

Table S1. Contents of nutrients and portion size of the analysed vegetarian meals

Meal Type	Served Portion		Fat		Protein		Total Carbohydrates		Dietary Fibre		Energy Value	
	(g)	<i>p</i>	(served portion, g)	<i>p</i>	(served portion, g)	<i>p</i>	(served portion, g)	<i>p</i>	(served portion, g)	<i>p</i>	(served portion, g)	<i>p</i>
dumplings with potato and curd cheese stuffing – T	264.0	0.068	10.0	0.005	13.3	0.002	52.5	0.001	2.7	<0.001	326.9	0.018
dumplings with potato and curd cheese stuffing – M	322.1		11.9		17.4		58.3		7.7		380.2	
curd cheese dumplings – T	215.0	0.084	7.0	0.002	22.6	<0.001	52.3	0.008	1.7	<0.001	346.7	0.020
curd cheese dumplings – M	217.0		8.9		30.6		55.9		6.3		395.6	
pancakes with curd cheese – T	215.0	0.072	18.3	0.006	22.6	0.006	52.3	0.001	1.7	0.002	412.9	0.017
pancakes with curd cheese – M	246.0		21.1		26.5		55.7		6.1		477.5	

T – traditional version meals, M – modified version meals

Table S2. Blood glucose concentration (mg/dL) of the study participants within 2 h after the consumption of dumplings with potatoes and curd cheese stuffing prepared according to the traditional and partly modified recipes.

Time (min)	BMI < 18.5 kg/m ² (n=10)			BMI 18.5–24.9 kg/m ² (n=10)			BMI ≥ 25.0 kg/m ² (n=13)			p-BMI	p-BMI
	T	M	p	T	M	p	T	M	p	T	M
0	85.0 (82.0;89.0) a, A	89.0 (88.0;94.0) b, C	0.008	84.5 (72.0;88.0) c, A	87.0 (81.5;90.0) d, C	0.023	86.0 (82.0;90.0) e, A	85.0 (80.0;89.0) f, C	<0.001	0.998	0.955
15	114.0 (99.0;120.0) a, A	99.0 (96.0;102.0) b, C	0.002	92.0 (89.0;100.0) c, B	95.0 (84.0;98.0) c, C	0.859	93.0 (86.0;103.0) e, B	90.0 (85.0;92.0) e, C	0.308	0.030	0.580
30	142.0 (128.0;145.0) a, A	111.0 (103.0;116.0) b, C	0.001	115.0 (100.0;122.5) c, B	105.0 (101.5;108.5) d, C	0.015	111.0 (96.0;124.0) e, B	102.0 (96.0;106.00) e, C	0.166	0.043	0.745
45	136.0 (129.0;142.0) a, A	119.0 (98.0;123.0) b, C	0.008	122.0 (112.5;130.0) c, A	118.0 (113.0;120.0) d, C	0.023	105.0 (96.0;112.0) e, B	105.5 (103.0;115.0) f, C	<0.001	0.039	0.945
60	123.0 (111.0;136.0) a, A	106.0 (93.0;115.0) b, C	0.008	118.0 (106.0;120.0) c, A, B	111.0 (105.0;120.0) d, C	0.023	100.0 (97.0;110.0) e, B	105.0 (99.0;116.0) f, C	<0.001	0.012	0.848
90	120.0 (107.0;128.0) a, A	98.0 (86.0;108.0) b, C	0.018	106.0 (101.0;109.0) c, A, B	103.5 (98.5;107.0) c, C	0.398	97.0 (90.0;105.0) e, B	98.0 (95.0;102.0) e, C	0.682	0.026	0.906
120	98.0 (89.0;103.0) a, A	99.0 (91.0;105.0) b, C	0.008	93.0 (91.0;100.0) c, A	96.0 (90.0;98.0) d, C	0.023	94.0 (90.0;97.0) e, A	94.0 (85.0;96.0) f, C	<0.001	0.998	0.683
area under the curve (j ²)	1215.0 (645.0;2527.5) a, A	806.2 (577.5;1320.0) b, C	0.003	2745.0 (2235.0;3135.0) c, B	2321.2 (1777.5;2707.5) d, D	0.002	1785.0 (1297.5;2092.5) e, A	1650.0 (1125.0;2130.0) e, C	0.078	0.003	0.002

Values represent the median of the variables in each group, values provided in brackets represent values for the 25th and 75th quartile in a given group (Q1;Q3); **a, b** – significant differences in the glycaemic index (GI) between traditional and partly modified meals in human adults with a BMI < 18.5 kg/m²; **c, d** – significant differences in the GI between traditional and partly modified meals in human adults with a BMI 18.5–24.9 kg/m²; **e, f** – significant differences in the GI between traditional and partly modified meals in human adults with a BMI ≥ 25.0 kg/m²; **A, B** – significant differences in the GI between

traditional meals in human adults with different BMI values; **C, D** – significant differences in the GI between partly modified meals in human adults with different BMI values; **T** – traditional version meals, **M** – modified version meals, *p*-BMI T/*p*-BMI M – *p*-value of traditional/modified versions of meals after consumption by persons with different BMI.

Table S3. Blood glucose concentration (mg/dL) of the study participants within 2 h after the consumption of curd cheese dumplings prepared according to the traditional and partly modified recipes.

Time (min)	BMI < 18.5 kg/m ² (n=12)			BMI 18.5–24.9 kg/m ² (n=12)			BMI ≥ 25.0 kg/m ² (n=11)			<i>p</i> BMI T	<i>p</i> BMI M
	T	M	<i>p</i>	T	M	<i>p</i>	T	M	<i>p</i>		
0	87.5 (86.0;94.0) a, A	91.0 (86.0;94.0) b, C	0.004	77.0 (73.0;85.0) c, B, A	81.0 (81.0;85.0) d, D, C	0.003	84.0 (79.0;92.0) e, A	83.0 (76.0;91.0) f, C	0.003	0.014	0.016
15	100.0 (96.0;108.5) a, A	103.0 (89.0;109.0) b, C	0.004	101.0 (87.0;111.0) c, A	85.0 (85.0;92.0) d, C	0.003	95.0 (86.0;103.0) e, A	90.0 (84.0;109.0) f, C	0.003	0.794	0.630
30	116.5 (104.5;120.0) a, A	107.0 (105.0;118.0) a, C	0.583	105.0 (99.0;125.0) c, A	106.0 (94.0;109.0) c, C	0.499	107.0 (101.0;127.0) e, A	106.0 (96.0;120.0) e, C	0.095	0.981	0.662
45	106.0 (101.0;123.5) a, A	102.0 (97.0;111.0) b, C	0.004	105.0 (101.0;115.0) c, A	110.0 (102.0;117.0) d, C	0.003	104.0 (96.0;120.0) e, A	103.0 (95.0;118.0) f, C	0.003	0.982	0.914
60	100.5 (96.0;106.0) a, A	98.0 (90.0;102.0) b, C	0.004	103.0 (98.0;108.0) c, A	98.0 (90.0;108.0) d, C	0.003	104.0 (99.0;131.0) e, A	101.0 (97.0;106.0) f, C	0.003	0.912	0.997
90	95.0 (92.0;99.0) a, A	95.0 (90.0;98.0) a, C	0.961	96.0 (90.0;102.0) c, A, B	88.0 (82.0;95.0) d, C, D	0.007	104.0 (94.0;128.0) e, B	98.0 (95.0;106.0) e, C	0.122	0.036	0.009
120	89.0 (84.0;94.5) a, A	90.0 (85.0;90.0) a, C	0.702	87.0 (84.0;94.0) c, A	91.0 (86.0;93.0) c, C	0.624	94.0 (92.0;117.0) e, A	91.0 (84.0;100.0) e, C	0.147	0.906	0.959
area under the curve (j ²)	1061.2 (892.5;1391.2) a, A	660.0 (570.0;1065.0) b, C	0.002	2118.7 (1668.7;3630.0) c, B	1545.0 (1143.7;2025.0) d, D	0.002	2212.5 (1267.5;2752.5) e, B	1770.0 (1125.0;2182.5) f, D	0.002	0.003	0.003

Footnote as in Table 3.

Table S4. Blood glucose concentration (mg/dL) of the study participants within 2 h after the consumption of pancakes with curd cheese prepared according to the traditional and partly modified recipes.

Time (min)	BMI < 18.5 kg/m ² (n=10)			BMI 18.5–24.9 kg/m ² (n=12)			BMI ≥ 25.0 kg/m ² (n=15)			<i>p</i> BMI	<i>p</i> BMI
	T	M	<i>p</i>	T	M	<i>p</i>	T	M	<i>p</i>	T	M
0	81.0 (78.0;85.0) a, A	82.5 (78.0;90.0) a, C	0.716	82.0 (75.5;85.0) c, A	81.5 (78.5;86.0) c, C	0.836	82.0 (78.0;92.0) e, A	87.0 (80.5;94.0) e, C	0.356	0.977	0.948
15	88.5 (86.0;92.0) a, A	89.0 (82.0;94.0) b, C	0.023	92.0 (88.0;99.5) c, A	89.0 (85.5;95.0) d, C	0.001	91.0 (84.0;96.0) e, A	91.0 (87.0;97.5) f, C	<0.001	0.986	0.988
30	98.0 (95.0;107.0) a, A	98.5 (90.0;102.0) b, C	0.023	108.5 (102.5;122.5) c, A	98.5 (90.0;105.5) d, C	0.001	102.0 (92.0;110.0) e, A	111.0 (100.0;118.0) f, C	<0.001	0.976	0.949
45	105.5 (101.0;107.0) a, A	100.0 (93.0;109.0) a, C	0.711	110.0 (106.0;122.5) c, A	112.0 (102.0;115.5) c, C	0.691	108.0 (96.0;115.0) e, A	113.0 (107.5;121.0) e, C	0.215	0.625	0.979
60	102.0 (96.0;103.0) a, A	94.5 (87.0;105.0) b, C	0.023	104.0 (101.0;108.0) c, A	98.5 (90.5;107.0) d, C	0.001	103.0 (100.0;114.0) e, A	102.0 (93.5;113.0) f, C	<0.001	0.896	0.997
90	95.0 (91.0;97.0) a, A	91.0 (80.0;95.0) a, C	0.519	97.5 (94.0;101.0) c, A	93.0 (89.0;100.5) c, C	0.473	98.0 (94.0;113.0) e, A	98.5 (91.0;102.0) e, C	0.383	0.892	0.982
120	89.5 (85.0;97.0) a, A	86.5 (82.0;98.0) b, C	0.023	92.5 (90.0;101.0) c, A	96.5 (83.5;100.0) d, C	0.001	96.0 (91.0;113.0) e, A	93.0 (89.0;97.0) f, C	<0.001	0.982	0.998
area under the curve (j ²)	1770.0 (1080.0;1987.5) a, A	1102.5 (345.0;1912.5) b, C	0.003	2336.2 (1728.8;2550.0) c, B	1571.2 (1297.5;2310.0) d, C	0.002	1995.0 (1237.5;2617.5) e, A	1447.5 (1027.5;2580.0) f, C	0.004	0.003	0.758

Footnote as in Table 3.

Table S5. Glycaemic indices of meals prepared according to the traditional and partly modified recipes.

Meal type	BMI < 18.5 kg/m ² (n=10)			BMI 18.5–24.9 kg/m ² (n=12)			BMI ≥ 25.0 kg/m ² (n=15)			<i>p</i> BMI T	<i>p</i> BMI M
	T	M	<i>p</i>	T	M	<i>p</i>	T	M	<i>p</i>		
dumplings with potatoes and curd cheese stuffing	56.10 (51.08;56.43) a, A	22.45 (14.70;36.24) b, C	0.013	51.69 (50.80;71.68) c, A	46.55 (41.75;61.28) d, D, C	0.023	44.46 (23.53;53.94) e, A	39.23 (28.81;48.41) e, C	0.579	0.999	0.014
curd cheese dumplings	41.97 (30.16;58.54) a, A	25.21 (10.64;30.93) b, C	0.001	61.03 (54.35;73.80) c, A	34.35 (30.80;43.20) d, C	0.004	44.68 (26.95;56.68) e, A	34.26 (30.05;44.16) e, C	0.070	0.852	0.909
pancakes with curd cheese	43.25 (32.57;71.91) a, A	23.27 (14.62;38.12) b, C	0.003	53.41 (36.48;70.46) c, A	41.22 (34.04;48.85) d, C	0.001	39.20 (34.52;54.81) e, A	37.46 (20.56;49.71) f, C	<0.001	0.912	0.709

Footnote as in Table 3.