

**Table S2:** Comparisons between postprandial responses to each type of breakfast in females

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	16.95	7.37	0.882	14.45	8.61	0.187	15.25	8.48	0.643	15.30	9.19	0.921
HGI breakfast	18.25	6.79		20.30	8.94		16.10	10.03		16.25	7.53	
LGI breakfast	17.60	10.08		17.40	11.98		17.95	9.17		16.25	8.87	
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	5.95	3.25	0.894	6.00	3.52	0.466	5.65	2.89	0.769	6.40	2.95	0.437
HGI breakfast	5.70	3.06		7.45	3.49		5.55	3.79		5.35	1.87	
LGI breakfast	6.25	4.55		6.75	4.03		6.25	3.14		6.05	2.87	
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	70.80	8.87	0.744	66.10	8.96	0.191	65.45	8.98	0.028	64.60	10.06	0.040
HGI breakfast	71.30	7.25		70.35	6.28		73.60 <sup>¥</sup>	9.91		72.50 <sup>¥</sup>	9.89	
LGI breakfast	69.35	8.73		67.00	7.56		69.75	9.10		68.60	8.65	
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	38.05	7.80	0.739	39.20	8.58	0.117	38.25	7.36	0.281	40.30	7.66	0.770
HGI breakfast	36.90	6.46		43.50	6.96		42.40	8.44		42.15	10.92	
LGI breakfast	38.60	6.79		38.55	8.53		40.10	8.63		40.45	7.98	

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	29.65	12.95	0.480	29.25	4.84	0.841	27.20	4.98	0.412	29.30	5.48	0.973
HGI breakfast	26.15	5.86		30.35	5.34		29.70	7.20		29.00	6.90	
LGI breakfast	28.00	6.75		29.70	7.34		29.20	6.33		28.85	6.23	
GLUCOSE, mg/dL	0 min-Glucose						60 min-Glucose			120 min-Glucose		
	Mean	SD	p				Mean	SD	p	Mean	SD	p
Control conditions	79.00	6.10	0.964				80.45	5.39	0.011	83.90	6.26	0.901
HGI breakfast	79.65	9.76					90.90 <sup>#</sup>	27.19		82.20	25.55	
LGI breakfast	79.15	7.69					73.35	13.88		81.65	9.93	
INSULIN, mg/dL	0 min-Insulin						60 min-Insulin			120 min-Insulin		
	Mean	SD	p				Mean	SD	p	Mean	SD	p
Control conditions	4.89	3.09	0.727				3.88	2.57	<0.001	3.76	2.59	<0.001
HGI breakfast	4.62	4.24					34.76 <sup>‡#</sup>	21.14		16.76 <sup>‡#</sup>	8.76	
LGI breakfast	4.03	2.95					13.58	8.44		8.32	5.00	

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

<sup>‡</sup> Significantly different ( $p < 0.05$ ) from control conditions.

<sup>#</sup> Significant difference ( $p < 0.05$ ) between HGI and LGI breakfasts.

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