

Supplemental information

METHODS

The search strategy used in this review is presented in the below figure. Briefly, a database search was completed in OVID MEDLINE, ALL. Keyword “Glycaemic index” was entered into the search bar. This returned n=1,593 papers. This list was further limited to English language and work conducted in humans, reducing papers to n= 1472. This list was again limited to papers that were both a Journal article and included any form of clinical trial n=458. The titles and abstracts of these 458 papers were reviewed and exclusions were made when the experimental design did not attempt to perform a GI test on a food. On occasions these papers needed to be read in full if it was not clear in an abstract whether or not a GI test was reported in the manuscript. In most cases, these excluded papers were clinical trials that used Glycaemic Index reference tables to design a clinical trial, rather than as a clinical trial that produced new Glycaemic Index values. For example these trials may involve testing a certain health parameter on separate populations consuming either a high or low GI diet. Whilst these excluded papers (n=347) did not meet the selection criteria to be included in this review, they are not irrelevant, because many of them are using values from reference tables and results gathered using the ISO 2010 method or previously endorsed guidelines for Glycaemic Index testing.

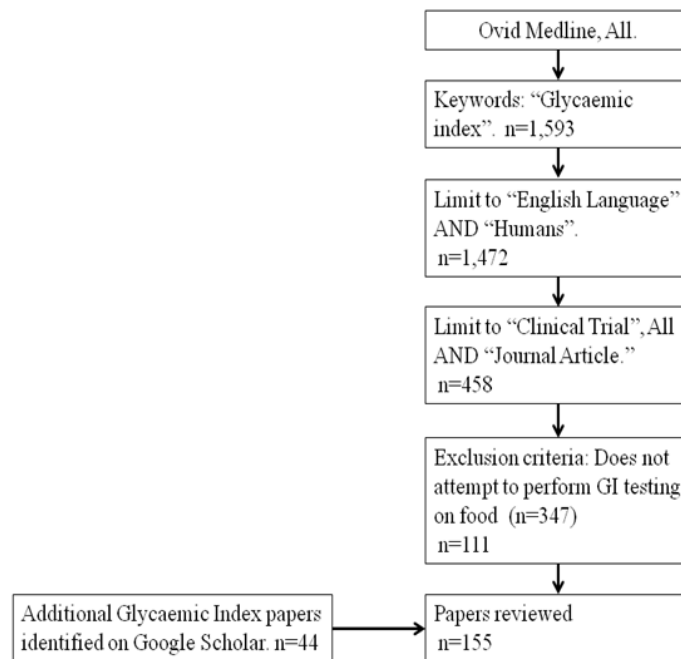
From the database search 111 papers were selected as relevant for further review. In order to ensure key papers were not missed from review, a further google scholar search for highly cited papers on Glycaemic Index and prolific authors on the topic publications were searched. This returned an additional 44 suitable papers that did not appear in the OVID database search, but still involved the GI testing of foods.

This list of papers is not intended to be an exhaustive list of every reference where Glycaemic Index testing is carried out. However, the final 155 selected papers are intended to be a representative list of papers that span both a range of publication years and geographical areas and should serve as an acceptable sample size to identify trends in this area of research.

Papers were read and the choices they made for source of glucose reference, drink given during test and reference food, whether reference food was bread, glucose or something else, method of blood collection, method of blood glucose assay and amount of reference food provided was recorded. Results were collated and presented in tables.

Due to some papers comparing methods or mixed methods within the one manuscript, some papers are scored more than once for each choice. For example, a paper that used both glucose and bread as a reference food was scored once for glucose and once for bread. This is why some tables such as what reference food is chosen add up to a number higher or lower than the total number of papers used.

It was necessary to distinguish trademarked monohydrated products from generic unbranded monohydrated products because they are consistently used in distinct ways throughout the literature. For this reason all three trademarked products were scored separately to generic monohydrate.



Supplemental figure: Paper searching strategy and selection criteria.