Supplementary Table 1: Glucose and insulin responses relative to the control (Cream of Rice).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Honey Nut Cheerios (HNC) | Instant Oatmeal(IO) | Old Fashioned Oatmeal (OFO) | Steel Cut Oatmeal (SCO) |
|  | Mean | 95%CI | Mean | 95%CI | Mean | 95%CI | Mean | 95%CI |
| GLUCOSE |  |  |  |  |  |  |  |  |
| Peak-Rise  | 91 | 83, 99 | 96 | 90, 103 | 84 | 75, 92 | 77 | 68, 87 |
| iAUC 0-2h  | 99 | 83, 114 | 104 | 94, 115 | 92 | 79, 106 | 72 | 59, 85 |
| iAUC 0-3h  | 104 | 87, 121 | 107 | 95, 118 | 95 | 80, 110 | 77 | 62, 91 |
| INSULIN |  |  |  |  |  |  |  |  |
| Peak-Rise  | 121\* | 99, 144 | 115 | 95, 135 | 100 | 84, 115 | 92\* | 80, 104 |
| iAUC 0-2h  | 120 | 94, 147 | 120 | 95, 145 | 104 | 85, 123 | 88 | 75, 101 |
| iAUC 0-3h | 120 | 94, 146 | 120 | 95, 145 | 105 | 86, 125 | 89 | 75, 102 |

Glucose and insulin responses expressed as a percentage of that after the control (CR; Cream of Rice). Results are given as means and 95% confidence intervals (95%CI) after excluding outliers, defined as more than 2SD above or below the mean (the means in the table include n=27-30 subjects).

\* Significantly different from the respective value for glucose by 2-tailed unpaired t-test (p<0.05).

Supplementary Figure 1



Blood glucose increments 2h after consuming 0-100g available carbohydrate from various carbohydrate sources. Values are means and SEM for n=7-8 normal subjects. Data for solid lines from (Wolever TMS & Bolognesi C (1996) Source and amount of carbohydrate affect postprandial glucose and insulin in normal subjects. *J Nutr* **126**, 2798-2806.) and for dashed lines from (Lee BM & Wolever TMS (1998) Effect of glucose, sucrose and fructose on plasma glucose and insulin responses in normal humans: comparison with white bread. *Eur J Clin Nutr* **52**, 924-928.).