

Supplemental Table 3. Pearson correlation coefficients for the comparison between each carbohydrate index component combination.

	Glycemic index	Ratio of solid/total CH	Ratio of whole/total grains	Fibre
Glycemic index	1.000			
Ratio of solid/total CH	0.365	1.000		
p value	<0.001			
Ratio of whole/total grains	-0.0310	0.0169	1.000	
P value	<0.001	0.0351		
Fibre	-0.0702	0.2425	0.2847	1.000
P value	<0.001	<0.001	<0.001	