by the method of Matsuda & DeFronzo.

Units: blood pressure = mmHg; cholesterol and triglycerides = mg/dL.

HOMA: Homeostatic model assessment of insulin resistance.

Apolipoproteins and other lipoprotein measurements are shown in eTable 4.

eTable 4. Apolipoproteins B, C-III and E; and lipoprotein cholesterol and triglyceride

Diet Effects:

Measure	Baseline		CG ¹		Cg ²		cG ³		cg ⁴	
	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)
ApoB WP	163	81.5(25.3)	150	76.9(24.1)	153	80.2(23.8)	151	73.9(22.7)	153	75.7(24.1)
ApoC-III WP	163	10.1(4.5)	150	10.2(4.8)	153	10.3(5)	151	9.6(4.5)	153	9.6(4.2)
ApoE WP	163	8(2.8)	150	7.4(2.9)	153	7.5(2.6)	151	7.5(2.7)	153	7.4(2.7)
ApoB VLDL	163	4.5(3.2)	150	4.9(3.4)	153	4.9(3.3)	151	4(3.3)	153	4(3.4)
ApoC-III VLDL	163	1.2(1.3)	150	1.4(1.3)	153	1.3(1.3)	150	1.2(1.2)	153	1.2(1.2)
ApoE VLDL	163	0.5(0.5)	150	0.6(0.4)	153	0.6(0.5)	151	0.5(0.4)	153	0.5(0.4)
Cholesterol VLDL	163	15.8(13)	150	16.4(12.9)	152	16.2(12.8)	151	13.1(12)	153	12.5(10.6)
TG VLDL	163	51.3(43.9)	150	57.7(48.2)	152	56.6(47.7)	151	45.2(39.5)	153	43.8(41)
ApoB LDL	163	76.3(24)	150	71.1(22.3)	153	74.4(22)	151	69.2(21.1)	153	71(22.5)
ApoC-III LDL	143	2.8(2.4)	129	2.8(2.4)	137	3.1(2.9)	135	2.7(2.5)	134	2.7(2.3)
ApoE LDL	156	2.6(1.3)	142	2.3(1.3)	149	2.4(1.2)	146	2.4(1.4)	150	2.4(1.4)
Cholesterol LDL	163	153(42.1)	150	138.6(36.6)	152	146.2(37.2)	151	138(36.1)	153	138(36.8)
TG LDL	163	53.4(42.8)	149	53.4(38.2)	152	51.1(30.3)	150	45.6(24.4)	153	42.6(18.9)
ApoB Very Dense	163	0.7(0.8)	150	0.9(1.4)	153	0.9(1.3)	151	0.7(0.9)	153	0.7(0.9)
ApoC-III HDL	163	6.6(3.4)	150	6.5(3.5)	153	6.3(3.4)	151	6.1(3.3)	153	6.2(3.4)
ApoE HDL	163	5.1(2.4)	150	4.8(2.3)	153	4.7(2.2)	151	4.7(2.2)	153	4.7(2.3)

¹ CG = Higher Carbohydrate and Higher Glycemic Index² Cg = Higher Carbohydrate and Lower Glycemic Index³ cG = Lower Carbohydrate and Higher Glycemic Index⁴ cg = Lower Carbohydrate and Lower Glycemic Index

Units: mg/dL

eTable 4, continued. Apolipoproteins B, C-III and E; and lipoprotein cholesterol and triglyceride

Diet Contrasts: mean difference (95% CI)									
Measure	n	cg-CG		n	Cg-CG		n	cG-CG	
		Mean diff. (95% CI)	p		Mean diff. (95% CI)	p		Mean diff. (95% CI)	p
ApoB WP	140	-0.9(-3.4, 1.7)	0.50	149	3.3(0.8, 5.8)	0.01	138	-1.8(-4.8, 1.2)	0.24
ApoC-III WP	140	-0.4(-0.9, 0)	0.05	149	0.1(-0.3, 0.5)	0.74	138	-0.4(-0.8, 0)	0.06
ApoE WP	140	0.13(-0.09, 0.35)	0.23	149	0.08(-0.14, 0.3)	0.49	138	0.19(-0.03, 0.42)	0.09
ApoB VLDL	140	-0.9(-1.3, -0.5)	P<0.001	149	0(-0.4, 0.3)	0.81	138	-0.7(-1.1, -0.3)	0.001
ApoC-III VLDL	140	-0.2(-0.4, 0)	0.01	149	-0.1(-0.2, 0)	0.18	137	-0.2(-0.3, 0)	0.02
ApoE VLDL	140	-0.11(-0.16, -0.06)	P<0.001	149	-0.02(-0.07, 0.03)	0.47	138	-0.05(-0.11, 0)	0.06
Cholesterol VLDL	140	-3.9(-5.4, -2.4)	P<0.001	148	-0.4(-1.5, 0.6)	0.39	138	-3(-4.6, -1.4)	P<0.001
TG VLDL	140	-14.2(-20, -8.4)	P<0.001	148	-1.9(-6.3, 2.4)	0.38	138	-12.1(-18, -6.2)	P<0.001
ApoB LDL	140	0.2(-2.3, 2.7)	0.87	149	3.3(0.9, 5.8)	0.008	138	-0.9(-3.8, 2.1)	0.56
ApoC-III LDL	108	0(-0.4, 0.3)	0.80	119	0.4(0, 0.7)	0.04	108	0(-0.3, 0.3)	0.89
ApoE LDL	131	0.17(-0.02, 0.36)	0.08	138	0.12(-0.03, 0.27)	0.12	126	0.16(-0.02, 0.34)	0.08
Cholesterol LDL	140	-0.2(-3.3, 2.8)	0.88	148	7.8(4.2, 11.3)	P<0.001	138	0(-3.7, 3.6)	0.98
TG LDL	139	-11.2(-16.3, -6)	P<0.001	147	-3.2(-6.8, 0.3)	0.08	136	-8.3(-13.6, -3.1)	0.002
ApoB Very Dense	140	-0.2(-0.4, 0)	0.06	149	0(-0.2, 0.2)	0.96	138	-0.2(-0.5, 0)	0.06
ApoC-III HDL	140	-0.2(-0.5, 0.2)	0.32	149	-0.2(-0.5, 0.1)	0.12	138	-0.3(-0.6, 0)	0.09
ApoE HDL	140	0.02(-0.19, 0.24)	0.83	149	-0.12(-0.3, 0.05)	0.17	138	0.01(-0.2, 0.23)	0.90

¹ CG = Higher Carbohydrate and Higher Glycemic Index

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³ cG = Lower Carbohydrate and Higher Glycemic Index

⁴ cg = Lower Carbohydrate and Lower Glycemic Index

Units: mg/dL

eTable 4, continued. Apolipoproteins B, C-III and E; and lipoprotein cholesterol and triglyceride

Diet Contrasts: mean difference (95% CI)

Measure	n	cG-Cg		n	cg-Cg		n	cg-cG	
		Mean diff. (95% CI)	p		Mean diff. (95% CI)	p		Mean diff. (95% CI)	p
ApoB WP	141	-5.7(-8.7, -2.7)	P<0.001	143	-4.4(-7.3, -1.6)	0.002	149	1.3(-1.1, 3.7)	0.30
ApoC-III WP	141	-0.6(-1, -0.1)	0.02	143	-0.6(-1, -0.1)	0.02	149	-0.1(-0.4, 0.3)	0.77
ApoE WP	141	0.05(-0.18, 0.27)	0.68	143	-0.02(-0.24, 0.19)	0.83	149	-0.08(-0.26, 0.1)	0.38
ApoB VLDL	141	-0.7(-1.2, -0.3)	P<0.001	143	-0.9(-1.3, -0.4)	P<0.001	149	-0.1(-0.5, 0.3)	0.61
ApoC-III VLDL	140	-0.1(-0.2, 0)	0.20	143	-0.1(-0.2, 0.1)	0.21	148	0(-0.2, 0.1)	0.81
ApoE VLDL	141	-0.04(-0.1, 0.01)	0.15	143	-0.08(-0.14, -0.02)	0.007	149	-0.05(-0.1, 0)	0.05
Cholesterol VLDL	140	-3(-4.3, -1.8)	P<0.001	142	-3.8(-5.2, -2.5)	P<0.001	149	-0.8(-1.9, 0.4)	0.20
TG VLDL	140	-11.4(-16, -6.7)	P<0.001	142	-12.7(-18.2, -7.1)	P<0.001	149	-1.9(-5.4, 1.7)	0.30
ApoB LDL	141	-4.7(-7.5, -1.9)	0.001	143	-3.4(-6, -0.8)	0.01	149	1.3(-1, 3.7)	0.26
ApoC-III LDL	117	-0.3(-0.7, 0)	0.04	117	-0.4(-0.8, 0)	0.06	121	0(-0.4, 0.3)	0.93
ApoE LDL	133	-0.03(-0.22, 0.15)	0.72	137	-0.03(-0.21, 0.14)	0.71	142	-0.03(-0.18, 0.12)	0.68
Cholesterol LDL	140	-7.8(-11.7, -4)	P<0.001	142	-8.3(-11.9, -4.8)	P<0.001	149	-0.4(-3.3, 2.4)	0.77
TG LDL	139	-5.4(-9.1, -1.6)	0.006	142	-8.7(-12.4, -5)	P<0.001	148	-2.7(-4.8, -0.6)	0.01
ApoB Very Dense	141	-0.2(-0.4, 0)	0.03	143	-0.2(-0.4, 0)	0.08	149	0(-0.1, 0.2)	0.83
ApoC-III HDL	141	0(-0.4, 0.3)	0.77	143	0(-0.3, 0.3)	0.96	149	0(-0.2, 0.3)	0.73
ApoE HDL	141	0.1(-0.09, 0.29)	0.29	143	0.08(-0.11, 0.27)	0.41	149	-0.01(-0.16, 0.13)	0.85

¹ CG = Higher Carbohydrate and Higher Glycemic Index

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⁴ cg = Lower Carbohydrate and Lower Glycemic Index

eTable 5. Outcomes: Constant Cohort: The cohort that completed all 4 diets on each measure. The N's vary with completeness by measure.

Diet Effects:

Measure	Baseline		CG ¹		Cg ²		cG ³		cg ⁴	
	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)
Insulin Sensitivity	130	7.5(6)	130	9(9.9)	130	7.1(6.8)	130	7.9(7.7)	130	8.3(11)
OGTT Glucose AUCi	127	6023.5(2902.1)	127	6857.9(3286.7)	127	6490.7(3034.3)	127	7030.4(3323.4)	127	6726(3419)
OGTT Insulin AUCi	126	5022.5(3755.7)	126	5274.5(4659.2)	126	5297.4(4050.8)	126	5137.7(3542.6)	126	5055.6(3677.8)
OGTT Glucose 1hr	132	167.1(43.3)	132	171.6(47.7)	132	170.8(44.3)	132	176.9(46.8)	132	176.2(47.2)
OGTT Insulin 1hr	133	63(52.1)	133	63.2(59.6)	133	67.5(56.3)	133	66(49.4)	133	62.9(51.8)
HOMA	135	1.9(1.6)	135	1.7(1.4)	135	2(2)	135	1.7(1.5)	135	1.8(1.9)
Systolic BP	136	132.2(9.2)	136	123.9(11.3)	136	123.8(10.5)	136	122.6(9.8)	136	123.2(9.9)
Diastolic BP	136	80.2(7.3)	136	75.5(8.1)	136	75.9(8.1)	136	74.3(7.9)	136	74.8(8.1)
LDL-cholesterol	134	155.9(41.9)	134	139.8(36.7)	134	147.9(36.5)	134	139.8(35.2)	134	139.7(36.6)
HDL-cholesterol	135	58.4(16.3)	135	56.9(15.5)	135	57.5(17.6)	135	59.5(17.6)	135	58.6(15.6)
Triglycerides	135	103.2(64.2)	135	111.5(68)	135	107.5(61.4)	135	91.1(49.7)	135	86(48.2)
12-h Glucose AUCi			43	7291(4272)	43	5911(3639)	43	5964(3977)	43	5685(4756)
12-h Insulin AUCi			43	11826(7560)	43	11576(7972)	43	11570(7484)	43	10034(7261)

¹ CG = Higher Carbohydrate and Higher Glycemic Index

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³ cG = Lower Carbohydrate and Higher Glycemic Index

⁴ cg = Lower Carbohydrate and Lower Glycemic Index

Baseline Mean(SD) measurements taken during screening visits while participants were eating their own diets.

Insulin sensitivity determined from blood glucose and insulin levels during a 2-hour 7-time point oral glucose tolerance test by the method of Matsuda & DeFronzo.

Units: blood pressure = mmHg; cholesterol and triglycerides = mg/dL.

eTable 5. Outcomes: Constant Cohort, continued

Diet Contrasts: mean difference (95% CI)

Measure	n	cg-CG		n	Cg-CG		n	cG-CG	
		Mean diff. (95% CI)	p		Mean diff. (95% CI)	p		Mean diff. (95% CI)	p
Insulin Sensitivity*	130	-0.7(-3.7, 2.2)	0.53	130	-1.9(-3.2, -0.7)	0.002	130	-1.2(-2.8, 0.5)	0.16
OGTT Glucose AUCi	127	-131.9(-466.2, 202.4)	0.44	127	-367.2(-693, -41.4)	0.03	127	172.5(-177.3, 522.3)	0.33
OGTT Insulin AUCi	126	-218.9(-906.2, 468.3)	0.53	126	22.9(-625.9, 671.8)	0.94	126	-136.8(-836.6, 563)	0.70
OGTT Glucose 1hr	132	4.5(-0.3, 9.4)	0.07	132	-0.8(-5.8, 4.2)	0.75	132	5.3(0.1, 10.6)	0.05
OGTT Insulin 1hr	133	-0.3(-7.7, 7.1)	0.94	133	4.4(-3.8, 12.5)	0.29	133	2.8(-5.6, 11.2)	0.51
HOMA	135	0.1(-0.1, 0.4)	0.32	135	0.3(0, 0.6)	0.05	135	0.1(-0.1, 0.3)	0.47
Systolic BP*	136	-0.7(-2.3, 0.9)	0.27	136	0(-1.1, 1)	0.93	136	-1.3(-2.6, 0)	0.05
Diastolic BP	136	-0.6(-1.5, 0.2)	0.12	136	0.5(-0.2, 1.2)	0.15	136	-1.1(-1.9, -0.4)	0.003
LDL-cholesterol*	134	-0.1(-4.3, 4.1)	0.93	134	8.1(4.3, 11.8)	P<0.001	134	0(-3.8, 3.8)	P>0.99
HDL-cholesterol*	135	1.6(-0.2, 3.5)	0.02	135	0.6(-1.4, 2.6)	0.55	135	2.5(0.8, 4.2)	0.004
Triglycerides*	135	-25.5(-35.2, -15.7)	P<0.001	135	-4(-10.4, 2.4)	0.22	135	-20.4(-28.2, -12.6)	P<0.001
12-h Glucose AUCi	43	-1606(-2741, -471)	0.007	43	-1380(-2764, 4)	0.05	43	-1327(-2369, -284)	0.01
12-h Insulin AUCi	43	-1792(-3782, 199)	0.08	43	-250(-1801, 1301)	0.75	43	-255(-1901, 1390)	0.76

¹ CG = Higher Carbohydrate and Higher Glycemic Index

² Cg = Higher Carbohydrate and Lower Glycemic Index

³ cG = Lower Carbohydrate and Higher Glycemic Index

⁴ cg = Lower Carbohydrate and Lower Glycemic Index

*Primary outcomes calculated at 99% CI

eTable 5. Outcomes: Constant Cohort, continued

Diet Contrasts: mean difference (95% CI)

Measure	n	cG-Cg Mean diff. (95% CI)	p	n	cg-Cg Mean diff. (95% CI)	p	n	cg-cG Mean diff. (95% CI)	p
Insulin Sensitivity*	130	0.8(-0.3, 1.9)	0.16	130	1.2(-0.7, 3.2)	0.21	130	0.4(-1.6, 2.5)	0.67
OGTT Glucose AUCi	127	539.7(179.2, 900.2)	0.004	127	235.3(-130.8, 601.3)	0.21	127	-304.4(-643.5, 34.7)	0.08
OGTT Insulin AUCi	126	-159.8(-671.8, 352.2)	0.54	126	-241.9(-772.5, 288.8)	0.37	126	-82.1(-556.2, 392)	0.73
OGTT Glucose 1hr	132	6.1(0.7, 11.5)	0.03	132	5.3(-0.1, 10.8)	0.05	132	-0.8(-5.9, 4.3)	0.77
OGTT Insulin 1hr	133	-1.6(-8.7, 5.5)	0.66	133	-4.6(-11.5, 2.3)	0.19	133	-3.1(-9.7, 3.6)	0.36
HOMA	135	-0.2(-0.5, 0.1)	0.12	135	-0.2(-0.5, 0.2)	0.33	135	0.1(-0.2, 0.3)	0.71
Systolic BP*	136	-1.2(-2.4, -0.1)	0.03	136	-0.6(-1.7, 0.5)	0.27	136	0.6(-0.3, 1.6)	0.20
Diastolic BP	136	-1.6(-2.4, -0.9)	P<0.001	136	-1.1(-2, -0.3)	0.009	136	0.5(-0.2, 1.2)	0.17
LDL-cholesterol*	134	-8.1(-12.1, -4)	P<0.001	134	-8.2(-11.9, -4.4)	P<0.001	134	-0.1(-3.1, 2.9)	0.93
HDL-cholesterol*	135	1.9(-0.3, 4.1)	0.09	135	1(-1.1, 3.1)	0.34	135	-0.9(-2.4, 0.6)	0.24
Triglycerides*	135	-16.4(-22, -10.8)	P<0.001	135	-21.5(-28, -15)	P<0.001	135	-5(-8.8, -1.2)	0.01
12-h Glucose AUCi	43	53(-1357, 1463)	0.94	43	-226(-1942, 1490)	0.79	43	-280(-1225, 666)	0.55
12-h Insulin AUCi	43	-6(-1753, 1742)	P>0.99	43	-1542(-3704, 620)	0.16	43	-1536(-2795, -278)	0.02

¹ CG = Higher Carbohydrate and Higher Glycemic Index² Cg = Higher Carbohydrate and Lower Glycemic Index³ cG = Lower Carbohydrate and Higher Glycemic Index⁴ cg = Lower Carbohydrate and Lower Glycemic Index

*Primary outcomes calculated at 99% CI

eTable 6. Systolic Blood Pressure

Diet Effects:

Systolic BP (mmHg)	Baseline		CG ¹		Cg ²		cG ³		cg ⁴	
	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)
Overall	163	132(9.1)	150	123.9(11.5)	153	123.8(10.5)	152	122.6(10.3)	154	123.4(10.1)
Male	78	131.9(9.9)	69	125.7(10.8)	72	125.7(10.3)	75	125.5(9.4)	77	125.4(9.5)
Female	85	132.1(8.3)	81	122.3(11.9)	81	122.1(10.4)	77	119.8(10.5)	77	121.4(10.4)
African American	83	132.7(9.5)	77	122.9(11)	79	123.1(10.5)	78	121.8(10.8)	77	123.2(10.7)
Non African American	80	131.2(8.6)	73	124.8(12)	74	124.5(10.5)	74	123.5(9.9)	77	123.6(9.6)
Non Hypertensive	120	127.9(5)	110	121.3(10.2)	112	121.1(9.3)	111	119.9(9)	113	121.1(9.2)
Hypertensive	43	143.2(8.4)	40	130.9(12.2)	41	130.9(10.3)	41	129.9(10.2)	41	130(9.9)

Diet Contrasts: mean difference (99% CI)

Systolic Blood Pressure (mmHg)	n	cg-CG		n	Cg-CG		n	cG-CG	
		Mean diff. (99% CI)	p		Mean diff. (99% CI)	p		Mean diff. (99% CI)	p
Overall	141	-0.6(-2.2, 0.9)	0.28	149	-0.4(-1.4, 0.7)	0.47	139	-1.3(-2.5, 0)	0.06
Male	68	-0.4(-2.4, 1.6)	0.59	69	0.1(-1.2, 1.4)	0.91	66	-0.3(-2.1, 1.5)	0.74
Female	73	-0.8(-3.2, 1.5)	0.35	80	-0.8(-2.4, 0.9)	0.35	73	-2.1(-4, -0.3)	0.02
African American	71	0.2(-1.8, 2.3)	0.75	77	-0.1(-1.4, 1.2)	0.88	72	-0.9(-2.6, 0.7)	0.26
Non African American	70	-1.5(-3.8, 0.8)	0.08	72	-0.7(-2.4, 1)	0.43	67	-1.6(-3.6, 0.4)	0.12
Non Hypertensive	103	-0.4(-2.1, 1.2)	0.48	109	-0.6(-1.8, 0.7)	0.39	101	-1.3(-2.8, 0.1)	0.07
Hypertensive	38	-1.1(-4.9, 2.6)	0.41	40	0.1(-2, 2.1)	0.96	38	-1.1(-4, 1.8)	0.45

Systolic Blood Pressure (mmHg)	n	cG-Cg		n	cg-Cg		n	cg-cG	
		Mean diff. (99% CI)	p		Mean diff. (99% CI)	p		Mean diff. (99% CI)	p
Overall	142	-1.3(-2.4, -0.2)	0.02	144	-0.5(-1.5, 0.5)	0.35	150	0.7(-0.3, 1.6)	0.15
Male	69	-0.6(-2.3, 1.1)	0.46	71	-0.5(-2, 0.9)	0.47	75	0(-1.3, 1.3)	0.98
Female	73	-1.9(-3.3, -0.4)	0.01	73	-0.5(-2, 1)	0.54	75	1.4(0, 2.7)	0.04
African American	74	-1.6(-3, -0.2)	0.03	73	-0.2(-1.6, 1.1)	0.72	76	1.4(0.1, 2.7)	0.03
Non African American	68	-0.9(-2.6, 0.8)	0.30	71	-0.8(-2.4, 0.9)	0.36	74	-0.1(-1.4, 1.2)	0.90
Non Hypertensive	103	-1.1(-2.4, 0.2)	0.10	105	-0.1(-1.3, 1)	0.86	110	1.1(0.1, 2.1)	0.03
Hypertensive	39	-1.7(-3.8, 0.4)	0.11	39	-1.6(-3.9, 0.8)	0.19	40	-0.6(-2.7, 1.6)	0.59

¹ CG = Higher Carbohydrate and Higher Glycemic Index

² Cg = Higher Carbohydrate and Lower Glycemic Index

³ cG = Lower Carbohydrate and Higher Glycemic Index

⁴ cg = Lower Carbohydrate and Lower Glycemic Index

eTable 7. Diastolic Blood Pressure

Diet Effects:

Diastolic BP (mmHg)	Baseline		CG ¹		Cg ²		cG ³		cg ⁴	
	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)
Overall	163	80(7.5)	150	75.3(8.2)	153	75.8(8.4)	152	74.4(8.2)	154	74.8(8.6)
Male	78	79.2(7.3)	69	75.6(8)	72	75.9(8.4)	75	74.4(7.8)	77	74.5(7.7)
Female	85	80.8(7.6)	81	75.1(8.5)	81	75.7(8.5)	77	74.3(8.6)	77	75.1(9.4)
African American	83	81(6.9)	77	74.6(7.1)	79	75.1(8.2)	78	74(8.2)	77	74.6(8.4)
Non African American	80	79(7.9)	73	76.1(9.3)	74	76.4(8.6)	74	74.7(8.3)	77	75.1(8.9)
Non Hypertensive	120	77.8(6.1)	110	73.9(7.7)	112	74.2(7.9)	111	72.6(7.1)	113	73.4(8.1)
Hypertensive	43	86.2(7.5)	40	79.3(8.5)	41	79.9(8.6)	41	79.1(9.1)	41	78.8(8.8)

Diet Contrasts: mean difference (95% CI)

Diastolic Blood Pressure (mmHg)	n	cg-CG		n	Cg-CG		n	cG-CG	
		Mean diff. (95% CI)	p		Mean diff. (95% CI)	p		Mean diff. (95% CI)	p
Overall	141	-0.7(-1.5, 0.1)	0.09	149	0.3(-0.4, 0.9)	0.38	139	-1.1(-1.8, -0.4)	0.003
Male	68	-0.9(-2, 0.3)	0.13	69	0.5(-0.4, 1.4)	0.29	66	-1.1(-2.3, 0)	0.05
Female	73	-0.5(-1.7, 0.6)	0.36	80	0.1(-0.8, 1)	0.83	73	-1.1(-2.1, -0.1)	0.03
African American	71	0.1(-0.9, 1)	0.91	77	0.5(-0.3, 1.3)	0.25	72	-0.4(-1.4, 0.6)	0.42
Non African American	70	-1.4(-2.7, -0.2)	0.02	72	0.1(-0.9, 1.1)	0.87	67	-1.9(-3, -0.8)	0.001
Non Hypertensive	103	-0.7(-1.6, 0.2)	0.11	109	0.2(-0.6, 1)	0.63	101	-1.4(-2.2, -0.6)	P<0.001
Hypertensive	38	-0.6(-2.4, 1.2)	0.48	40	0.5(-0.6, 1.7)	0.35	38	-0.4(-2.1, 1.3)	0.68

Diastolic Blood Pressure (mmHg)	n	cG-Cg		n	cg-Cg		n	cg-cG	
		Mean diff. (95% CI)	p		Mean diff. (95% CI)	p		Mean diff. (95% CI)	p
Overall	142	-1.6(-2.4, -0.9)	P<0.001	144	-1(-1.8, -0.2)	0.01	150	0.5(-0.2, 1.2)	0.17
Male	69	-1.8(-3, -0.7)	0.002	71	-1.4(-2.6, -0.2)	0.02	75	0.3(-0.7, 1.3)	0.57
Female	73	-1.5(-2.4, -0.5)	0.003	73	-0.7(-1.8, 0.4)	0.19	75	0.7(-0.3, 1.6)	0.16
African American	74	-1.3(-2.2, -0.4)	0.006	73	-0.7(-1.6, 0.1)	0.10	76	0.6(-0.3, 1.5)	0.19
Non African American	68	-2(-3.2, -0.8)	0.001	71	-1.4(-2.7, 0)	0.05	74	0.4(-0.7, 1.4)	0.51
Non Hypertensive	103	-1.8(-2.7, -0.9)	P<0.001	105	-0.9(-1.9, 0)	0.04	110	0.9(0.1, 1.7)	0.03
Hypertensive	39	-1.2(-2.6, 0.2)	0.10	39	-1.3(-3, 0.4)	0.12	40	-0.6(-2, 0.8)	0.40

¹ CG = Higher Carbohydrate and Higher Glycemic Index

² Cg = Higher Carbohydrate and Lower Glycemic Index

³ cG = Lower Carbohydrate and Higher Glycemic Index

⁴ cg = Lower Carbohydrate and Lower Glycemic Index

eTable 8. HDL Cholesterol

Diet Effects:

HDL Cholesterol (mg/dL)	Baseline		CG ¹		Cg ²		cG ³		Cg ⁴	
	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)
Overall	163	58.3(16)	150	56.9(15.1)	153	57.3(17.2)	151	59(17.5)	153	58.2(15.7)
Male	78	50.7(13.7)	69	51.5(15.7)	72	50(15.9)	74	51.4(15.7)	76	51.9(14.9)
Female	85	65.2(14.7)	81	61.5(13)	81	63.8(15.7)	77	66.3(16.1)	77	64.4(14)
African American	83	62.8(16.2)	77	61.6(15.6)	79	62(16.4)	77	64(16.6)	76	62.7(15.6)
Non African American	80	53.6(14.4)	73	52(12.9)	74	52.3(16.6)	74	53.8(17)	77	53.8(14.6)
HDL > 40/50 (m/w)	133	62.5(14.4)	125	59.8(14.6)	125	60.1(15.4)	122	63.3(16.3)	124	61.6(15.1)
HDL < 40/50 (m/w)	30	39.5(5.8)	25	42.3(7.3)	28	44.9(19.5)	29	41.2(9.1)	29	43.9(8.8)

Diet Contrasts: mean difference (99% CI)

HDL Cholesterol (mg/dL)	n	cg-CG		n	Cg-CG		n	cG-CG	
		Mean diff. (99% CI)	p		Mean diff. (99% CI)	p		Mean diff. (99% CI)	p
Overall	140	1.7(-0.1, 3.5)	0.02	149	0.7(-1.1, 2.5)	0.45	138	2.6(0.9, 4.3)	0.003
Male	67	0.9(-1.6, 3.4)	0.33	69	-1.1(-4.3, 2.2)	0.51	65	0.3(-1.6, 2.2)	0.74
Female	73	2.4(-0.3, 5)	0.02	80	2.2(0.3, 4.1)	0.03	73	4.6(1.9, 7.2)	0.001
African American	70	1.2(-1.7, 4.2)	0.27	77	0.5(-1.7, 2.8)	0.63	71	3.1(0.8, 5.3)	0.008
Non African American	70	2.1(-0.1, 4.3)	0.01	72	0.9(-2.1, 3.8)	0.57	67	2.1(-0.6, 4.7)	0.12
HDL > 40/50 (m/w)	116	1.4(-0.7, 3.5)	0.08	124	0.2(-1.4, 1.7)	0.85	114	3.2(1.2, 5.1)	0.002
HDL < 40/50 (m/w)	24	2.9(-0.3, 6.2)	0.02	25	3.3(-4.5, 11.2)	0.39	24	-0.4(-3.5, 2.8)	0.80

HDL Cholesterol (mg/dL)	n	cG-Cg		n	cg-Cg		n	cg-cG	
		Mean diff. (99% CI)	p		Mean diff. (99% CI)	p		Mean diff. (99% CI)	p
Overall	141	2(-0.1, 4.1)	0.07	143	1.1(-0.9, 3.1)	0.26	149	-0.7(-2.1, 0.6)	0.29
Male	68	1.6(-1.9, 5)	0.36	70	2.1(-1.1, 5.4)	0.18	74	0.3(-1.3, 1.8)	0.73
Female	73	2.4(-0.3, 5)	0.08	73	0.2(-2.3, 2.7)	0.89	75	-1.7(-4.1, 0.6)	0.14
African American	73	2.5(0.1, 4.9)	0.04	72	0.9(-1.7, 3.6)	0.50	75	-1.2(-3.1, 0.7)	0.22
Non African American	68	1.5(-2.2, 5.1)	0.42	71	1.4(-1.7, 4.4)	0.38	74	-0.3(-2.4, 1.8)	0.76
HDL > 40/50 (m/w)	114	3.2(1.4, 5.1)	P<0.001	116	1.4(-0.4, 3.2)	0.12	120	-1.6(-3.2, 0)	0.05
HDL < 40/50 (m/w)	27	-3.3(-11.2, 4.6)	0.39	27	-0.1(-7.7, 7.5)	0.98	29	2.8(0.1, 5.5)	0.05

¹ CG = Higher Carbohydrate and Higher Glycemic Index

² Cg = Higher Carbohydrate and Lower Glycemic Index

³ cG = Lower Carbohydrate and Higher Glycemic Index

⁴ cg = Lower Carbohydrate and Lower Glycemic Index

eTable 9. LDL Cholesterol

Diet Effects:

LDL Cholesterol (mg/dL)	Baseline		CG ¹		Cg ²		cG ³		cg ⁴	
	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)
Overall	163	153(42.1)	150	138.6(36.6)	152	146.2(37.2)	151	138(36.1)	153	138(36.8)
Male	78	148.4(43.4)	69	132.8(38.1)	71	143.9(36)	74	133.4(36.3)	76	133.1(36.1)
Female	85	157.3(40.6)	81	143.4(34.8)	81	148.2(38.4)	77	142.5(35.6)	77	142.8(37)
African American	83	152.5(41.2)	77	138(35.8)	78	142.5(35.9)	77	138.5(33.5)	76	140(37.4)
Non African American	80	153.6(43.2)	73	139.2(37.7)	74	150.1(38.4)	74	137.5(38.8)	77	136(36.2)
LDL > 130	111	174.2(32.9)	103	153.5(32.1)	104	161.7(32.5)	104	153.1(30.5)	106	153.5(30.8)
LDL < 130	52	107.8(15.3)	47	105.8(21.7)	48	112.5(21)	47	104.6(22.7)	47	102.9(22.2)

Diet Contrasts: mean difference (99% CI)

LDL Cholesterol (mg/dL)	n	cg-CG		n	Cg-CG		n	cG-CG	
		Mean diff. (99% CI)	p		Mean diff. (99% CI)	p		Mean diff. (99% CI)	p
Overall	140	-0.2(-4.3, 3.8)	0.88	148	7.8(4.2, 11.3)	P<0.001	138	0(-3.7, 3.6)	0.98
Male	67	2.6(-2.9, 8.1)	0.21	68	12.5(7.1, 17.9)	P<0.001	65	3.9(-0.8, 8.6)	0.10
Female	73	-2.8(-8.8, 3.1)	0.21	80	3.8(-0.8, 8.3)	0.10	73	-3.6(-9.1, 2)	0.20
African American	70	-0.3(-6.5, 5.8)	0.89	76	4.5(-0.3, 9.2)	0.07	71	-2(-7.4, 3.4)	0.46
Non African American	70	-0.1(-5.6, 5.3)	0.96	72	11.2(6.1, 16.4)	P<0.001	67	2(-3, 7.1)	0.42
LDL > 130	98	0.8(-4, 5.6)	0.65	102	8.3(3.9, 12.6)	P<0.001	96	-0.1(-4.8, 4.6)	0.97
LDL < 130	42	-2.7(-10.5, 5.1)	0.35	46	6.6(0.5, 12.7)	0.04	42	0.1(-5.8, 6)	0.98

LDL Cholesterol (mg/dL)	n	cG-Cg		n	cg-Cg		n	cg-cG	
		Mean diff. (99% CI)	p		Mean diff. (99% CI)	p		Mean diff. (99% CI)	p
Overall	140	-7.8(-11.7, -4)	P<0.001	142	-8.3(-11.9, -4.8)	P<0.001	149	-0.4(-3.3, 2.4)	0.77
Male	67	-7.9(-13.4, -2.5)	0.005	69	-9.3(-15.2, -3.5)	0.002	74	-0.4(-3.6, 2.8)	0.82
Female	73	-7.8(-13.4, -2.1)	0.008	73	-7.4(-11.8, -3)	0.001	75	-0.5(-5.2, 4.3)	0.85
African American	72	-6.4(-11.6, -1.2)	0.02	71	-5.2(-9.9, -0.5)	0.03	75	0.7(-3.3, 4.7)	0.72
Non African American	68	-9.3(-15.3, -3.4)	0.002	71	-11.4(-16.8, -6)	P<0.001	74	-1.6(-5.7, 2.5)	0.45
LDL > 130	97	-8(-13.1, -2.9)	0.002	99	-7.8(-12.4, -3.2)	0.001	104	0.1(-3.6, 3.9)	0.95
LDL < 130	43	-7.5(-13.1, -1.8)	0.01	43	-9.5(-15.1, -4)	0.001	45	-1.7(-5.5, 2.1)	0.38

¹ CG = Higher Carbohydrate and Higher Glycemic Index

² Cg = Higher Carbohydrate and Lower Glycemic Index

³ cG = Lower Carbohydrate and Higher Glycemic Index

⁴ cg = Lower Carbohydrate and Lower Glycemic Index

eTable 10. Triglycerides

Diet Effects:

Triglycerides (mg/dL)	n	Baseline		CG ¹		Cg ²		cG ³		cg ⁴	
		Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n
Overall	163	104.6(67.1)	150	110.8(65.7)	153	107.4(59.2)	151	90.4(48.1)	153	86.4(48.1)	
Male	78	120.5(82.5)	69	127.3(80.3)	72	123.5(69)	74	100.9(57)	76	97.5(55.2)	
Female	85	90.1(44.6)	81	96.7(46)	81	93.2(44.7)	77	80.4(35.1)	77	75.4(37.2)	
African American	83	83.4(37)	77	86.8(38.9)	79	89(44.8)	77	78.2(41.7)	76	72.5(38.5)	
Non African American	80	126.6(82.7)	73	136(77.9)	74	127.1(66.3)	74	103.2(51.2)	77	100.1(52.8)	
TG > 150	28	215.5(87.7)	26	196.7(99.9)	27	185.3(84.8)	24	156(71.7)	24	162.5(66.4)	
TG < 150	135	81.6(28)	124	92.8(36.1)	126	90.7(34.3)	127	78(29)	129	72.2(25.9)	

Diet Contrasts: mean difference (99% CI)

Triglycerides (mg/dL)	n	cg-CG			Cg-CG			cG-CG		
		Mean diff. (99% CI)	p	n	Mean diff. (99% CI)	p	n	Mean diff. (99% CI)	p	
Overall	140	-25(-34.5, -15.5)	P<0.001	149	-4.7(-10.6, 1.3)	0.13	138	-20.3(-27.9, -12.7)	P<0.001	
Male	67	-31.2(-47.6, -14.7)	P<0.001	69	-5.3(-16.9, 6.3)	0.36	65	-26(-40, -12.1)	P<0.001	
Female	73	-19.4(-29.9, -8.8)	P<0.001	80	-4.1(-9.3, 1.1)	0.12	73	-15.1(-22.6, -7.7)	P<0.001	
African American	70	-12.3(-17.9, -6.7)	P<0.001	77	1.6(-3.7, 7)	0.54	71	-7.5(-12.3, -2.8)	0.002	
Non African American	70	-37.7(-55.4, -20.1)	P<0.001	72	-11.4(-22.3, -0.5)	0.04	67	-33.8(-48.1, -19.4)	P<0.001	
TG > 150	22	-50.1(-103.6, 3.3)	0.01	26	-11.8(-40.7, 17.2)	0.41	22	-50.1(-91.2, -8.9)	0.02	
TG < 150	118	-20.3(-26.5, -14.1)	P<0.001	123	-3.2(-7.4, 1.1)	0.15	116	-14.6(-19.3, -9.9)	P<0.001	

Triglycerides (mg/dL)	n	cG-Cg			cg-Cg			cg-cG		
		Mean diff. (99% CI)	p	n	Mean diff. (99% CI)	p	n	Mean diff. (99% CI)	p	
Overall	141	-16.8(-22.2, -11.4)	P<0.001	143	-21.1(-27.4, -14.8)	P<0.001	149	-4.5(-8.2, -0.8)	0.02	
Male	68	-22.8(-31.4, -14.2)	P<0.001	70	-26.4(-37, -15.9)	P<0.001	74	-3.8(-10.1, 2.6)	0.24	
Female	73	-11.2(-17.9, -4.5)	0.001	73	-16(-23.1, -9)	P<0.001	75	-5.2(-9.2, -1.2)	0.01	
African American	73	-10.3(-15.7, -5)	P<0.001	72	-15.1(-20.3, -9.9)	P<0.001	75	-5.7(-9.6, -1.9)	0.004	
Non African American	68	-23.7(-33.3, -14.1)	P<0.001	71	-27.2(-38.6, -15.7)	P<0.001	74	-3.2(-9.7, 3.2)	0.32	
TG > 150	23	-40(-66.3, -13.6)	0.005	23	-36.7(-71, -2.5)	0.04	23	1.5(-14.3, 17.3)	0.85	
TG < 150	118	-12.3(-16.2, -8.4)	P<0.001	120	-18.1(-22.2, -14)	P<0.001	126	-5.6(-9, -2.1)	0.002	

¹ CG = Higher Carbohydrate and Higher Glycemic Index² Cg = Higher Carbohydrate and Lower Glycemic Index³ cG = Lower Carbohydrate and Higher Glycemic Index⁴ cg = Lower Carbohydrate and Lower Glycemic Index

eTable 11. Total Cholesterol

Diet Effects:

Total Cholesterol (mg/dL)	n	Baseline		CG ¹		Cg ²		cG ³		cg ⁴	
		Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n
Overall	163	227.1(45)	150	211.9(41.8)	153	219.5(41.6)	151	210.1(42.6)	153	208.6(41.6)	
Male	78	217.1(47)	69	203.7(44.5)	72	212.5(43.1)	74	200.5(45.2)	76	200.1(43.6)	
Female	85	236.3(41.3)	81	218.9(38.3)	81	225.8(39.4)	77	219.3(38.1)	77	217.1(38)	
African American	83	227(41.9)	77	210.8(38.4)	79	216.1(36.6)	77	212.8(39.1)	76	211.6(40.4)	
Non African American	80	227.3(48.3)	73	213.1(45.4)	74	223.2(46.2)	74	207.2(46.1)	77	205.7(42.9)	
Chol > 200	113	248.8(35.6)	105	227.1(35.9)	107	234.7(37.9)	104	226(37.2)	107	224.3(36.6)	
Chol < 200	50	178.1(16.2)	45	176.5(32.2)	46	184.2(25)	47	174.9(31.7)	46	172.1(27.2)	

Diet Contrasts: mean difference (95% CI)

Total Cholesterol (mg/dL)	n	cg-CG		Cg-CG			cG-CG		
		Mean diff. (95% CI)	p	n	Mean diff. (95% CI)	p	n	Mean diff. (95% CI)	p
Overall	140	-2.5(-5.9, 1)	0.16	149	7.9(4.4, 11.3)	P<0.001	138	-0.5(-4.4, 3.4)	0.81
Male	67	-0.8(-5.8, 4.1)	0.74	69	10.4(5.3, 15.4)	P<0.001	65	1.4(-3.8, 6.5)	0.60
Female	73	-3.9(-8.7, 0.9)	0.11	80	5.7(1, 10.4)	0.02	73	-2.1(-7.9, 3.7)	0.48
African American	70	-0.7(-5.9, 4.6)	0.80	77	5.2(0.2, 10.2)	0.04	71	0.5(-5.3, 6.3)	0.87
Non African American	70	-4.3(-8.8, 0.2)	0.06	72	10.7(5.9, 15.4)	P<0.001	67	-1.5(-6.8, 3.8)	0.58
Chol > 200	99	-1.9(-6.1, 2.3)	0.37	105	8.1(3.8, 12.5)	P<0.001	96	-0.7(-5.9, 4.6)	0.80
Chol < 200	41	-3.7(-9.7, 2.3)	0.22	44	7.2(1.7, 12.6)	0.01	42	-0.1(-5, 4.9)	0.98

Total Cholesterol (mg/dL)	n	cG-Cg		cg-cG					
		Mean diff. (95% CI)	p	n	Mean diff. (95% CI)	p	n	Mean diff. (95% CI)	p
Overall	141	-8.7(-12.8, -4.7)	P<0.001	143	-10.7(-14.2, -7.3)	P<0.001	149	-1.9(-5.1, 1.2)	0.23
Male	68	-9.1(-14.8, -3.4)	0.002	70	-10.7(-16.2, -5.1)	P<0.001	74	-0.9(-4.4, 2.5)	0.60
Female	73	-8.4(-14.3, -2.6)	0.005	73	-10.8(-15.1, -6.5)	P<0.001	75	-2.9(-8.3, 2.5)	0.28
African American	73	-5.2(-10.4, 0.1)	0.05	72	-6.5(-11.4, -1.7)	0.009	75	-1.8(-5.9, 2.2)	0.37
Non African American	68	-12.6(-18.8, -6.4)	P<0.001	71	-15(-19.8, -10.2)	P<0.001	74	-2(-7, 3)	0.42
Chol > 200	98	-9.1(-14.1, -4.1)	P<0.001	101	-10.7(-14.9, -6.5)	P<0.001	104	-1.6(-5.8, 2.5)	0.44
Chol < 200	43	-7.9(-14.9, -0.9)	0.03	42	-10.9(-17, -4.7)	P<0.001	45	-2.6(-7.2, 2)	0.25

¹ CG = Higher Carbohydrate and Higher Glycemic Index

² Cg = Higher Carbohydrate and Lower Glycemic Index

³ cG = Lower Carbohydrate and Higher Glycemic Index

⁴ cg = Lower Carbohydrate and Lower Glycemic Index

eTable 12. Non-HDL Cholesterol

Diet Effects:

Non-HDL Cholesterol (mg/dL)	n	Baseline		CG ¹		Cg ²		cG ³		cg ⁴	
		Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n
Overall	163	168.8(46.4)	150	155(41.5)	153	162.2(41.1)	151	151.1(41.2)	153	150.4(41.1)	
Male	78	166.4(48.7)	69	152.2(44.4)	72	162.5(40.2)	74	149.1(44.4)	76	148.2(42.4)	
Female	85	171(44.3)	81	157.4(39.1)	81	162(42.1)	77	152.9(38.1)	77	152.6(39.9)	
African American	83	164.2(43.7)	77	149.2(38)	79	154.1(37.5)	77	148.8(36.9)	76	148.9(39.9)	
Non African American	80	173.7(48.8)	73	161.1(44.4)	74	170.9(43.1)	74	153.4(45.4)	77	151.9(42.4)	

Diet Contrasts: mean difference (95% CI)

Non-HDL Cholesterol (mg/dL)	n	cg-CG		n	Cg-CG		n	cG-CG		p
		Mean diff. (95% CI)	p		Mean diff. (95% CI)	p		Mean diff. (95% CI)	p	
Overall	140	-4.1(-7.4, -0.9)	0.01	149	7.2(3.7, 10.6)	P<0.001	138	-3(-6.8, 0.7)	0.11	
Male	67	-1.8(-6.6, 3)	0.46	69	11.4(6.2, 16.6)	P<0.001	65	1(-3.9, 5.9)	0.67	
Female	73	-6.3(-10.8, -1.8)	0.007	80	3.5(-1.1, 8)	0.13	73	-6.7(-12.3, -1.1)	0.02	
African American	70	-1.9(-6.7, 2.9)	0.44	77	4.7(-0.1, 9.5)	0.06	71	-2.6(-8.1, 3)	0.36	
Non African American	70	-6.4(-10.9, -1.9)	0.006	72	9.8(4.8, 14.8)	P<0.001	67	-3.5(-8.7, 1.6)	0.18	

Non-HDL Cholesterol (mg/dL)	n	cG-Cg		n	cg-Cg		n	cg-cG		p
		Mean diff. (95% CI)	p		Mean diff. (95% CI)	p		Mean diff. (95% CI)	p	
Overall	141	-10.7(-14.8, -6.7)	P<0.001	143	-11.9(-15.2, -8.5)	P<0.001	149	-1.2(-4.2, 1.8)	0.44	
Male	68	-10.7(-16.3, -5.1)	P<0.001	70	-12.8(-18, -7.6)	P<0.001	74	-1.2(-4.5, 2.1)	0.48	
Female	73	-10.8(-16.7, -4.9)	P<0.001	73	-11(-15.3, -6.6)	P<0.001	75	-1.2(-6.3, 3.9)	0.65	
African American	73	-7.6(-12.6, -2.6)	0.003	72	-7.4(-11.8, -3.1)	0.001	75	-0.7(-4.8, 3.5)	0.75	
Non African American	68	-14.1(-20.6, -7.6)	P<0.001	71	-16.4(-21.3, -11.4)	P<0.001	74	-1.7(-6.2, 2.8)	0.46	

¹ CG = Higher Carbohydrate and Higher Glycemic Index

² Cg = Higher Carbohydrate and Lower Glycemic Index

³ cG = Lower Carbohydrate and Higher Glycemic Index

⁴ cg = Lower Carbohydrate and Lower Glycemic Index

eTable 13. Fasting Glucose

Diet Effects:

Glucose (mg/dL)	n	Baseline		CG ¹		Cg ²		cG ³		cg ⁴	
		Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n
Overall	163	97.3(13.6)	150	94.2(13.4)	153	96(14.5)	151	94.8(12)	153	97.4(13.7)	
Male	78	98.7(11.9)	69	96.4(15.4)	72	98.1(12.9)	74	95.8(12.4)	76	98.9(13)	
Female	85	96(14.9)	81	92.2(11.2)	81	94.2(15.7)	77	93.9(11.6)	77	96(14.3)	
African American	83	96.9(13)	77	91.9(10.9)	79	94.7(14.3)	77	94.5(10.1)	76	95.9(13.5)	
Non African American	80	97.6(14.2)	73	96.5(15.3)	74	97.4(14.7)	74	95.1(13.8)	77	99(13.7)	
BMI > 30	92	98.3(13.3)	85	95.4(14.8)	87	97(15)	85	95.3(12.4)	86	97.5(13.7)	
BMI 25-29.9	71	95.9(13.9)	65	92.5(11.2)	66	94.7(13.8)	66	94.2(11.5)	67	97.3(13.7)	
Met. Syndrome	33	107.1(16.1)	28	105.6(20.7)	29	106.2(20.8)	31	104(15)	31	107.1(16.4)	
No Met. Syndrome	130	94.8(11.7)	122	91.5(9.3)	124	93.6(11.5)	120	92.4(9.9)	122	95(11.8)	

Diet Contrasts: mean difference (95% CI)

Glucose (mg/dL)	n	cg-CG			Cg-CG			cG-CG		
		Mean diff. (95% CI)	p	n	Mean diff. (95% CI)	p	n	Mean diff. (95% CI)	p	
Overall	140	2.2(0.2, 4.3)	0.03	149	1.8(-0.3, 3.9)	0.09	138	0.7(-1.3, 2.6)	0.49	
Male	67	1.1(-2.2, 4.4)	0.50	69	1.5(-2, 4.9)	0.4	65	-0.8(-4.3, 2.8)	0.67	
Female	73	3.2(0.6, 5.8)	0.02	80	2.1(-0.5, 4.6)	0.11	73	2(0.1, 3.8)	0.04	
African American	70	3.2(0.2, 6.2)	0.03	77	2.9(0.3, 5.4)	0.03	71	2.9(0.6, 5.2)	0.01	
Non African American	70	1.2(-1.7, 4.1)	0.40	72	0.6(-2.8, 4)	0.73	67	-1.7(-4.8, 1.5)	0.29	
BMI > 30	79	0.9(-2, 3.9)	0.54	85	1.3(-1.9, 4.5)	0.43	78	-0.6(-3.7, 2.5)	0.69	
BMI 25-29.9	61	3.9(1.1, 6.7)	0.007	64	2.4(0, 4.8)	0.05	60	2.4(0.4, 4.3)	0.02	
Met. Syndrome	26	-0.5(-8, 7.1)	0.90	28	0.1(-8.1, 8.3)	0.98	26	-3.4(-11.4, 4.6)	0.39	
No Met. Syndrome	114	2.8(0.9, 4.7)	0.004	121	2.2(0.3, 4)	0.02	112	1.6(0, 3.2)	0.04	

Glucose (mg/dL)	n	cG-Cg			cg-Cg			cg-cG		
		Mean diff. (95% CI)	p	n	Mean diff. (95% CI)	p	n	Mean diff. (95% CI)	p	
Overall	141	-1.1(-3, 0.8)	0.24	143	0.8(-1, 2.6)	0.39	149	2.5(0.7, 4.3)	0.007	
Male	68	-2.4(-5.4, 0.6)	0.12	70	-0.2(-2.8, 2.5)	0.91	74	3.1(0.4, 5.9)	0.03	
Female	73	0(-2.3, 2.4)	0.98	73	1.7(-0.9, 4.3)	0.19	75	1.9(-0.5, 4.3)	0.12	
African American	73	0.1(-2.7, 2.8)	0.95	72	0.7(-2.2, 3.6)	0.62	75	1.2(-1.4, 3.9)	0.36	
Non African American	68	-2.4(-5.1, 0.2)	0.07	71	0.9(-1.4, 3.2)	0.45	74	3.8(1.3, 6.3)	0.003	
BMI > 30	80	-1.7(-4.4, 1)	0.21	81	-0.2(-2.6, 2.2)	0.89	85	2.3(0.2, 4.4)	0.03	
BMI 25-29.9	61	-0.4(-3, 2.3)	0.78	62	2.1(-0.9, 5)	0.16	64	2.8(-0.4, 6)	0.09	
Met. Syndrome	27	-3.9(-8.6, 0.9)	0.10	27	-1.4(-6.1, 3.3)	0.54	31	3.1(-0.9, 7.1)	0.13	
No Met. Syndrome	114	-0.5(-2.5, 1.6)	0.64	116	1.3(-0.7, 3.3)	0.2	118	2.4(0.3, 4.4)	0.03	

¹ CG = Higher Carbohydrate and Higher Glycemic Index

² Cg = Higher Carbohydrate and Lower Glycemic Index

³ cG = Lower Carbohydrate and Higher Glycemic Index

⁴ cg = Lower Carbohydrate and Lower Glycemic Index

eTable 14. Fasting Insulin

Diet Effects:

Insulin (microunits per ml)	n	Baseline		CG ¹		Cg ²		cG ³		cg ⁴	
		Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n
Overall	163	7.7(5.8)	150	6.7(5)	153	7.8(6.9)	151	7.1(5.6)	153	7.4(7)	
Male	78	8.2(6.7)	69	6.9(5.6)	72	8.1(6)	74	6.8(5)	76	8.1(8.4)	
Female	85	7.2(4.8)	81	6.5(4.4)	81	7.5(7.6)	77	7.3(6.1)	77	6.7(5.2)	
African American	83	7.4(5.2)	77	6.2(4.3)	79	8.3(8.3)	77	7.1(5.2)	76	7.5(8.1)	
Non African American	80	8(6.4)	73	7.2(5.6)	74	7.3(4.9)	74	7.1(6.1)	77	7.3(5.7)	
BMI > 30	92	8.6(6.6)	85	7.3(5.5)	87	8.9(7.6)	85	8.2(5.9)	86	8.7(8.4)	
BMI 25-29.9	71	6.4(4.2)	65	5.9(4.2)	66	6.4(5.5)	66	5.6(4.8)	67	5.8(4.1)	
Met. Syndrome	33	10.9(6.9)	28	9.6(5.5)	29	9.7(7.2)	31	10.9(7.8)	31	9.8(6.3)	
No Met. Syndrome	130	6.9(5.2)	122	6(4.6)	124	7.3(6.7)	120	6.1(4.4)	122	6.8(7)	

Diet Contrasts: mean difference (95% CI)

Insulin (microunits per ml)	n	cg-CG		n	Cg-CG		n	cG-CG	
		Mean diff. (95% CI)	p		Mean diff. (95% CI)	p		Mean diff. (95% CI)	p
Overall	140	0.4(-0.5, 1.3)	0.41	149	1(0, 2)	0.05	138	0.3(-0.5, 1.1)	0.49
Male	67	1(-0.6, 2.5)	0.24	69	1.1(0, 2.2)	0.05	65	-0.2(-1.3, 0.9)	0.71
Female	73	-0.1(-1.2, 0.9)	0.81	80	0.9(-0.7, 2.5)	0.26	73	0.7(-0.5, 1.9)	0.24
African American	70	1(-0.6, 2.6)	0.24	77	2.1(0.5, 3.7)	0.01	71	0.7(-0.4, 1.7)	0.22
Non African American	70	-0.2(-1.2, 0.8)	0.71	72	-0.2(-1.2, 0.9)	0.77	67	-0.1(-1.4, 1.2)	0.87
BMI > 30	79	1.1(-0.5, 2.6)	0.18	85	1.5(-0.1, 3)	0.07	78	0.7(-0.6, 2)	0.29
BMI 25-29.9	61	-0.5(-1.3, 0.3)	0.21	64	0.4(-0.5, 1.3)	0.39	60	-0.2(-1.1, 0.7)	0.59
Met. Syndrome	26	-0.3(-2.6, 2.1)	0.81	28	-0.2(-2.3, 1.9)	0.86	26	1.3(-1.1, 3.7)	0.27
No Met. Syndrome	114	0.5(-0.5, 1.6)	0.30	121	1.3(0.2, 2.4)	0.03	112	0.1(-0.8, 0.9)	0.91

Insulin (microunits per ml)	n	cG-Cg		n	cg-Cg		n	cg-cG	
		Mean diff. (95% CI)	p		Mean diff. (95% CI)	p		Mean diff. (95% CI)	p
Overall	141	-0.8(-1.9, 0.2)	0.13	143	-0.6(-1.7, 0.6)	0.33	149	0.3(-0.7, 1.3)	0.54
Male	68	-1.2(-2.1, -0.2)	0.02	70	0(-1.4, 1.4)	P>0.99	74	1.3(-0.3, 2.9)	0.10
Female	73	-0.5(-2.3, 1.4)	0.62	73	-1.1(-3, 0.8)	0.24	75	-0.7(-1.9, 0.5)	0.25
African American	73	-1.5(-3.3, 0.3)	0.11	72	-1.1(-3.3, 1.1)	0.33	75	0.4(-1.3, 2.1)	0.62
Non African American	68	-0.1(-1.1, 0.9)	0.85	71	-0.1(-0.9, 0.8)	0.89	74	0.2(-0.9, 1.3)	0.71
BMI > 30	80	-0.8(-2.6, 0.9)	0.34	81	-0.4(-2.3, 1.5)	0.68	85	0.5(-1.1, 2.1)	0.56
BMI 25-29.9	61	-0.8(-1.6, 0.1)	0.07	62	-0.8(-1.9, 0.3)	0.14	64	0.1(-0.9, 1.1)	0.82
Met. Syndrome	27	1.4(-0.9, 3.8)	0.22	27	-0.1(-3.1, 2.8)	0.94	31	-1.1(-3.4, 1.1)	0.31
No Met. Syndrome	114	-1.3(-2.5, -0.2)	0.02	116	-0.7(-2, 0.6)	0.30	118	0.7(-0.4, 1.8)	0.22

¹ CG = Higher Carbohydrate and Higher Glycemic Index² Cg = Higher Carbohydrate and Lower Glycemic Index³ cG = Lower Carbohydrate and Higher Glycemic Index⁴ cg = Lower Carbohydrate and Lower Glycemic Index

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eTable 15. HOMA(Homeostatic model assessment of insulin resistance)

Diet Effects:

HOMA	n	Baseline		CG ¹		Cg ²		cG ³		Cg ⁴	
		Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n
Overall	163	1.9(1.6)	150	1.6(1.4)	153	1.9(1.9)	151	1.7(1.5)	153	1.9(1.9)	
Male	78	2.1(1.9)	69	1.7(1.6)	72	2(1.5)	74	1.7(1.3)	76	2(2.2)	
Female	85	1.8(1.3)	81	1.5(1.1)	81	1.9(2.2)	77	1.8(1.7)	77	1.7(1.5)	
African American	83	1.8(1.4)	77	1.5(1.1)	79	2(2.4)	77	1.7(1.4)	76	1.9(2.2)	
Non African American	80	2(1.8)	73	1.8(1.6)	74	1.8(1.3)	74	1.8(1.6)	77	1.8(1.5)	
BMI > 30	92	2.2(1.9)	85	1.8(1.5)	87	2.2(1.8)	85	2(1.5)	86	2.2(2.2)	
BMI 25-29.9	71	1.6(1.1)	65	1.4(1.1)	66	1.6(2)	66	1.4(1.4)	67	1.5(1.2)	
Met. Syndrome	33	2.9(2)	28	2.6(1.8)	29	2.7(2.8)	31	2.9(2.2)	31	2.6(1.9)	
No Met. Syndrome	130	1.7(1.4)	122	1.4(1.2)	124	1.7(1.6)	120	1.4(1.1)	122	1.7(1.8)	

Diet Contrasts: mean difference (95% CI)

HOMA	n	cg-CG			n	Cg-CG			n	cG-CG		
		Mean diff. (95% CI)	p			Mean diff. (95% CI)	p			Mean diff. (95% CI)	p	
Overall	140	0.1(-0.1, 0.4)	0.35		149	0.3(0, 0.6)	0.04		138	0.1(-0.1, 0.3)	0.47	
Male	67	0.2(-0.2, 0.6)	0.33		69	0.3(-0.1, 0.6)	0.12		65	-0.1(-0.4, 0.2)	0.51	
Female	73	0(-0.3, 0.3)	0.79		80	0.3(-0.1, 0.7)	0.16		73	0.2(-0.1, 0.6)	0.15	
African American	70	0.3(-0.1, 0.7)	0.19		77	0.6(0.1, 1)	0.009		71	0.2(-0.1, 0.5)	0.15	
Non African American	70	0(-0.3, 0.2)	0.76		72	0(-0.4, 0.3)	0.79		67	-0.1(-0.4, 0.3)	0.76	
BMI > 30	79	0.3(-0.2, 0.7)	0.22		85	0.4(0, 0.8)	0.08		78	0.1(-0.2, 0.5)	0.39	
BMI 25-29.9	61	-0.1(-0.3, 0.1)	0.52		64	0.2(-0.2, 0.6)	0.29		60	0(-0.3, 0.2)	0.95	
Met. Syndrome	26	-0.1(-0.9, 0.7)	0.78		28	0(-0.9, 1)	0.92		26	0.2(-0.5, 1)	0.55	
No Met. Syndrome	114	0.2(-0.1, 0.4)	0.19		121	0.3(0.1, 0.6)	0.01		112	0(-0.2, 0.3)	0.67	

HOMA	n	cG-Cg			n	cg-Cg			n	cg-cG		
		Mean diff. (95% CI)	p			Mean diff. (95% CI)	p			Mean diff. (95% CI)	p	
Overall	141	-0.2(-0.5, 0)	0.10		143	-0.1(-0.5, 0.2)	0.37		149	0.1(-0.1, 0.4)	0.38	
Male	68	-0.3(-0.6, -0.1)	0.01		70	0(-0.4, 0.4)	0.99		74	0.4(0, 0.8)	0.08	
Female	73	-0.1(-0.6, 0.3)	0.55		73	-0.3(-0.8, 0.2)	0.29		75	-0.1(-0.5, 0.2)	0.40	
African American	73	-0.4(-0.8, 0.1)	0.09		72	-0.3(-0.9, 0.3)	0.35		75	0.1(-0.3, 0.6)	0.54	
Non African American	68	0(-0.3, 0.2)	0.73		71	0(-0.2, 0.2)	0.96		74	0.1(-0.2, 0.4)	0.51	
BMI > 30	80	-0.2(-0.6, 0.2)	0.32		81	-0.1(-0.6, 0.4)	0.75		85	0.2(-0.2, 0.6)	0.43	
BMI 25-29.9	61	-0.2(-0.5, 0.1)	0.10		62	-0.2(-0.6, 0.2)	0.25		64	0.1(-0.2, 0.4)	0.69	
Met. Syndrome	27	0.2(-0.6, 1)	0.68		27	-0.2(-1.3, 0.9)	0.75		31	-0.2(-0.9, 0.4)	0.50	
No Met. Syndrome	114	-0.3(-0.6, 0)	0.02		116	-0.1(-0.5, 0.2)	0.38		118	0.2(-0.1, 0.5)	0.16	

¹ CG = Higher Carbohydrate and Higher Glycemic Index

² Cg = Higher Carbohydrate and Lower Glycemic Index

³ cG = Lower Carbohydrate and Higher Glycemic Index

⁴ cg = Lower Carbohydrate and Lower Glycemic Index

eTable 16. Insulin sensitivity determined from glucose and insulin levels during oral glucose tolerance testing by the method of Matsuda and DeFronzo

Diet Effects:

Matsuda Index	Baseline		CG ¹		Cg ²		cG ³		cg ⁴	
	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)	n	Mean(SD)
Overall	162	7.3(5.8)	147	8.9(9.5)	153	7(6.4)	151	7.9(7.4)	151	8.1(10.3)
Male	78	7.1(5.9)	69	9.5(10.9)	72	7.3(8)	74	8(7)	75	8.9(13.8)
Female	84	7.4(5.8)	78	8.4(8.1)	81	6.8(4.6)	77	7.7(7.8)	76	7.3(4.9)
African American	83	7.4(6.4)	75	8.8(8.9)	79	6.9(7.2)	77	7.9(8.7)	75	7.7(8.3)
Non African American	79	7.2(5.1)	72	9(10.1)	74	7.2(5.5)	74	7.8(5.7)	76	8.4(12.1)
BMI > 30	91	6.8(5.4)	84	8.5(8.7)	87	6.2(4.8)	85	7.5(8.1)	85	7.8(11.4)
BMI 25-29.9	71	7.9(6.3)	63	9.5(10.6)	66	8.1(8.1)	66	8.4(6.3)	66	8.3(8.8)
Met. Syndrome	33	4.2(2.6)	27	5.5(6.5)	29	4.5(3)	31	4.5(3.2)	31	4(2.2)
No Met. Syndrome	129	8.1(6.1)	120	9.7(9.9)	124	7.6(6.9)	120	8.7(7.9)	120	9.1(11.3)

Diet Contrasts: mean difference (99% CI)

Matsuda Index	n	cg-CG		n	Cg-CG		n	cG-CG	
		Mean diff. (99% CI)	p		Mean diff. (99% CI)	p		Mean diff. (99% CI)	p
Overall	136	-0.8(-3.6, 2.1)	0.49	146	-1.8(-2.9, -0.7)	0.002	135	-1(-2.6, 0.5)	0.19
Male	67	-0.4(-5.6, 4.8)	0.84	69	-2.1(-3.6, -0.6)	0.01	65	-1.4(-3.7, 0.8)	0.22
Female	69	-1.1(-3.7, 1.5)	0.26	77	-1.5(-3.2, 0.1)	0.07	70	-0.7(-2.9, 1.5)	0.53
African American	67	-1(-4.2, 2.1)	0.38	75	-2(-3.5, -0.5)	0.01	69	-0.8(-2.8, 1.1)	0.40
Non African American	69	-0.5(-5.2, 4.3)	0.80	71	-1.6(-3.3, 0.1)	0.07	66	-1.3(-3.8, 1.2)	0.32
BMI > 30	77	-0.5(-4.6, 3.6)	0.75	84	-2.2(-3.9, -0.6)	0.01	77	-1(-3.3, 1.3)	0.39
BMI 25-29.9	59	-1.1(-5, 2.8)	0.46	62	-1.2(-2.6, 0.2)	0.09	58	-1.1(-3.2, 1)	0.30
Met. Syndrome	25	-1.4(-4.9, 2.2)	0.30	27	-0.8(-2.7, 1)	0.36	25	-0.9(-3.4, 1.5)	0.45
No Met. Syndrome	111	-0.6(-4, 2.8)	0.63	119	-2(-3.3, -0.7)	0.003	110	-1.1(-2.9, 0.8)	0.25

Matsuda Index	n	cG-Cg		n	cg-Cg		n	cg-cG	
		Mean diff. (99% CI)	p		Mean diff. (99% CI)	p		Mean diff. (99% CI)	p
Overall	141	0.9(-0.2, 1.9)	0.10	142	1.1(-0.7, 2.9)	0.24	147	0.3(-1.6, 2.1)	0.78
Male	68	0.8(-0.7, 2.3)	0.29	70	1.6(-1.9, 5.1)	0.37	73	0.8(-2.4, 4)	0.61
Female	73	0.9(-0.6, 2.4)	0.22	72	0.6(-0.4, 1.6)	0.27	74	-0.3(-2.1, 1.5)	0.74
African American	73	1.1(-0.5, 2.7)	0.19	71	0.9(-1.5, 3.3)	0.45	74	-0.1(-2.6, 2.3)	0.91
Non African American	68	0.6(-0.7, 2)	0.34	71	1.2(-1.5, 4)	0.37	73	0.7(-2, 3.4)	0.62
BMI > 30	80	1.3(-0.3, 2.8)	0.12	80	1.7(-0.6, 4.1)	0.14	84	0.4(-2.3, 3.1)	0.76
BMI 25-29.9	61	0.4(-0.9, 1.6)	0.59	62	0.2(-2.6, 3.1)	0.88	63	0.1(-2.3, 2.4)	0.97
Met. Syndrome	27	-0.2(-1, 0.7)	0.68	27	-0.6(-1.7, 0.5)	0.28	31	-0.4(-1.4, 0.5)	0.36
No Met. Syndrome	114	1.1(-0.2, 2.4)	0.09	115	1.5(-0.7, 3.7)	0.19	116	0.4(-1.9, 2.7)	0.70

¹ CG = Higher Carbohydrate and Higher Glycemic Index

² Cg = Higher Carbohydrate and Lower Glycemic Index

³ cG = Lower Carbohydrate and Higher Glycemic Index

⁴ cg = Lower Carbohydrate and Lower Glycemic Index