Supporting Information

**Impact of protein rich meals on glycaemic response of rice**

Rina Quek1, Xinyan Bi1 and Christiani Jeyakumar Henry1,2,3\*

*Clinical Nutrition Research Centre, Singapore Institute for Clinical Sciences, 14 Medical Drive, #07-02, Singapore, 117599, Singapore.*

\*Correspondence: Christiani Jeyakumar Henry

Tel.: +65 6407 0793. Fax: +65 6776 6840.  
Email address: [jeya\_henry@sics.a-star.edu.sg](mailto:jeya_henry@sics.a-star.edu.sg)

1 Clinical Nutrition Research Centre, Singapore Institute for Clinical Sciences, 14 Medical Drive, Singapore 117599, Singapore.

2 Singapore Institute for Clinical Sciences, Agency for Science, Technology and Research (A\*STAR) Address: 30 Medical Drive, Singapore 117609

3 National University of Singapore, Department of Biochemistry, Yong Loo Lin School of Medicine. Address: 8 Medical Drive, Singapore 117596.

Table S1. Isoflavone Composition in Freeze-Dried Tofu (1)

|  |  |
| --- | --- |
| Isoflavone | Tofu (mg/100g) |
| Daidzin | 25.7 ± 1.9 |
| Genistin | 35.1 ± 3.1 |
| Daidzein | 1.7 ± 0.1 |
| Genistein | 2.5 ± 0.2 |

Reference:

1. Liu J, Chang SKC, Wiesenborn D (2005) Antioxidant properties of soybean isoflavone extract and tofu in vitro and in vivo. *Journal of Agricultural and Food Chemistry* **53**, 2333-2340.