Electronic supplementary material

ESM Table 1 Baseline characteristics of participants in quartiles of low GI fruit

Characteristic	Q1	Q2	Q3	Q4	Q4 vs Q1
	Mean±SD	Mean±SD	Mean±SD	Mean±SD	p value
Age (years)	62±9	62±10	61±10	60±9	0.452
Sex (male/female)	19/19	26/12	26/12	25/13	0.226/0.189
BMI (kg/m^2)	30±4	31±6	32±6	30±6	0.584
Ethnicity (n)					
European	23	29	25	26	0.388
Indian	7	6	7	5	0.387
Far Eastern	4	0	0	5	0.500
African	3	3	3	2	0.500
Hispanic	0	0	1	0	NA
Native American	1	0	2	0	0.500
Smokers (n)	0	1	2	7	0.008
Duration of diabetes (years)	6±4	8±8	8±5	9±7	0.025
Medication use (n)					
Hypoglycaemic agent	37	38	37	38	0.500
Thiazolidinedione	10	16	11	13	0.339
Biguanide	30	30	31	30	0.551
Sulfonylurea	15	20	21	22	0.162
Meglitinide (non-sulfonylurea)	1	1	0	1	0.750
Alpha glucosidase inhibitor	1	1	0	3	0.313
Cholesterol-lowering medications	24	22	25	30	0.248
Blood pressure medication	27	26	26	25	0.445

Differences between quartiles 1 and 4 in categorical variables were assessed by binomial tests of equality

Differences in continuous variables were assessed by two-sample t test

Q, quartile