

Online-Only Table. High and low glycemic index dietary conditions

	GI	CHO (g)	Protein (g)	Fat (g)	Kcal
HIGH GI DIETARY CONDITION					
<u>Breakfast</u>					
Corn flakes, $\frac{3}{4}$ c.	77	18	1	0	77
Oatmeal muffin (made with white flour and instant oatmeal)*	69	22	3	3.5	128
Orange juice, 6 oz.	52	20	1	0	85
Low-fat milk (1%), $\frac{3}{4}$ c.	32	10	7	2	89
<u>Lunch</u>					
Pizza					
Crust, 1/6 of 12' diameter	70	31	4	5	188
Mozzarella cheese, low-fat, $\frac{1}{2}$ c.	NA	2	16	10	158
Tomato sauce, $\frac{1}{4}$ c.	38	4	1	0	18
Watermelon, 1 $\frac{1}{4}$ c.	76	14	1	1	61
<u>Afternoon Snack</u>					
Pretzels, $\frac{1}{2}$ c.	83	22	2	.5	76
<u>Dinner</u>					
Roasted chicken breast with skin, 1 c.	NA	0	40	10	264
Green beans, 1 $\frac{1}{4}$ c.	NA	11	2	0	47
Mashed potatoes, instant, 1 c.	85	28	4	5	166
Roll, white, soft, 2'	70	14	2	1	80
Angel food cake, 1/24 of 10" cake	67	17	2	0	72
<u>Evening Snack</u>					
Whole-grain snack bar, chocolate chip (Kudos brand)	62	20	7.7	4.8	79
Mozzarella string cheese, low-fat	NA	1	1	3.5	120
Daily Totals	mean=64	239 (52%)	96 (23%)	48 (25%)	1714

Online-Only Table, continued. High and low glycemic index dietary conditions

	GI	CHO (g)	Protein (g)	Fat (g)	Kcal
LOW GI DIETARY CONDITION					
<u>Breakfast</u>					
Fruit smoothie†					
Strawberries, unsweetened, 1c.	40	20	1	0	77
Banana, ½ c.	51	18	1	0	69
Yogurt, sugar-free fat-free, 1/3 c.	24	6	3	0	37
Almonds, 7	NA	2	2	4	49
Oat bran muffin (100% oat bran)*	55	18	5	3	98
<u>Lunch</u>					
Chili					
Kidney beans, ½ c. †	28	20	7	0	109
Corn, ½ c.	48	20	3	1	88
Ground beef, 7% fat, 3 oz.	NA	0	21	14	213
Tomato sauce, ½ c.	38	9	2	0	37
Apple, 1 small	40	16	0	0	63
<u>Afternoon Snack</u>					
Peach sorbet (whipped frozen unsweetened peaches) †	42	14	1	0	54
<u>Dinner</u>					
Chicken & vegetable stir-fry					
Chicken breast, ¾ c.	NA	0	31	4	166
Stir-fry vegetable mix, 2/3 c.	NA	15	3	3	92
Canola oil, ½ T.	NA	0	0	7	62
Brown basmati rice, ¾ c.	55	34	4	1	162
Sprouted wheat bread (Diabetic Lifestyles brand), 1 slice	55	15	5	0	80
Black bean brownie*† (made with black beans & prowashonupana barley flour)	35	17	1	3	88
<u>Evening Snack</u>					
Soy snack bar (Revival brand)	47	30	20	9	240
Daily Totals	mean=40	264 (51%)	108 (24%)	50 (25%)	1788

Online-Only Table, continued. High and low glycemic index dietary conditions.

* These items were prepared using recipes developed for this study, with the GI calculated from the constituting ingredients.

† A vitamix blender was used to prepare these foods. The fruit smoothie and the sorbet were blended from the whole foods listed. For the chili, $\frac{1}{4}$ c. of the beans were pureed to increase palatability. For the brownies, the beans were pureed and the flour ground from whole barley.

Online-Only Figure. Frequency of hypoglycemia (blood glucose < 80 mg/dl) for high and low glycemic index dietary conditions

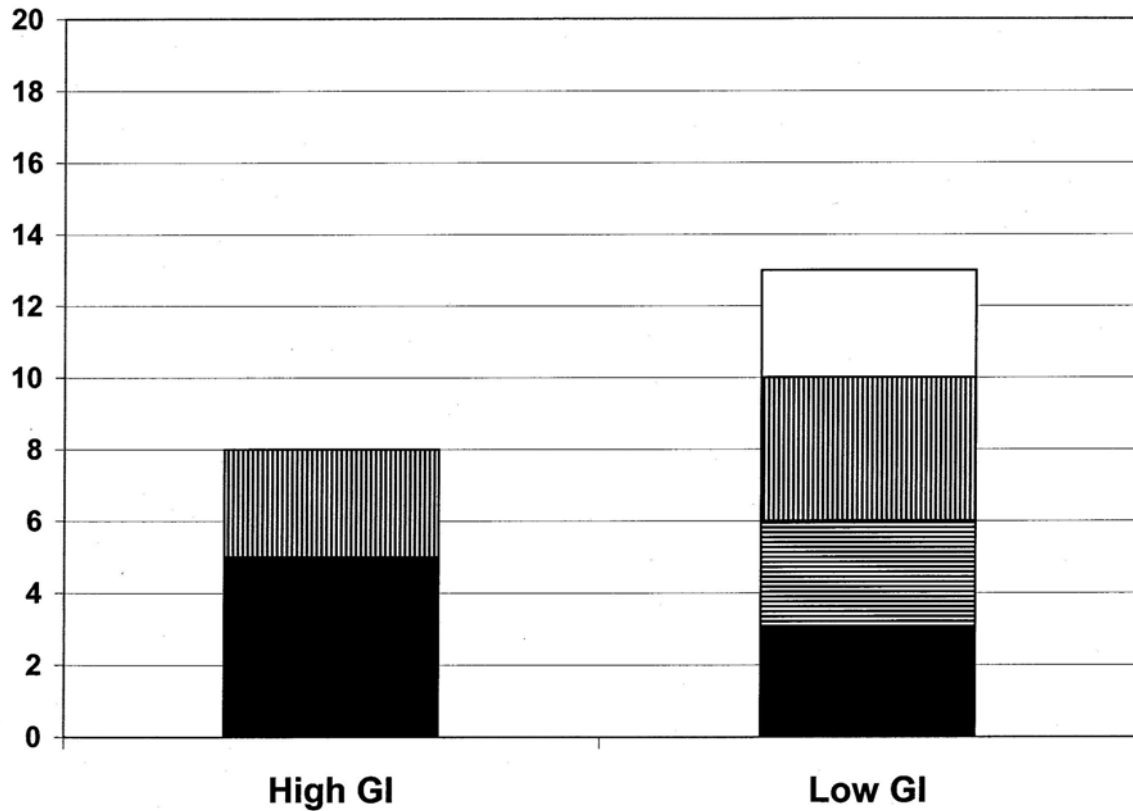


Figure 2 Legend:

Black = 1 episode
Horizontal Bars = 2 episodes
Vertical Bars = 3 episodes
White = 4 episodes