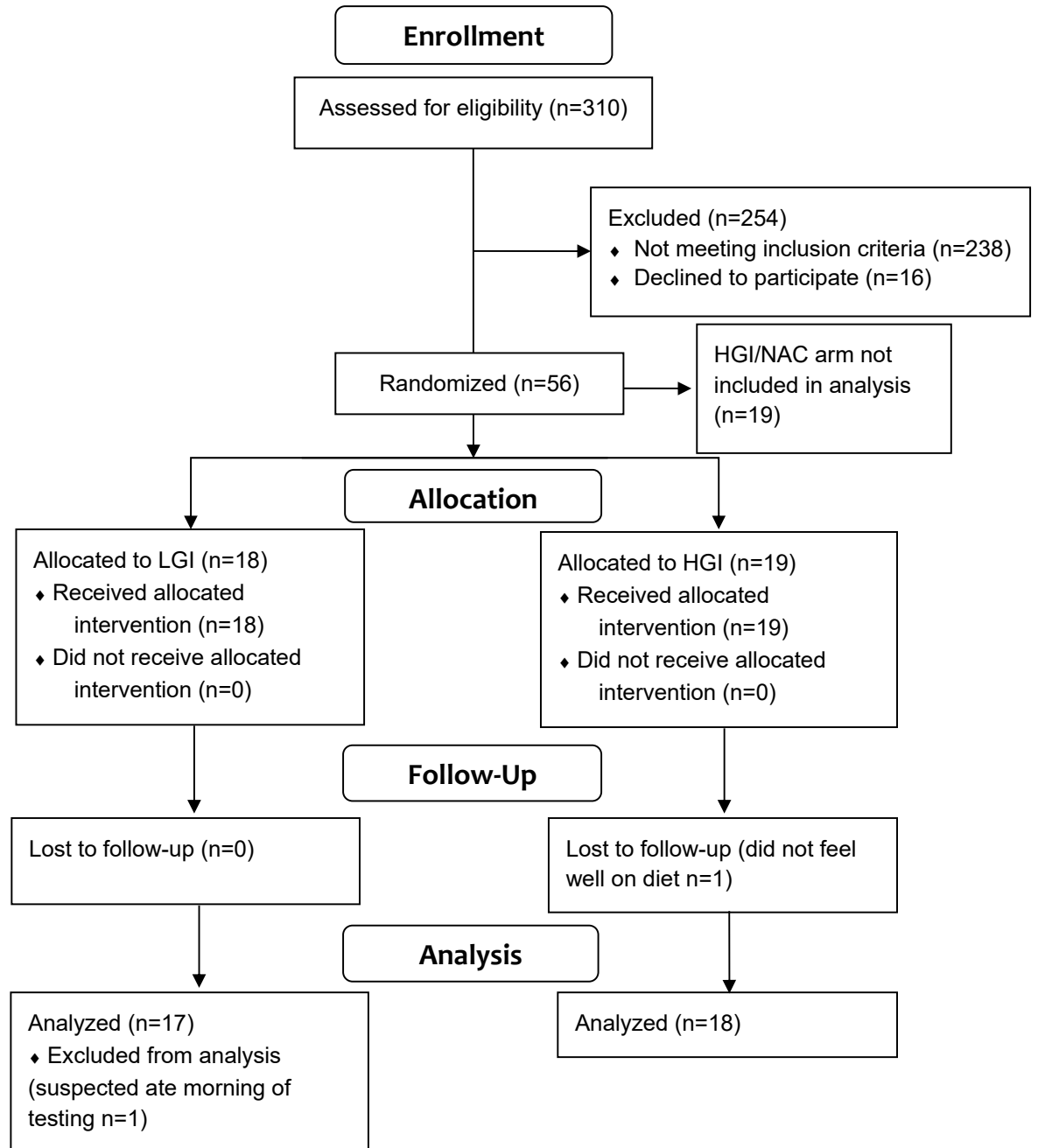


Figure S1: CONSORT Flow Diagram



Supplemental Table S1. Meal Test Composition by Diet

Control Diet							
Food Description	Grams	Energy (kcal)	Protein (%)	Fat (%)	Carb (%)	Fiber, total dietary	Glycemic Index
Rice, brown, long-grain, cooked	240	266.4	9.36	7.35	83.29	4.32	55
DGI Chili base (Sat. night)	120	37.2	11.4	26.77	61.84	1.45	23
Beef, ground, 90%10% fat, crumbles, cooked	46	105.8	51.22	48.78	0	0	-
Oil, canola	9	79.56	0	100	0	0	-
Orange juice, unsweetened	125	56.25	5.86	1.16	92.97	0.25	50
Meal Totals	540	545.21	15.57	29.61	54.82	6.02	
LGI Diet							
Food Description	Grams	Energy (kcal)	Protein (%)	Fat (%)	Carb (%)	Fiber, total dietary	Glycemic Index
Beans, kidney, cooked	120	152.4	26.6	3.45	69.95	7.68	23
DGI Chili base (Sat. night)	120	37.2	11.4	26.77	61.84	1.45	23
Tortillas, flour	52	162.24	10.76	22.62	66.62	1.61	30
Beef, ground, 90%10% fat, crumbles, cooked	20	46	51.22	48.78	0	0	-
Butter, salted	1	7.17	0.46	99.5	0.03	0	-
Oil, canola	9	79.56	0	100	0	0	-
Apple juice,	130	59.8	0.86	2.5	96.64	0.26	40

unsweetened							
Meal Totals	452	544.37	15.74	29.76	54.49	11.01	
HGI Diet							
Food Description	Grams	Energy (kcal)	Protein (%)	Fat (%)	Carb (%)	Fiber, total dietary	Glycemic Index
Rice, white, long-grain, regular, cooked, unenriched, with salt	140	182	8.54	2	89.46	0.56	109
DGI Chili base (Sat. night)	100	31	11.4	26.77	61.84	1.21	23
Tortillas, corn	28	61.04	10.04	11.3	78.66	1.76	52
Beef, ground, 90%10% fat, crumbles, cooked	51	117.3	51.22	48.78	0	0	-
Oil, canola	9.5	83.98	0	100	0	0	-
Cranberry juice cocktail, bottled	132	71.28	0	1.64	98.36	0	68
Meal Totals	460.5	546.6	15.28	29.66	55.06	3.54	