

Table S1: Comparisons between postprandial responses to each type of breakfast in males

| AUGMENTATION INDEX (AIx), % | 0 min- AIx | | | 30 min- AIx | | | 60 min- AIx | | | 120 min- AIx | | |
|---------------------------------------------|------------|-------|-------|--------------------|-------|-------|-------------|-------|-------|--------------|-------|-------|
| | Mean | SD | p | Mean | SD | p | Mean | SD | p | Mean | SD | p |
| Control conditions | 9.25 | 12.17 | 0.549 | 2.75 | 9.82 | 0.011 | 2.50 | 8.56 | 0.063 | 5.05 | 13.93 | 0.416 |
| HGI breakfast | 5.25 | 8.27 | | 13.35 [‡] | 14.14 | | 8.90 | 12.18 | | 3.90 | 10.71 | |
| LGI breakfast | 7.50 | 13.47 | | 4.90 | 9.54 | | 8.70 | 7.17 | | 8.30 | 6.46 | |
| AUGMENTATION PRESSURE (AP), mmHg | 0 min-AP | | | 30 min-AP | | | 60 min-AP | | | 120 min-AP | | |
| | Mean | SD | p | Mean | SD | p | Mean | SD | p | Mean | SD | p |
| Control conditions | 5.30 | 5.54 | 0.299 | 4.25 | 4.53 | 0.107 | 3.40 | 2.28 | 0.265 | 4.75 | 5.15 | 0.514 |
| HGI breakfast | 3.25 | 2.69 | | 7.05 | 6.78 | | 4.85 | 4.11 | | 3.55 | 2.91 | |
| LGI breakfast | 4.30 | 3.63 | | 3.90 | 3.28 | | 4.95 | 3.33 | | 4.75 | 2.79 | |
| HEART RATE (HR), bpm | 0 min-HR | | | 30 min-HR | | | 60 min-HR | | | 120 min-HR | | |
| | Mean | SD | p | Mean | SD | p | Mean | SD | p | Mean | SD | p |
| Control conditions | 64.10 | 8.63 | 0.843 | 61.05 | 8.38 | 0.689 | 60.80 | 9.66 | 0.151 | 59.10 | 8.25 | 0.147 |
| HGI breakfast | 65.50 | 9.51 | | 63.60 | 10.79 | | 67.00 | 11.65 | | 64.10 | 10.36 | |
| LGI breakfast | 63.95 | 9.54 | | 63.05 | 10.06 | | 64.55 | 8.41 | | 64.30 | 9.37 | |
| PERIPHERAL PULSE PRESSURE (PPP), mmHg | 0 min-PPP | | | 30 min-PPP | | | 60 min-PPP | | | 120 min-PPP | | |
| | Mean | SD | p | Mean | SD | p | Mean | SD | p | Mean | SD | p |
| Control conditions | 42.35 | 8.96 | 0.720 | 42.30 | 9.86 | 0.294 | 40.65 | 9.55 | 0.316 | 41.40 | 9.44 | 0.589 |
| HGI breakfast | 40.70 | 7.18 | | 45.40 | 9.32 | | 44.80 | 7.95 | | 42.15 | 5.72 | |
| LGI breakfast | 40.85 | 4.38 | | 40.90 | 8.37 | | 43.45 | 8.63 | | 44.05 | 9.36 | |

| CENTRAL PULSE PRESSURE (CPP), mmHg | 0 min-CPP | | | 30 min-CPP | | | 60 min-CPP | | | 120 min-CPP | | |
|------------------------------------------|---------------|------|-------|------------|------|-------|--------------------|-------|--------|--------------------|-------|--------|
| | Mean | SD | p | Mean | SD | p | Mean | SD | p | Mean | SD | p |
| Control conditions | 32.40 | 5.98 | 0.390 | 33.35 | 8.11 | 0.418 | 30.30 | 6.88 | 0.573 | 30.70 | 7.52 | 0.916 |
| HGI breakfast | 30.10 | 5.66 | | 32.70 | 7.78 | | 32.40 | 5.82 | | 29.95 | 3.27 | |
| LGI breakfast | 30.70 | 4.62 | | 30.20 | 7.83 | | 31.70 | 6.41 | | 30.25 | 5.51 | |
| GLUCOSE, mg/dL | 0 min-Glucose | | | | | | 60 min-Glucose | | | 120 min-Glucose | | |
| | Mean | SD | p | | | | Mean | SD | p | Mean | SD | p |
| Control conditions | 82.45 | 6.67 | 0.366 | | | | 84.40 | 6.03 | 0.715 | 87.85 | 6.89 | 0.125 |
| HGI breakfast | 82.20 | 7.53 | | | | | 81.80 | 21.03 | | 82.35 | 11.17 | |
| LGI breakfast | 84.95 | 5.87 | | | | | 80.50 | 14.88 | | 86.15 | 6.95 | |
| INSULIN, mg/dL | 0 min-Insulin | | | | | | 60 min-Insulin | | | 120 min-Insulin | | |
| | Mean | SD | p | | | | Mean | SD | p | Mean | SD | p |
| Control conditions | 6.21 | 4.16 | 0.703 | | | | 6.13 | 3.88 | <0.001 | 5.32 | 3.82 | <0.001 |
| HGI breakfast | 7.30 | 4.54 | | | | | 37.21 [‡] | 31.86 | | 20.68 [‡] | 15.79 | |
| LGI breakfast | 6.99 | 3.99 | | | | | 19.62 | 15.31 | | 11.29 | 7.21 | |

ANOVA test has been used. Post-hoc contrasts were performed by Bonferroni test.

[‡] Significantly different ($p < 0.05$) from control conditions.

[#] Significant difference ($p < 0.05$) between HGI and LGI breakfasts.

HGI: High glycemic index; LGI: Low glycemic index.