

Table S1. Top food contributors to dietary GI and its association with abnormal blood lipids (Odds Ratios and 95% Confidence intervals).

Variables		Food items									
		Tortillas (maize)	Traditional baked goods	Sweetened Soft Drinks	Rice	Sugar	Cookies	White Bread	Lemonade or fruit water with sugar	Pasta	Juices, industrializ ed
		% of dietary GI	38.7	6.6	5.0	4.4	3.9	3.7	3.3	3.1	2.6
Total cholesterol ≥ 200 mg/dL	Model 1 ^a	0.97 (0.94 - 1.01)	0.98 (0.94 - 1.01)	0.99 (0.97 - 1.02)	1.01 (0.99 - 1.04)	1.00 (0.97 - 1.02)	1.02 (0.99 - 1.05)	1.01 (0.99 - 1.03)	1.00 (0.97 - 1.04)	0.99 (0.95 - 1.03)	0.99 (0.98 - 1.02)
	Model 2 ^b	0.97 (0.94 - 1.01)	0.98 (0.94 - 1.02)	0.99 (0.97 - 1.02)	1.01 (0.99 - 1.04)	1.00 (0.97 - 1.02)	1.02 (0.99 - 1.05)	1.01 (0.99 - 1.03)	1.00 (0.96 - 1.04)	0.98 (0.93 - 1.03)	0.99 (0.98 - 1.02)
	Model 3 ^c	0.96 (0.93 - 1.00)	0.98 (0.95 - 1.02)	0.99 (0.97 - 1.02)	1.02 (0.99 - 1.04)	1.00 (0.98 - 1.02)	1.03 (1.00 - 1.06)	1.01 (0.99 - 1.03)	1.00 (0.96 - 1.04)	0.98 (0.93 - 1.03)	0.99 (0.98 - 1.02)
HDL-c <40 mg/dL	Model 1 ^a	1.00 (0.98 - 1.02)	1.01 (0.99 - 1.02)	1.00 (1.00 - 1.01)	1.00 (0.99 - 1.01)	1.01 (1.00 - 1.02)	0.99 (0.98 - 1.00)	1.00 (0.99 - 1.01)	1.00 (0.98 - 1.01)	1.01 (1.00 - 1.02)	1.00 (0.99 - 1.02)
	Model 2 ^d	1.00 (0.98 - 1.02)	1.01 (0.99 - 1.02)	1.00 (0.99 - 1.01)	1.00 (0.98 - 1.01)	1.01 (1.00 - 1.02)	0.99 (0.98 - 1.01)	1.00 (0.99 - 1.01)	1.00 (0.98 - 1.01)	1.01 (1.00 - 1.02)	1.00 (0.99 - 1.02)
	Model 3 ^e	1.00 (0.98 - 1.02)	1.01 (0.99 - 1.02)	1.00 (0.99 - 1.01)	1.00 (0.98 - 1.01)	1.00 (0.99 - 1.01)	0.99 (0.98 - 1.00)	1.00 (0.99 - 1.01)	1.00 (0.98 - 1.01)	1.01 (1.00 - 1.02)	1.00 (0.99 - 1.02)
LDL-c ≥ 110 mg/dL	Model 1 ^a	0.98 (0.95 - 1.01)	0.97 (0.94 - 1.01)	1.00 (0.98 - 1.02)	1.01 (0.99 - 1.03)	0.99 (0.97 - 1.01)	1.01 (0.99 - 1.04)	1.02 (0.99 - 1.03)	1.03 (0.99 - 1.06)	0.98 (0.94 - 1.02)	1.01 (0.99 - 1.05)
	Model 2 ^b	0.98 (0.95 - 1.01)	0.97 (0.94 - 1.01)	1.00 (0.98 - 1.02)	1.01 (0.99 - 1.03)	0.99 (0.97 - 1.01)	1.02 (0.99 - 1.04)	1.02 (0.99 - 1.04)	1.03 (0.99 - 1.06)	0.97 (0.93 - 1.02)	1.01 (0.99 - 1.05)
	Model 3 ^f	0.97 (0.93 - 1.00)	0.98 (0.95 - 1.02)	1.00 (0.98 - 1.03)	1.01 (0.99 - 1.04)	0.99 (0.97 - 1.01)	1.02 (1.00 - 1.05)	1.01 (0.99 - 1.04)	1.03 (0.99 - 1.06)	0.98 (0.94 - 1.02)	1.01 (0.99 - 1.05)
Triglycerides ≥ 130 mg/dL	Model 1 ^a	1.00 (0.97 - 1.02)	0.99 (0.97 - 1.00)	1.00 (0.99 - 1.01)	0.99 (0.97 - 1.00)	1.00 (0.99 - 1.01)	1.01 (1.00 - 1.02)	1.00 (0.99 - 1.01)	1.00 (0.98 - 1.01)	1.01 (0.99 - 1.02)	0.99 (0.98 - 1.01)
	Model 2 ^b	1.00 (0.97 - 1.02)	0.99 (0.97 - 1.00)	1.00 (0.99 - 1.01)	0.99 (0.97 - 1.00)	1.00 (0.99 - 1.01)	1.01 (1.00 - 1.02)	1.00 (0.99 - 1.01)	1.00 (0.98 - 1.01)	1.01 (0.99 - 1.02)	0.99 (0.98 - 1.01)
	Model 3 ^g	0.99 (0.97 - 1.01)	0.99 (0.98 - 1.00)	1.00 (0.99 - 1.01)	0.99 (0.97 - 1.00)	1.00 (0.99 - 1.01)	1.02 (1.00 - 1.03)	1.00 (0.99 - 1.01)	1.00 (0.98 - 1.02)	1.01 (0.99 - 1.02)	0.99 (0.97 - 1.01)

^a Adjusted for sex. ^b Adjusted for sex and body fat percentage (normal vs. high). ^c Adjusted for sex, body fat percentage (normal vs. high) and energy-adjusted protein intake (grams per day). ^d Adjusted for sex and language of the mother (Spanish vs. Indigenous). ^e Adjusted for sex, language of the mother (Spanish vs. Indigenous) and protein intake (percentage of total energy intake per day). ^f Adjusted for sex, body fat percentage (normal vs. high) and protein intake (percentage of total energy intake per day). ^g Adjusted for sex, body fat percentage (normal vs. high) and energy-adjusted dietary fiber intake (grams per day).

Table S2. Top food contributors to dietary GL and its association with abnormal blood lipids (Odds Ratios and 95% Confidence intervals).

Variables		Food items									
		Tortillas (maize)	Traditional baked goods	Sweetened Soft Drinks	Rice	Sugar	Cookies	Lemonade or fruit water with sugar	White Bread	Juices, industrializ ed	Pasta
		% of dietary GL 39.6	6.8	5.1	4.3	3.8	3.6	3.0	2.9	2.7	2.7
Total cholesterol ≥ 200 mg/dL	Model 1 ^a	0.99 (0.97 - 1.01)	0.97 (0.94 - 1.01)	0.98 (0.93 - 1.04)	1.02 (0.99 - 1.05)	1.02 (0.92 - 1.12)	1.01 (0.98 - 1.05)	1.00 (0.97 - 1.04)	1.01 (0.97 - 1.04)	0.96 (0.94 - 1.03)	0.98 (0.91 - 1.06)
	Model 2 ^b	0.99 (0.97 - 1.02)	0.98 (0.94 - 1.02)	0.99 (0.94 - 1.04)	1.02 (0.99 - 1.05)	1.03 (0.93 - 1.15)	1.02 (0.98 - 1.05)	1.01 (0.96 - 1.05)	1.00 (0.96 - 1.04)	0.96 (0.95 - 1.03)	0.97 (0.89 - 1.06)
	Model 3 ^c	0.99 (0.97 - 1.02)	0.98 (0.94 - 1.02)	0.99 (0.94 - 1.04)	1.02 (0.99 - 1.05)	1.03 (0.93 - 1.15)	1.02 (0.98 - 1.05)	1.01 (0.96 - 1.05)	1.00 (0.96 - 1.04)	0.96 (0.95 - 1.03)	0.97 (0.89 - 1.06)
HDL-c <40 mg/dL	Model 1 ^a	1.00 (0.99 - 1.01)	1.02 (1.00 - 1.03)	1.00 (0.99 - 1.02)	0.99 (0.98 - 1.01)	1.03 (0.98 - 1.08)	0.99 (0.97 - 1.01)	0.99 (0.97 - 1.01)	0.99 (0.97 - 1.01)	1.00 (0.98 - 1.03)	1.02 (0.99 - 1.05)
	Model 2 ^d	1.00 (0.99 - 1.01)	1.02 (1.00 - 1.03)	1.00 (0.99 - 1.02)	0.99 (0.98 - 1.01)	1.03 (0.98 - 1.08)	0.99 (0.97 - 1.02)	0.99 (0.97 - 1.01)	0.99 (0.97 - 1.01)	1.00 (0.98 - 1.03)	1.02 (0.99 - 1.05)
	Model 3 ^e	1.00 (1.00 - 1.01)	1.01 (1.00 - 1.03)	1.00 (0.98 - 1.02)	0.99 (0.98 - 1.01)	1.02 (0.98 - 1.07)	0.99 (0.97 - 1.01)	0.99 (0.97 - 1.01)	0.99 (0.97 - 1.01)	1.00 (0.98 - 1.03)	1.02 (0.99 - 1.05)
LDL-c ≥ 110 mg/dL	Model 1 ^a	0.99 (0.97 - 1.01)	0.96 (0.90 - 1.01)	0.99 (0.95 - 1.03)	1.02 (0.99 - 1.05)	0.95 (0.82 - 1.11)	1.01 (0.97 - 1.04)	1.04 (0.99 - 1.08)	1.02 (0.99 - 1.06)	0.95 (0.94 - 1.02)	0.98 (0.90 - 1.05)
	Model 2 ^f	0.99 (0.96 - 1.01)	0.96 (0.90 - 1.02)	0.99 (0.95 - 1.03)	1.02 (0.99 - 1.04)	0.96 (0.81 - 1.14)	1.02 (0.98 - 1.06)	1.04 (0.99 - 1.09)	1.02 (0.99 - 1.05)	0.93 (0.92 - 1.01)	0.96 (0.89 - 1.04)
	Model 3 ^g	0.98 (0.95 - 1.01)	0.97 (0.91 - 1.03)	0.99 (0.95 - 1.04)	1.02 (0.99 - 1.05)	0.97 (0.81 - 1.16)	1.02 (0.99 - 1.06)	1.04 (0.99 - 1.10)	1.02 (0.99 - 1.05)	0.93 (0.91 - 1.01)	0.97 (0.89 - 1.05)
Triglycerides ≥ 130 mg/dL	Model 1 ^a	1.00 (1.00 - 1.01)	0.98 (0.96 - 1.00)	0.99 (0.97 - 1.01)	0.98 (0.96 - 1.00)	0.98 (0.94 - 1.03)	1.02 (1.00 - 1.04)	0.99 (0.97 - 1.01)	1.00 (0.98 - 1.02)	0.97 (0.94 - 1.01)	1.02 (0.99 - 1.05)
	Model 2 ^f	1.01 (1.00 - 1.01)	0.98 (0.96 - 1.00)	0.99 (0.97 - 1.01)	0.98 (0.96 - 1.00)	0.99 (0.94 - 1.04)	1.02 (1.00 - 1.04)	0.99 (0.97 - 1.01)	0.99 (0.97 - 1.02)	0.97 (0.93 - 1.01)	1.02 (0.99 - 1.05)
	Model 3 ^h	1.00 (0.99 - 1.01)	0.98 (0.97 - 1.00)	0.99 (0.97 - 1.02)	0.98 (0.96 - 1.01)	0.99 (0.94 - 1.04)	1.03 (1.01 - 1.06)	1.00 (0.98 - 1.03)	1.00 (0.98 - 1.03)	0.97 (0.93 - 1.01)	1.02 (0.98 - 1.05)

^a Adjusted for sex. ^b Adjusted for sex and weight status (underweight or normal vs. overweight or obesity). ^c Adjusted for sex, weight status (underweight or normal vs. overweight or obesity) and protein intake (percentage of total energy intake per day). ^d Adjusted for sex and mother's education (<6 years vs. ≥6 years). ^e Adjusted for sex, mother's education (<6 years vs. ≥6 years) and energy-adjusted dietary fiber intake (grams per day). ^f Adjusted for sex and body fat percentage (normal vs. high). ^g Adjusted for sex, body fat percentage (normal vs. high) and protein intake (percentage of total energy intake per day). ^h Adjusted for sex, body fat percentage (normal vs. high) and energy-adjusted dietary fiber intake (grams per day).