

# Supplementary Materials: Effects of Low vs. High Glycemic Index Sugar-Sweetened Beverages on Postprandial Vasodilatation and Inactivity-Induced Impairment of Glucose Metabolism in Healthy Men

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**Table S1.** Composition of the diet stratified by activity, low-GI and high-GI intervention.

	Activity 1 <sup>1</sup>		Low Physical Activity + Low-GI <sup>2</sup>		Activity 2 <sup>1</sup>		Low Physical Activity + High-GI <sup>2</sup>	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD
Energy intake (kJ/day)	13,769 *†	1850	12,819 *†	1261	13,729 *	1327	12,830 †	1084
Carbohydrates (% energy)	51 *	2	55 †	3	50 *	3	56 †	2
Fat (% energy)	31 *†	3	31 *†	1	33 *	2	30 †	2
Protein (% energy)	17 *	1	14 †	1	17 *	1	14 †	0
Fiber (g/day)	34 *	7	32 *	4	33 *	7	32 *	3

<sup>1</sup> dietary intake averaged over 4 days where participants followed their habitual physical activity; <sup>2</sup> dietary intake averaged over the total inactive intervention period (7 days); RM-ANOVA: means not sharing a common superscript symbol (\*†) are different at  $p < 0.05$ ; GI: glycemic index; low-GI: isomaltulose; high-GI: mixture of 75% maltodextrin and 25% sucrose.