

Answering Reviewers comments:

Reviewer Comment:

This paper is usefully reviewed the methodology to glycaemic index variability. The authors collected 155 papers to analyze the different methods to GI. Some questions need to explain.

1. These methods which listed in the paper were used to test GI, but as we know, all of hospitals test the index of glucose by fully automatic machine. Is this paper useful for doctor of endocrinology?

Author reply:

We thank the reviewer for the positive feedback regarding our review. In regards to the question how this paper is useful for a doctor of endocrinology, the glycaemic index was primarily developed as a tool to assist diabetics in making dietary choices related to assist in the management of their disease. Whilst the index has evolved to be correlated with many other aspects of nutrition, the foundational use as a resource for diabetics and health practitioners is still relevant. Therefore, a doctor of endocrinology can use this paper to help understand how this index is determined, appreciate some of the inconsistencies in the method and how this can affect how certain foods are classified in order to better support patients with conditions such as diabetes.