**Supplementary file.** Test breakfast’s glycemic index calculation

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Breakfast** | | |
|  | **Control** | **Peanuts** | **Peanut butter** |
| Orange juice (g) | 250 | 250 | 250 |
| Available Carbohydrate (g) | 30 | 30 | 30 |
| Glycemic index (code†) | 46 (1049) | 46 (1049) | 46 (1049) |
| Cream of wheat | 56 | 56 | 56 |
| Available Carbohydrate (g) | 36 | 36 | 36 |
| Glycemic index\* | 74 | 74 | 74 |
| Brown sugar | 9.93 | 8.72 | 9.59 |
| Available Carbohydrate (g) | 9.93 | 8.72 | 9. 59 |
| Glycemic index (code†) | 58 (1604) | 58 (1604) | 58 (1604) |
| Aspartame | 1 | 1 | 1 |
| Available Carbohydrate (g) | 0 | 0 | 0 |
| Glycemic index (code†) | NA | NA | NA |
| Whole Peanut | --- | 42.5 | --- |
| Available Carbohydrate (g) | --- | 7.08 | --- |
| Glycemic index (code†) | --- | 7 (1324) | --- |
| Peanut Butter | --- | --- | 42.5 |
| Available Carbohydrate (g) | --- | --- | 5.31 |
| Glycemic index (code†) | --- | --- | 23 (1164) |
| Total Available Carbohydrate | 75.93 | 81.80 | 80.90 |
| **Glycemic index** | **60.8** | **56.2** | **58.4** |

NA = not applicable; \* = <http://www.glycemicindex.com/foodSearch.php?num=2172&ak=detail>

† = International tables of glycemic index and glycemic load values: 2008 (23).

**GI Control:**

(30/75.93 x 46) + (36/75.93 x 74) + (9.93/75.93 x 58) = 18.17 + 35.08 + 7.59 = 60.84

**GI Peanuts:**

(30/81.80 x 46) + (36/81.80 x 74) + (8.72/81.80 x 58) + (7.08/81.80 x 7) = 16.87 + 32.57 + 6.18 + 0.61 = 56.23

**GI Peanut butter:**

(30/80.90 x 46) + (36/80.90 x 74) + (9.59/80.90 x 58) + (5.31/80.90 x 23) = 17.06 + 32.93 + 6.87 + 1.51 = 58.37