

SUPPLEMENTAL DATA

Table S1a. Day 1 of low glycemic index dietary plan.

Meal	Meal name and preparation method	Ingredients
Meal 1	Muesli yoghurt and ham sandwich Roast the oats in a dry skilled and mix them with yoghurt, brans, walnuts and diced apple. Prepare the sandwich with pumpernickel, a leaf of lettuce, red pepper and ham.	Rolled oats 2 % plain yoghurt Oat bran Apple Lettuce Red pepper Turkey ham Pumpernickel Walnuts
Meal 2	Sandwiches with cream cheese and dried tomatoes Mix the quark with chopped dried tomatoes, season with some salt, pepper and oregano. Spread on bread slices. Put a leaf of lettuce and slices of cucumber on top of the sandwiches.	Wholegrain rye bread Dried tomatoes Low-fat quark Cucumber Lettuce Dried apricots
Meal 3	Turkey breast with buckwheat groats and vegetables Fry the turkey breast in a parchment paper without oil. Cook buckwheat groats, broccoli and green beans, but do not overcook them. Roast almonds in a dry skilled. Mix olive oil with minced garlic and use it as a dressing.	Turkey breast Broccoli Buckwheat groats Almonds Green beans Carrot juice Olive oil Garlic
Meal 4	Fruit salad and kefir Roast the rye flakes and sunflower seeds in a dry skilled. Peel the grapefruit, then dice all the fruits and sprinkle them with lemon juice. Mix the fruits with rye flakes and sunflower seeds.	Rye flakes Apple Sunflower seeds 2 % kefir Grapefruit Lemon juice
Meal 5	Pasta salad with avocado, orange juice Cook the pasta al dente. Dice pepper and avocado. Mix canola oil with lemon juice and some herbs to prepare a dressing. Mix the pasta with vegetables and sprinkle the dish with the dressing.	Canola oil Wholegrain pasta Lemon juice Red pepper Avocado Orange juice

Table S1b. Day 2 of low glycemic index dietary plan.

Meal	Meal name and preparation method	Ingredients
Meal 1	Eggs and cheese sandwiches Prepare sandwiches with eggs, cheese and vegetables. Season them with salt, pepper and basil.	Pumpernickel Lettuce Gouda cheese Boiled eggs Tomato Orange juice
Meal 2	Salad Peel and dice the tangerines, chop the apricots. Then, mix all ingredients with kefir.	Almonds Dried apricots 2 % kefir Rolled oats Tangerines
Meal 3	Beef stew with brown rice, juice Dice and sear beef tenderloin, then add a little water and continue to cook for about 1 hour. Add minced garlic, diced onion and some condiments. If needed add more water. Cook for another half an hour, and then add peeled and chopped tomato, tomato paste and blanched green beans. Stir yoghurt with soy flour and water than add it to the cooking stew to thicken it. Serve the dish with al dente cooked brown rice. Sprinkle with minced parsley.	Beef tenderloin Brown rice 2 % yoghurt Canola oil Tomato paste Green beans Tomato Soy flour Garlic Onion Green parsley Tomato juice
Meal 4	Milk brown rice with fruit, walnuts and cinnamon Cook brown rice with milk and water (1:1). Stir rice with diced fruits and walnuts. Add a pinch of cinnamon.	Brown rice Walnuts 1.5 % milk Banana Pear Cinnamon
Meal 5	Tuna salad, pumpernickel Sprinkle the pumpernickel with olive oil and toast it in an oven. Mix tuna with roughly chopped vegetables and hand-torn lettuce. Add the dressing made with olive oil, lemon juice, mustard and some herbs of choice. Sprinkle the salad with roasted sunflower seeds.	Pumpernickel Lettuce Tuna canned in water Tomato Red pepper Sunflower seeds Olive oil Mustard Lemon juice

Table S1c. Day 3 of low glycemic index dietary plan.

Meal	Meal name and preparation method	Ingredients
Meal 1	<p>Sandwiches with turkey ham and egg and avocado pâté, fruit</p> <p>Mash avocado with hard-boiled eggs, yoghurt and condiments into a pâté. Prepare the sandwiches with the pâté, turkey ham and vegetables.</p>	<p>Pumpernickel</p> <p>Turkey ham</p> <p>Lettuce</p> <p>Hard-boiled eggs</p> <p>Tangerines</p> <p>Grapefruit</p> <p>Plain yoghurt</p> <p>Avocado</p>
Meal 2	<p>Kefir with fruit and nuts</p> <p>Mix all ingredients together.</p>	<p>Walnuts</p> <p>Pear</p> <p>Banana</p> <p>2 % kefir</p>
Meal 3	<p>Chicken breast with brown rice and vegetables, juice</p> <p>Fry the chicken breast in a parchment paper. Cook rice al dente. Steam cauliflower. Dice tomato. Mix yoghurt with tomato paste and chopped parsley for a dressing. Sprinkle the dish with roasted sunflower seeds and olive oil.</p>	<p>Chicken breast</p> <p>Brown rice</p> <p>Sunflower seeds</p> <p>Cauliflower</p> <p>Green parsley</p> <p>Pickled cucumber</p> <p>Olive oil</p> <p>Plain yoghurt</p> <p>Tomato paste</p> <p>Tomato</p>
Meal 4	<p>Sandwiches with cottage cheese, tangerines</p> <p>Sprinkle the pumpernickel with olive oil and prepare sandwiches with cottage cheese and vegetables.</p>	<p>Wholegrain rye bread</p> <p>Olive oil</p> <p>Cottage cheese</p> <p>Tangerines</p> <p>Red pepper</p>
Meal 5	<p>Salad and pumpernickel sandwiches</p> <p>Prepare sandwiches with turkey ham, lettuce and tomato slices. Wash and roughly chop all vegetables. Prepare a dressing with olive oil, lemon juice, mustard, some herbs of choice and a tablespoon of water. Sprinkle the salad with the dressing and roasted pumpkin seeds.</p>	<p>Pumpernickel</p> <p>Lettuce</p> <p>Gouda cheese</p> <p>Pumpkin seeds</p> <p>Lemon</p> <p>Olive oil</p> <p>Tomato</p> <p>Mustard</p> <p>Cucumber</p> <p>Turkey ham</p>

Table S1d. Day 4 of low glycemic index dietary plan.

Meal	Meal name and preparation method	Ingredients
Meal 1	<p>Sandwiches with smoked mackerel pâté, salad, pear</p> <p>Peel the skin off the smoked mackerel. Whiz the mackerel with hard-boiled egg, cucumber in a food processor until you get a nice creamy pâté. Season to taste. Wash and roughly tear lettuce, chop tomato and cucumber. Sprinkle salad with olive oil and add some condiments.</p>	<p>Pumpernickel Pickled cucumber Tomato Olive oil Lemon Pear Lettuce Smoked mackerel Hard-boiled eggs</p>
Meal 2	<p>Quark with dried fruits</p> <p>Chop dried apricots, mince the almonds. Mix them with quark.</p>	<p>Low-fat quark Dried apricots Almonds</p>
Meal 3	<p>Pasta with salmon</p> <p>Preheat the oven to 200 °C. Roast the salmon for 20 minutes. Cook pasta al dente. Fry diced onion and carrot julienne. Break up baked salmon with your hands and add it to frying vegetables. Add some milk and cream, then simmer the dish for about 3 minutes. Add the pasta, sprinkle with minced dill and season to taste.</p>	<p>Salmon Carrot Onion 1.5 % milk Dill Canola oil 30 % cream Wholegrain pasta</p>
Meal 4	<p>Muesli yoghurt</p> <p>Slice the banana, grate the chocolate and roast the oats. Then mix all the ingredients with yoghurt.</p>	<p>Rolled oats Plain yoghurt Banana Dark chocolate</p>
Meal 5	<p>Chickpea burgers, tomato juice</p> <p>Blend drained chickpeas with garlic and herbs. Add the egg, mix everything up and mould burgers. Bake the burgers in an oven preheated to 200 °C for 15 minutes, then turn them and bake for another 15 minutes. Spread the tomato paste on the bread and sprinkle with some herbs. Prepare sandwiches with baked burgers, lettuce and cheese.</p>	<p>Canned chickpeas Lettuce Rye flour Eggs Tomato paste Wholegrain rye bread Garlic Tomato juice</p>

Table S1e. Day 5 of low glycemic index dietary plan.

Meal	Meal name and preparation method	Ingredients
Meal 1	Muesli yoghurt Roast the oats in a dry skilled and then mix them with yoghurt, pumpkin seeds and diced fruits.	Rolled oats Plain yoghurt Pear Banana Pumpkin seeds
Meal 2	Sandwiches with cottage cheese and tomato Roast sunflower seeds on a dry skilled. Season cottage cheese to taste. Dice a radish. Mix all ingredients and prepare sandwiches.	Wholegrain rye bread Radish Lettuce Sunflower seeds Tomato Cottage cheese
Meal 3	Spinach and feta cheese pasta, apple Cook pasta al dente. Fry minced garlic and diced onion with canola oil until they are browned and then add spinach and chickpeas. Stew it for a few minutes and add diced tomato. Mix pasta with spinach and finely torn feta cheese. Apple (after this meal).	Wholegrain pasta Spinach Tomato Canola oil Canned chickpeas Low-fat feta cheese Onion Garlic Apple
Meal 4	Spring salad Wash vegetables, tear lettuce and finely cut cucumber, tomato and red pepper. Mix all ingredients, season the salad and sprinkle with olive oil. Toast the bread and serve it with chicken ham.	Lettuce Cucumber Chicken ham Tomato Olive oil Wholegrain rye bread Red pepper
Meal 5	Pumpernickel sandwiches with ham and cheese, grapefruit Sprinkle the pumpernickel with olive oil and put cheese, ham and pepper on it. Serve with pumpkin seeds.	Pumpernickel Chicken ham Pumpkin seeds Grapefruit Olive oil Red pepper Gouda cheese

TableS 1f. Day 6 of low glycemic index dietary plan.

Meal	Meal name and preparation method	Ingredients
Meal 1	Vegetable omelet, sandwiches	Eggs
	Beat the eggs with a fork. Add milk, a tablespoon of flour and some condiments. Mix all ingredients and then pour the mixture on a preheated pan. Cook until the egg mixture holds together. Place tomato slices on the omelet and sprinkle with olive oil. Toast pumpernickel with mozzarella cheese, tomato and herbs.	Flour 1.5 % milk Olive oil Pickled cucumber Lettuce Pumpernickel Light mozzarella cheese Tomato
Meal 2	Sandwich with ham, lettuce and tomato	Wholegrain rye bread Lettuce Tomato Turkey ham
Meal 3	Pasta with tomato sauce and meatballs	Chicken breast
	Cook pasta al dente. Fry chopped onion until it browns. Mix chicken mince with onion and chopped parsley. Season to taste. Mould meatballs. Place the meatballs into the boiling water and cover the pot. Cook them until they float to the top. Fry garlic and basil with olive oil, add tomatoes and season to taste. Pour the sauce onto the pasta and serve with meatballs.	Wholegrain pasta Canned tomato Garlic Pumpkin seeds Canola oil Green parsley Onion
Meal 4	Steamed vegetables with toasts	Green beans
	Steam the vegetables. Roast sesame seeds in a dry skilled. Slice the mushrooms. Mix all ingredients in a bowl with Greek yoghurt, lemon juice, minced parsley and green peas. Toast the bread.	Broccoli Sesame seeds Green peas Almonds Wholegrain rye bread Greek yoghurt Lemon Green parsley Mushrooms
Meal 5	Muesli yoghurt	Rolled oats
	Roast the oats in a dry skilled. Chop banana and dried apricots. Mix all ingredients.	Dried apricots Low- sugar jam Banana Plain yoghurt

Table S1g. Day 7 of low glycemic index dietary plan.

Meal	Meal name and preparation method	Ingredients
Meal 1	Scrambled eggs with mushrooms, sandwiches, apple Prepare sandwiches with pumpernickel, lettuce, tomato and cucumber. Fry diced onion with olive oil. When it browns add sliced mushrooms and fry for a while on low heat. Then add the eggs and season with salt and pepper.	Eggs Pumpernickel Tomato Mushrooms Apple Lettuce Olive oil Onion
	Celeriac salad Grind carrot, celeriac and apple, then sprinkle them with lemon juice to prevent from browning. Mix with roasted sunflower seeds, walnuts and canola oil. Roast the oats and add them to the salad.	Celeriac Apple Sunflower seeds Canola oil Carrot Rolled oats Walnuts Lemon juice
Meal 3	Pearl barley, herrings with yoghurt and cucumber salad Soak the herrings for 1 hour. Cook pearl barley in salted water. Add olive oil and minced parsley. Peel and slice cucumbers. Salt and set them aside for 10 minutes and then drain them. Mix with diced tomato, 4 tablespoons of Greek yoghurt and lemon juice. Season with salt and pepper. Drain and chop the herrings. Mix them with the remaining yoghurt, diced red onion and grinded apple.	Pearl barley Greek yoghurt Cucumber Onion Tomato Green parsley Pickled herrings Olive oil Apple Lemon
	Yoghurt with fruit Peel and dice the fruits. Mix with walnuts and cereals. Sprinkle cinnamon on the dish.	Orange Oat brans Plain yoghurt Rolled oats Walnuts Kiwifruit
Meal 5	Boiled Vienna sausages, sandwiches with jam, carrot juice Boil the sausages. Prepare the sandwiches.	Wholegrain rye bread Current jam Chicken Vienna sausage Lettuce Tomato Carrot juice

Table S2a. Day 1 of moderate glycemic index dietary plan.

Meal	Meal name and preparation method	Ingredients
Meal 1	Sandwiches with cheese, ham and jam, dark chocolate, orange juice Prepare the sandwiches	Wheat rolls Gouda cheese Turkey ham Lettuce Olive oil Tomato High-sugar current jam Pumpkin seeds Dark chocolate Orange juice
Meal 2	Fruit salad, toast Wash and dice the fruits. Sprinkle lemon juice on the fruits. Finely chop dates and walnuts. Mix all ingredients with honey. Toast the bread.	Pear Dried dates Walnuts Honey Wheat bread Lemon Kiwifruit
Meal 3	Chicken stew with rice Cut chicken breast in stripes and season it with curry spice. Mince the onion. Fry chicken and onion with canola oil then add a little water and stew it for 10 minutes. Add diced carrot and green peas. Season the dish with salt and pepper. Mash peeled banana with a fork and mix it with yoghurt and flour. Add the mixture to the sauce in order to thicken it. Cook the rice al dente. Serve the dish sprinkled with raisins.	Chicken breast White rice Banana Onion Sunflower seeds Wheat flour Lemon Canola oil Carrot Green peas Raisins Plain yoghurt
Meal 4	Granola bar, juice Preheat an oven to 160 °C. Mix all ingredients in a big bowl. Pour the mixture into a prepared baking dish and press it down, evenly distributing the mixture in the dish. Place in the oven to bake for 20-30 minutes. Remove from the oven and allow to cool completely. Then, cut into squares.	Rolled oats Dried dates Flaxseeds Soy oil Raisins Honey Almonds Lemon Apple juice Grapefruit juice
Meal 5	Pasta with spinach and mushrooms Fry diced onion until it browns, then add the mushrooms, garlic and spinach. Season to taste. Cook the pasta. Mix pasta with vegetables. Sprinkle chopped parsley over the dish.	Wheat pasta Mushrooms Onion Garlic Spinach Green parsley Canola oil

Table S2b. Day 2 of moderate glycemic index dietary plan.

Meal	Meal name and preparation method	Ingredients
Meal 1	Sweet millet porridge	Millet groats
	Rinse the groats and cook them with milk and water (1:1). When cooked, mix the millet with chopped walnuts, figs and sliced banana.	1.5 % milk Dried figs Banana Walnuts
Meal 2	Fruit yoghurt with almonds and dried dates Mix all ingredients together.	1.5 % cherry yoghurt Almonds Dried dates
Meal 3	Baked salmon with potato dumplings, carrot and salad	Salmon Lemon Lettuce Potatoes Eggs Red pepper Honey Tomato Carrot Mustard Grapefruit juice Butter Canned corn Dill Raisins Olive oil Wheat flour
	Season the salmon with salt, lemon juice and minced dill. Place salmon onto prepared aluminum foil sheet and wrap it around the entire piece of fish. Bake the salmon in an oven preheated to 220 °C for 12-15 minutes. Boil peeled potatoes and then set aside to cool. Mash the cooled potatoes with an egg and flour and mould the dumplings. Pour dumpling onto the boiling water and cook for about 2-3 minutes until they float to the top. Wash and chop red pepper and lettuce. Mix the vegetables with raisins and canned corn. Prepare a dressing for the salad with mustard, honey, lemon juice and a tablespoon of water. Boil peeled carrot. Fry butter until it melts, then add flour. Fry on low heat for a while and add the sliced carrot.	
Meal 4	Granola bar, juice Preheat an oven to 160 °C. Mix all ingredients in a big bowl. Pour the mixture into a prepared baking dish and press it down, evenly distributing the mixture in the dish. Place in the oven to bake for 20-30 minutes. Remove from the oven and allow to cool completely. Then, cut into squares.	Rolled oats Dried dates Flaxseeds Soy oil Raisins Honey Almonds Lemon Apple juice Grapefruit juice
Meal 5	Creamy pumpkin soup, sandwiches Sauté chopped onions with olive oil in a big pot until soft but not coloured. Add peeled, deseeded and chopped pumpkin, sliced carrot and garlic and carry on cooking for about 3 minutes. Pour vegetable stock and orange juice into the pot. Add honey and orange zest. Cook the soup for 20-25 minutes until vegetables soften. Then allow the soup to cool a little and blend it. Season the soup. Prepare a sandwich with jam and quark mixed with yoghurt.	Pumpkin Garlic Onion Honey Salt 2 % plain yoghurt Low- fat quark High-sugar current jam Wheat bread Carrot Olive oil Orange juice

Table S2c. Day 3 of moderate glycemic index dietary plan.

Meal	Meal name and preparation method	Ingredients
Meal 1	Millet porridge with jam, milk with honey Rinse millet and cook it with a glass of milk. Chop and roast walnuts in a dry skillet. Add walnuts, jam and raisins to the milled and mix them together. Add honey to milk and stir it until melted.	Millet groats 1.5 % milk High-sugar strawberry jam Honey Walnuts Raisins
	Apple mousse with yoghurt Fry peeled and diced apples in a pan. When they soften, add honey and chopped almonds. Serve with yoghurt.	2 % plain yoghurt Honey Apple Almonds
Meal 3	Baked potatoes, cod fillet and boiled vegetables Peel and cut potatoes. Sprinkle lemon juice, olive oil and condiments all over potatoes. Pour them into a sheet pan and bake for 30-40 minutes in an oven preheated to 200 °C. Prepare the marinade with minced dill, olive oil, honey, lemon juice, minced garlic, salt and pepper. Spread the marinade over the fish and set aside for 30 minutes. Turn the fish over in flour and fry the coated fish fillets for a minute on each side. Then bake it in the oven for 12- 15 minutes. Boil vegetables in salted water.	Potatoes Dill Cauliflower Garlic Carrot Lemon Honey Olive oil Wheat flour Cod Apple juice
	Granola bar, juice Preheat an oven to 160 °C. Mix all ingredients in a big bowl. Pour the mixture into a prepared baking dish and press it down, evenly distributing the mixture in the dish. Place in the oven to bake for 20-30 minutes. Remove from the oven and allow to cool completely. Then, cut into squares..	Rolled oats Dried dates Flaxseeds Soy oil Raisins Honey Almonds Lemon Apple juice Grapefruit juice
Meal 5	Sandwiches with ham, cheese and jam Prepare the sandwiches.	Wheat bread Lettuce Turkey ham Ketchup High-sugar jam Pumpkin seeds Gouda cheese

Table S2d. Day 4 of moderate glycemic index dietary plan.

Meal	Meal name and preparation method	Ingredients
Meal 1	Porridge with dates, juice Pour hot water over the oats and leave it to soak for 1-3 minutes, then drain them. Cook the oats with milk and add chopped dates, diced kiwifruit, flaxseeds and honey.	Rolled oats Dried dates 1.5 % milk Kiwifruit Honey Carrot, apple and peach juice Flaxseeds
Meal 2	Fruit kefir and banana	Fruit kefir Banana
Meal 3	Chicken breast baked with mozzarella cheese and dried tomatoes, rice with pumpkin Gently pound the chicken breast, sprinkle with olive oil and fry on both sides. Then transfer it to the baking dish cover with mozzarella cheese and chopped dried tomatoes. Bake the chicken for 5-6 minutes in an oven preheated to 170 °C. Cook rice, slightly overcooking it. Dice the peeled and deseeded pumpkin and then fry it with olive oil, ginger, curry spice, chili, pepper and salt. Stew it for 10 minutes and then mix with the rice. Finely chop the rest of vegetables and mix them with olive oil, mustard and lemon juice.	Chicken breast White rice Tomato Olive oil Light mozzarella cheese Dried tomatoes Pumpkin Honey Red pepper Mustard Lettuce Canned corn Garlic Pickled cucumber
Meal 4	Granola bar, juice Preheat an oven to 160 °C. Mix all ingredients in a big bowl. Pour the mixture into a prepared baking dish and press it down, evenly distributing the mixture in the dish. Place in the oven to bake for 20-30 minutes. Remove from the oven and allow to cool completely. Then, cut into squares.	Rolled oats Dried dates Flaxseeds Soy oil Raisins Honey Almonds Lemon Apple juice
Meal 5	Boiled Vienna sausages with sandwich Prepare the sandwich with lettuce and tomato slices. Boil the Vienna sausages.	Chicken Vienna sausages Lettuce Wheat rolls Turkey ham Tomato

Table S2e. Day 5 of moderate glycemic index dietary plan.

Meal	Meal name and preparation method	Ingredients
Meal 1	Porridge with banana and cranberries Pour hot water over the oats and leave it to soak for 1-3 minutes, then drain them. Cook the oats with milk and add sliced banana, cranberries, flaxseeds, figs and honey.	Rolled oats Banana Dried figs Flaxseeds 1.5 % milk Honey Dried cranberries
Meal 2	Sandwich with quark and dried tomatoes pâté Prepare the pâté with quark, yoghurt, salt, pepper, oregano, minced dried tomatoes and raisins. Spread the pâté on bread slices.	Low-fat quark Wheat bread Dried tomatoes Dried raisins Plain yoghurt
Meal 3	Millet groats with spinach and cauliflower, cornflakes crusted turkey breast, juice Gently pound the turkey breast, season with salt, pepper and some herbs de Provence. Dip the turkey in the egg mixture, then coat with the crushed corn flakes. Bake the turkey for 15 minutes. Rinse and cook millet. Season and add chopped spinach. Boil cauliflower and then sprinkle it with olive oil. Serve the turkey with ketchup.	Millet groats Olive oil Ketchup Corn flakes Spinach Cauliflower Eggs Chicken breast Orange juice
Meal 4	Granola bar, juice Preheat an oven to 160 °C. Mix all ingredients in a big bowl. Pour the mixture into a prepared baking dish and press it down, evenly distributing the mixture in the dish. Place in the oven to bake for 20-30 minutes. Remove from the oven and allow to cool completely. Then, cut into squares.	Rolled oats Dried dates Flaxseeds Soy oil Raisins Honey Almonds Lemon Apple juice Apple juice
Meal 5	Butter croissant with strawberry jam, fruit yoghurt and juice Cut the croissant in halves. Spread jam on each half.	Butter croissant Carrot and peach juice 1.5 % fruit yoghurt High-sugar strawberry jam

Table S2f. Day 6 of moderate glycemic index dietary plan.

Meal	Meal name and preparation method	Ingredients
Meal 1	<p>Omelet with banana, almonds and cranberries, cocoa with honey</p> <p>Beat the eggs with a fork. Add five tablespoons of milk, two tablespoons of flour and a pinch of salt. Pour the mixture onto a preheated pan. Cook until the egg mixture holds together. Roast almonds on a dry skilled, mash banana with a fork. Prepare omelet filing by mixing almonds with mashed banana and cranberries. Stir the cocoa with honey and hot milk until the cocoa powder dissolves.</p>	<p>Eggs 1.5 % milk Powdered sugar Almonds Banana Dried cranberries Honey Wheat flour Canola oil 16 % cocoa powder</p>
Meal 2	<p>Drinking yoghurt and dried figs</p>	<p>Fruit drinking yoghurt Dried figs</p>
Meal 3	<p>Sweetened pasta with tuna</p> <p>Cook pasta. Finely chop and fry mushrooms, pepper and onion. After a while add diced tomato and minced garlic. When vegetables soften mix them with tuna, corn and cooked pasta. Season to taste. Sprinkle over roasted sunflower seeds.</p>	<p>Sunflower seeds Wheat pasta Pepper Canola oil Onion Tomato Canned corn Grapefruit juice Mushrooms Canned tuna</p>
Meal 4	<p>Granola bar, juice</p> <p>Preheat an oven to 160 °C. Mix all ingredients in a big bowl. Pour the mixture into a prepared baking dish and press it down, evenly distributing the mixture in the dish. Place in the oven to bake for 20-30 minutes. Remove from the oven and allow to cool completely. Then, cut into squares.</p>	<p>Rolled oats Dried dates Flaxseeds Soy oil Raisins Honey Almonds Lemon Apple juice Apple juice</p>
Meal 5	<p>Beetroot soup with potatoes and meatballs</p> <p>Wash, peel and chop beetroots. Boil the beetroots for about an hour then add the rest of vegetables. Mix together meat with an egg, bread crust and minced garlic. Season the mixture. Mould the meatballs, shortly fry them and then pour them into boiling water. Boil the potatoes. Take the pieces of vegetables out of the soup; season it with a bay leaf, vinegar, salt and pepper. Add cream to the soup. Serve the soup with potatoes, pieces of beetroot and meatballs.</p>	<p>Beetroot Carrot Turkey mince Canola oil Wheat flour Garlic 12 % cream Potatoes Bread crust Leek Eggs Green parsley Celeriac</p>

Table S2g. Day 7 of moderate glycemic index dietary plan.

Meal	Meal name and preparation method	Ingredients
Meal 1	<p>Rolls with quark and with jam</p> <p>Cut rolls in halves. Spread jam over two halves and sprinkle them with chopped walnuts. Spread quark over the two remaining roll halves and put lettuce and tomato slices on top. Sprinkle with pumpkin seeds.</p>	<p>Wheat rolls Pumpkin seeds Low-fat quark Plain yoghurt Lettuce Walnuts High-sugar black-current jam Tomato Orange juice</p>
Meal 2	<p>Drinking yoghurt with dried dates</p>	<p>Fruit drinking yoghurt Dried dates</p>
Meal 3	<p>Pasta with fried chicken, juice</p> <p>Season the diced chicken breast. Dice and fry the onion. Add the chicken and chopped tomatoes to the pan and fry for about 5 minutes. Then add corn, diced peaches, raisins, salt, pepper and thyme. Mix it with pasta and sprinkle with grated cheese.</p>	<p>Wheat pasta Chicken breast Raisins Tomato Gouda cheese Peaches in syrup Olive oil Canned corn Onion Orange and grapefruit juice</p>
Meal 4	<p>Granola bar, juice</p> <p>Preheat an oven to 160 °C. Mix all ingredients in a big bowl. Pour the mixture into a prepared baking dish and press it down, evenly distributing the mixture in the dish. Place in the oven to bake for 20-30 minutes. Remove from the oven and allow to cool completely. Then, cut into squares.</p>	<p>Rolled oats Dried dates Flaxseeds Soy oil Raisins Honey Almonds Lemon Apple juice Apple juice</p>
Meal 5	<p>Porridge with banana and raisins</p> <p>Pour hot water over the oats and leave it to soak for 1-3 minutes, then drain them. Cook the oats with milk and add sliced banana, sunflower seeds and raisins.</p>	<p>Rolled oats Sunflower seeds 1.5 % milk Banana Raisins</p>

Table S3. Characteristics of the baseline, moderate (MGI) and low (LGI) glycemic index diets.

	p Value			p Value			p Value	p Value
	Baseline							
Parameter	(MGI _{before} vs. LGI _{before})	Baseline MGI _{before}	MGI diet	MGI _{before} vs. MGI _{diet}	Baseline LGI _{before}	LGI diet	LGI _{before} vs. LGI _{diet}	MGI _{diet} vs. LGI _{diet}
Energy intake (kcal)	0.0535	3121 ± 633	3136 ± 646	0.2043	3133 ± 639	3117 ± 629	0.1762	0.0801
Protein (g)	0.2481	145.3 ± 32.4	107.5 ± 20.1	<0.0001	146.1 ± 32.6	108.3 ± 20.0	<0.0001	0.0652
Protein (%)	0.9197	18.6 ± 1.4	13.8 ± 1.4	<0.0001	18.6 ± 1.3	14.0 ± 1.4	<0.0001	0.0088
Fat (g)	0.1614	104.7 ± 21.4	89.1 ± 17.3	<0.0001	105.5 ± 22.2	89.1 ± 18.3	<0.0001	0.4977
Fat (%)	0.0882	30.2 ± 1.6	25.6 ± 0.9	<0.0001	30.5 ± 1.9	25.7 ± 1.3	<0.0001	0.7891
Carbohydrates (g)	0.3295	399.3 ± 82.6	476.0 ± 106.6	<0.0001	398.8 ± 82.3	470.5 ± 102.3	<0.0001	0.0879
Carbohydrates (%)	0.1359	51.2 ± 2.5	60.6 ± 1.9	<0.0001	50.9 ± 2.5	60.3 ± 1.8	<0.0001	0.4609
Dietary fiber (g)	0.1567	31.3 ± 2.6	37.9 ± 7.1	0.0007	31.6 ± 2.4	57.1 ± 8.5	<0.0001	<0.0001
Glycemic Index (GI)	0.0755	60 ± 2	63 ± 1	<0.0001	60 ± 2	39 ± 1	<0.0001	<0.0001

Note: Values are means ± SD. GI values are in reference to the glucose scale. The differences between diets were analyzed using Student's t-test or Wilcoxon test depending on the distribution of data (normal – not-normal).