**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**

Lisiane Perina, Isadora G. Camboima,b, Cláudia D. Schneiderb, Alexandre M. Lehnena\*

a Instituto de Cardiologia do Rio Grande do Sul/Fundação Universitária de Cardiologia, Porto Alegre, Rio Grande Grande do Sul, Brasil

b Universidade Federal de Ciências da Saúde de Porto Alegre, Porto Alegre, Rio Grande Grande do Sul, Brasil

**\* Corresponding author**

Dr. Alexandre Machado Lehnen

Instituto de Cardiologia do Rio Grande do Sul – Unidade de Pesquisa, 3º andar

Av. Princesa Isabel, 395 Santana, 90620-001 Porto Alegre – RS Brazil

Fone: (51) 32303600, extension 3636/3757

E-mail: amlehnen@gmail.com

|  |  |
| --- | --- |
| **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. |