**Supplementary Table**

**Table S1** Baseline and postprandial plasma glucose concentrations after consumed test diets

|  |  |
| --- | --- |
| **Time (min)** | **Plasma glucose (mg/dL)** |
| **Boiled white rice with chicken; BC** | **Whey protein-based multi-ingredient nutritional drink; WD** |
| 0 (baseline) | 133 ± 6a | 133 ± 7a,d |
| 30 | 205 ± 8b | 152 ± 7b,c |
| 60  | 227 ± 10c | 161 ± 8c |
| 90 | 204 ± 9b | 158 ± 9c |
| 120  | 176 ± 9d | 150 ± 9a,b,c |
| 180 | 134 ± 10a | 130 ± 7a,b |
| 240  | 112 ± 10a | 113 ± 6d |

Values were mean ±SD; n=15. Mean values at each time of measurements (same column) with different superscript letters are significantly different (*P* <0.05), determined using repeated measures ANOVA and Bonferroni’s correction for post-hoc comparisons.

**Table S2** Baseline and postprandial serum insulin concentrations after consumed test diets

|  |  |
| --- | --- |
| **Time (min)** | **Serum insulin** **(μIU/mL)** |
| **Boiled white rice with chicken; BC** | **Whey protein-based multi-ingredient nutritional drink; WD** |
| 0 (baseline) | 16.7 ± 3.5a | 16.7 ± 3.4a |
| 30 | 42.1 ± 8.6b | 39.6 ± 6.1b,c |
| 60  | 65.5 ± 10.6c | 47.4 ± 8.0a,b,c |
| 90 | 53.6 ± 7.6b,c | 51.7 ± 9.6c |
| 120  | 54.2 ± 13.6b,c | 32.0 ± 5.9a,b,c |
| 180 | 34.0 ± 6.2b | 34.3 ± 5.7a,b,c |
| 240  | 31.0 ± 7.2a,b | 19.1 ± 3.4a,b |

Values were mean ±SD; n=15. Mean values at each time of measurements (same column) with different superscript letters are significantly different (*P* <0.05), determined using repeated measures ANOVA and Bonferroni’s correction for post-hoc comparisons.

**Table S3** Baseline and postprandial plasma active GLP-1 concentrations after consumed test diets

|  |  |
| --- | --- |
| **Time (min)** | **Plasma active GLP-1 (pM/mL)** |
| **Boiled white rice with chicken; BC** | **Whey protein-based multi-ingredient nutritional drink; WD** |
| 0 (baseline) | 3.9 ± 0.5a | 5.1 ± 1.6a |
| 30 | 9.4 ± 1.1b  | 16.7 ± 3.3b,c |
| 60  | 7.6 ± 1.2b  | 17.5 ± 4.0c |
| 90 | 8.4 ± 1.3b | 18.7 ± 3.8c |
| 120  | 7.1 ± 1.0b | 16.0 ± 3.6b,c  |
| 180 | 8.0 ± 1.1b | 13.2 ± 3.5b |
| 240  | 7.8 ± 1.4b | 9.0 ± 2.9a |

Values were mean ±SD; n=15. Mean values at each time of measurements (same column) with different superscript letters are significantly different (*P* <0.05), determined using repeated measures ANOVA and Bonferroni’s correction for post-hoc comparisons.