**Supplementary material**

**Weight loss associated with low-calorie diets with different** **glycemic loads does not improve arterial stiffness: a randomized clinical trial**

**Short title: Glycemic loads and arterial stiffness**

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| **Chart S1 –** General guidelines on factors affecting the glycemic index and glycemic load of foods by study groups |
| **High-glycemic load (HGL) diet** | **Low-glycemic load (LGL) diet** |
| * Eat peeled ripe fruits.
* Prepare food by cutting into small pieces—mashing, grinding or crushing (e.g., eat mashed instead of boiled potatoes).
* Drink fruit juice instead of eating whole fruits.
* Do not use vinegar for dressing a salad.
* Eat fully cooked foods.
* Prepare meals and eat at once.
 | * Eat unpeeled underripe fruits.
* Prepare food by cutting into large pieces—avoid mashing, grinding or crushing into fine fragments.
* Eat whole fruits instead of drinking fruit juice.
* Use vinegar for dressing a salad or other food items.
* Do not fully cook starchy foods.
* Prepare meals ahead and freeze.
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