

Supplemental figures

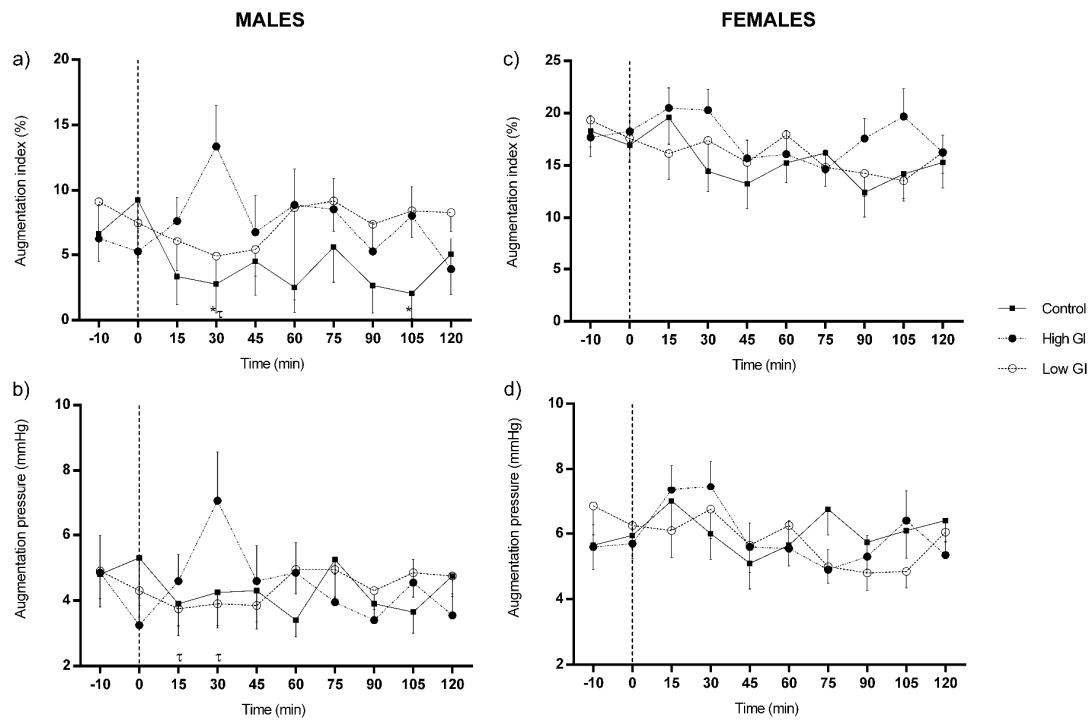


Figure S2. Changes in central hemodynamics in response to each type of breakfast (BF) by sex. All data were statistically analyzed with the Student's t-test for paired data. * denotes significant changes ($p<0.05$) in response to control conditions; τ denotes significant changes ($p<0.05$) in response to high GI BF; and β denotes significant changes ($p<0.05$) in response to low GI BF.

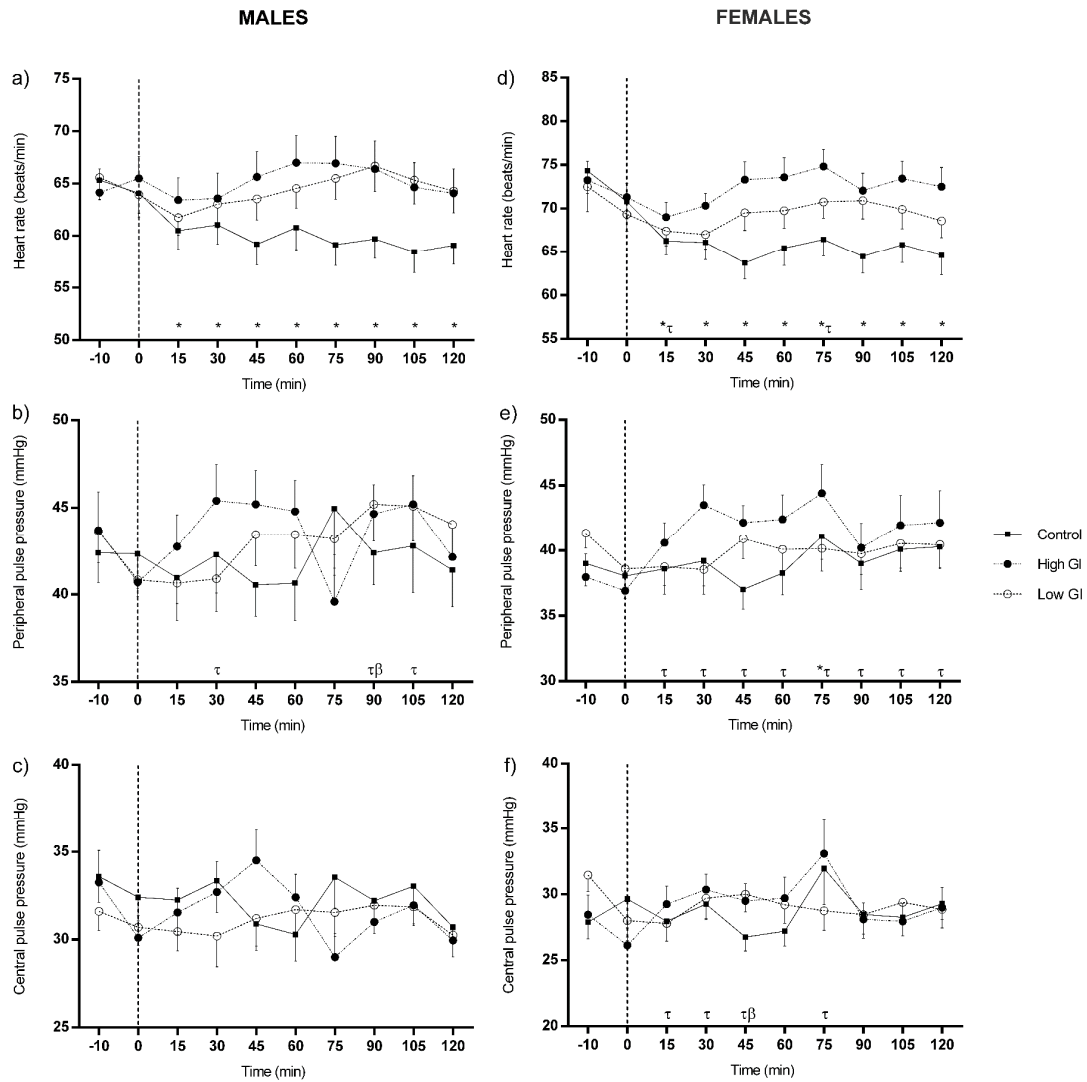


Figure S3. Changes in heart rate and pulse pressures in response to each type of breakfast (BF) by sex. All data were statistically analyzed with the Student's t-test for paired data. * denotes significant changes ($p < 0.05$) in response to control conditions; τ denotes significant changes ($p < 0.05$) in response to high GI BF; and β denotes significant changes ($p < 0.05$) in response to low GI BF.

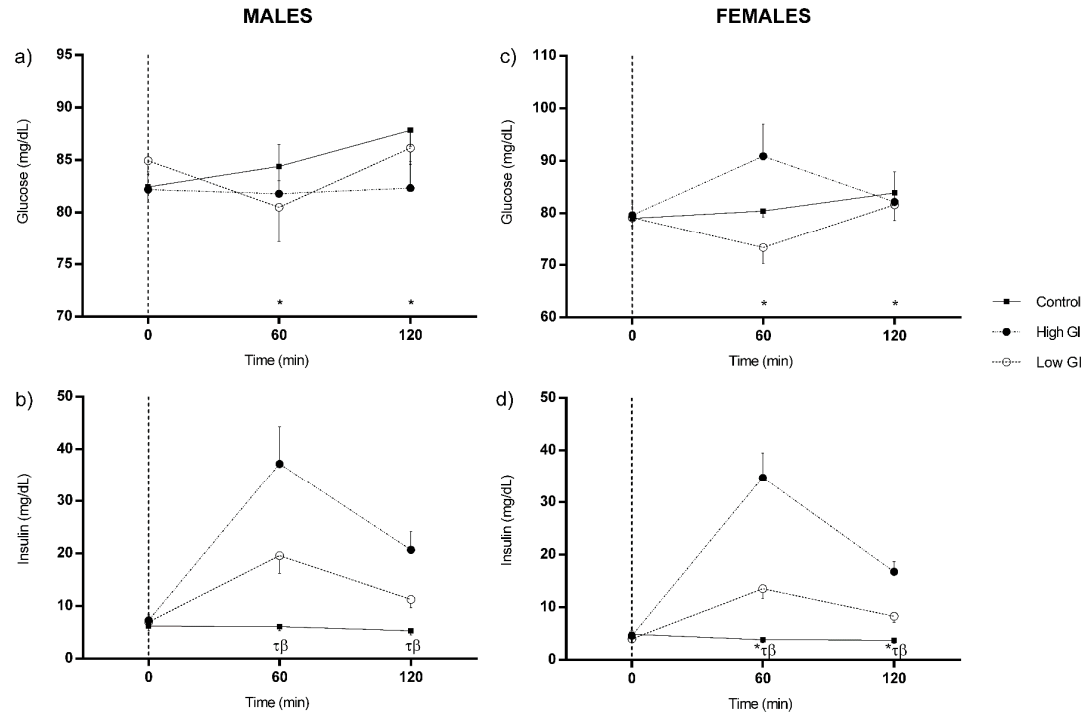


Figure S4. Changes in glucose and insulin in response to each type of breakfast (BF) by sex. All data were statistically analyzed with the Student's *t*-test for paired data. * denotes significant changes ($p < 0.05$) in response to control conditions; τ denotes significant changes ($p < 0.05$) in response to high GI BF; and β denotes significant changes ($p < 0.05$) in response to low GI BF.