

Supplementary Online Content

Jenkins DJA, Kendall CWC, Augustin LSA, et al. Effect of legumes as part of a low glycemic index diet on glycemic control and cardiovascular risk factors in type 2 diabetes mellitus: a randomized controlled trial. *Arch Intern Med*. doi:10.1001/2013.jamainternmed.70.

eTable 1. Foods for the high wheat fiber diet: carbohydrate choices

eTable 2. Foods for the low glycemic index–legume diet: carbohydrate choices

eTable 3. Gastrointestinal symptoms

This supplementary material has been provided by the authors to give readers additional information about their work.

eTable 1. Foods for the High Wheat Fiber Diet: Carbohydrate Choices

		Choose	Portion Size	Avoid
— servings	Breads	Dempster's whole wheat bread Ryvita, Finn Crisp crackers	1 slice (40g) 3	White bread/bagels/pita/buns
	Breakfast Cereals	Fiber 1 (crunchy original) Bran flakes, Weetabix, Shredded Wheat Cream of wheat	¾ cup ¾ cup 1 biscuit 20 g. dry	Pancakes, Muffins, Donuts Oatmeal, Oat bran, Red River, Bran buds
	Other Starchy Food	Potatoes – baked, boiled Brown rice Couscous	½ cup 1/3 cup 1/3 cup	Pasta, Barley Beans/lentils/chickpeas Hummus, French fries/chips , White crackers
3 servings	Fruits	Banana Grapes Pineapple Mango, Papaya Watermelon Raisins Cantaloupe Guava	½ large, 4” 15 ¾ cup ½ fruit 1 ½ cups 14g 1 cup cubed 1 ½	Apples, Pears Oranges , Citrus fruits Peaches All berries
5 servings or more	Vegetables	All vegetables except legumes	½ cup	Beans, Lentils, Chickpeas

Other foods excluded from the diet: fatty meats and cheese, butter, cream, ice cream, peanut butter, nuts, regular soft drinks.

eTable 2. Foods for the Low Glycemic Index–Legume Diet: Carbohydrate Choices

		Choose	Portion Size	Avoid
2 servings	Legumes	Lentils-red/green Chick peas Beans- red, navy, white, kidney	½ c cooked	
— servings	Breakfast Cereals	All Bran Buds with Psyllium Oat Bran, Steel cut oats Red River Cereal	1/3 c 1/3c dry 2 tbsp. dry	All other breakfast cereals, White and whole wheat pancakes/muffins/donuts/pastries
	Breads	Finland rye pita PC Blue Menu Tortilla (Chipotle, Jalapeno, Flax) Pumpernickel bread	½ pita (27g) 1 piece 1 slice	All other breads Bagel, Pita, Tortilla, Buns, Rolls
	Other Starchy Food	Barley (use as rice replacement) Pasta (al dente) Parboiled rice Bulgur	½ c cooked 1/3 c cooked “ “	White/brown rice Basmati rice Rice noodles Crackers Chips
3 servings	Fruits	Apple, Orange, Blueberries, Raspberries Strawberries	1 small 1 medium 1 cup 1 ½ cups	Ripe banana Grapes, Raisins Pineapple, Mango Papaya, Melon Canned fruit
5 or more servings	Vegetables	All , except potato	½ cup	Potato

Other food included in the diet: nuts, nut butters and peanut butter. Other foods excluded from the diet: fatty meats and cheese, butter, cream, ice cream, regular soft drinks.

eTable 3. Gastrointestinal Symptoms

Symptom ^a	High Wheat Fiber ^b Baseline	High Wheat Fiber ^b End of study	Low GI-Legume ^c Baseline	Low GI-Legumes ^c End of study	P
Abdominal pain	0.53 (0.05, 1.00)	0.35 (0.00, 0.71)	0.32 (0.05, 0.58)	0.37 (0.05, 0.69)	0.276
Bloating	1.08 (0.48, 1.68)	1.05 (0.50, 1.61)	0.92 (0.45, 1.39)	0.95 (0.43, 1.47)	0.851
Bowel movements	1.21 (0.97, 1.45)	1.37 (1.16, 1.58)	1.37 (1.15, 1.59)	1.59 (1.31, 1.88)	0.647
Ease of movement	1.87 (1.27, 2.47)	1.38 (0.89, 1.88)	1.95 (1.39, 2.51)	1.50 (1.01, 1.99)	0.898
Flatus	2.48 (2.09, 2.86)	2.63 (2.15, 3.10)	2.05 (1.69, 2.41)	2.66 (2.12, 3.20)	0.096
Stool consistency	3.53 (3.09, 3.96)	3.08 (2.71, 3.44)	3.11 (2.69, 3.52)	3.03 (2.71, 3.35)	0.211

Data represents prestudy (baseline) and week 12 (end of study) symptoms. Change in symptoms assessed by two sample t-test

^aScale 0-6 where 0=none, 3=moderate, 6=excessive

^bn=46 for abdominal pain, flatus, bowel movements and stool consistency; n=45 for bloating and ease of movement. ^cn=44