Effect of a Diabetes Specific Protein Supplement (DSPS) on Postprandial Glycemic Responses in Adults with Type 2 Diabetes: A Randomized Crossover Study in India

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Supplementary materials

Table S1A. Macronutrient composition of test breakfast

	Serving Size	**Amount**	**Energy (kcal)**	**Protein (g)**	**Carbohydrate (g)**	**Fat (g)**	**Fiber (g)**
Protinex Diabetes Care (PDC) in milk	1 serve	25g PDC in 200ml toned milk	202	13.5	20.6	6.3*	3.8
Control breakfast *(Upma)*	Reduced quantity	30 g	126	2.4	21.3	3.4	1.2
Control breakfast *(Poha)*	Reduced quantity	30 g	123	2.3	21	3.2	0.8
Overall composition of test breakfast (with *Upma*)			**328**	**15.9**	**41.9**	**9.7**	**5**
Overall composition of test breakfast (with *Poha*)			**325**	**15.8**	**41.6**	**9.5**	**4.6**

* Fat: 6g from toned milk, 0.3g from PDC

Protinex Diabetes Care ingredients:

Skimmed Milk, Soluble Fiber, Soy Protein Isolate, Corn Flour, Soy Fiber, Maize Starch, Wheat Bran, Nature Identical Flavoring, Vitamins & Minerals, Taurine, Sucralose

Table S1B. Macronutrient composition of control breakfast

	Serving Size	**Amount**	**Energy (kcal)**	**Protein (g)**	**Carbohydrate (g)**	**Fat (g)**	**Fiber (g)**
Poha	1 cup	80 g	327	6	56	8.7	2
Upma	1 cup	80 g	334	6.4	57	9	3.2

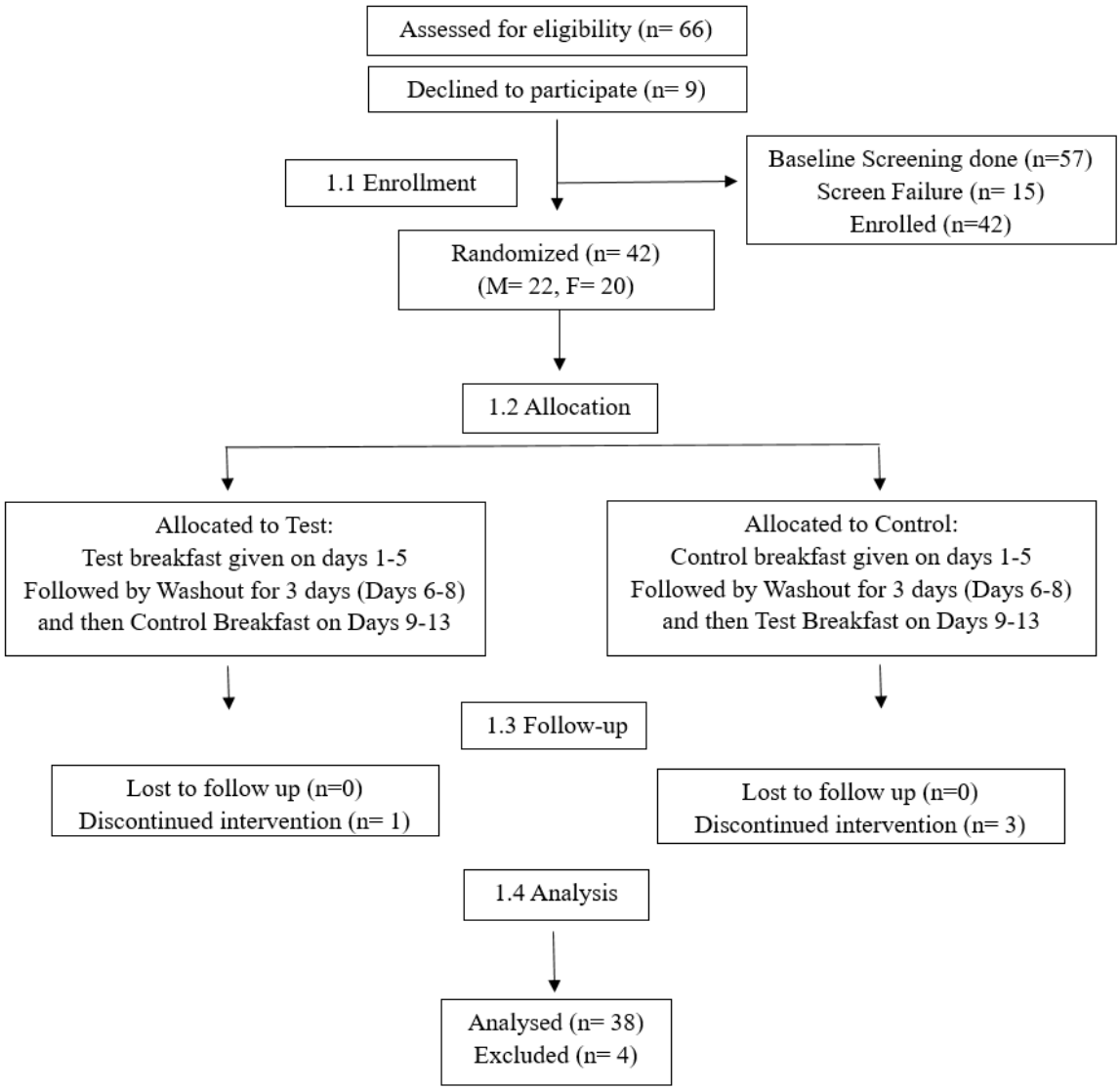

Figure S1. Consort flow diagram for this study

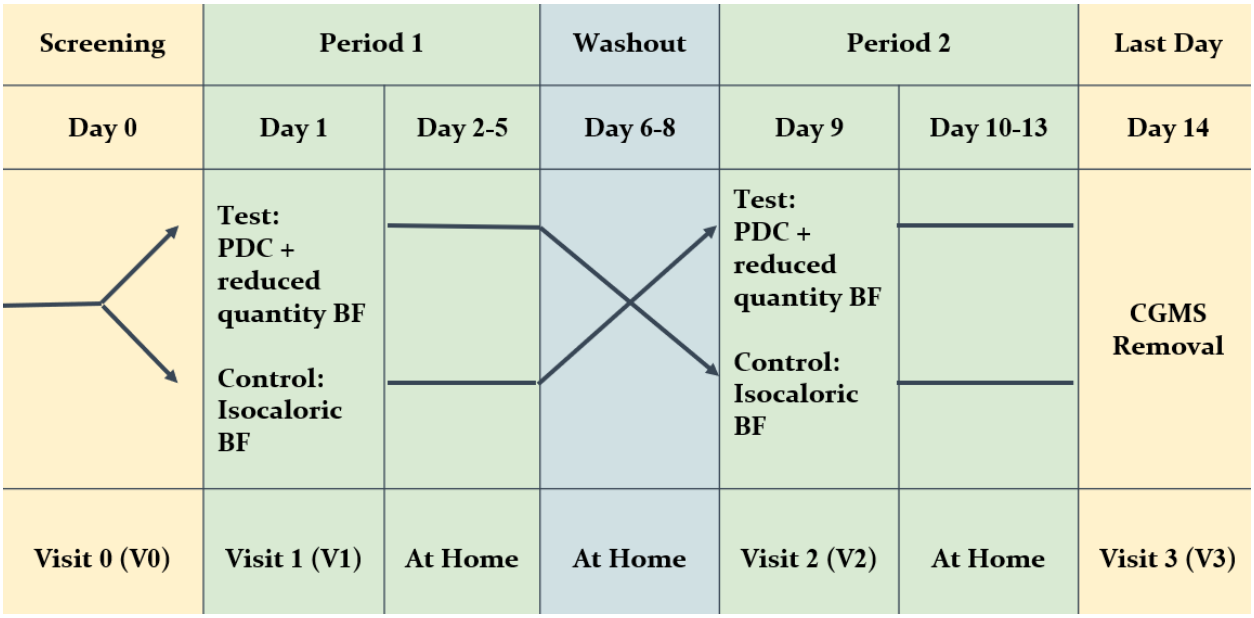

Figure S2. Study design

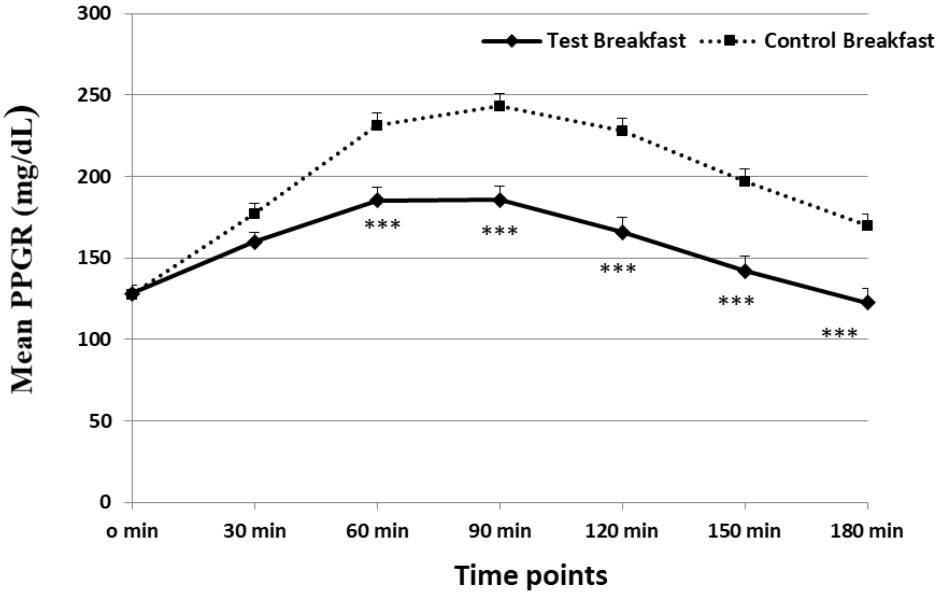

Figure S3. PPGR at various time points (Mean and SEM), *** $p < 0.001$

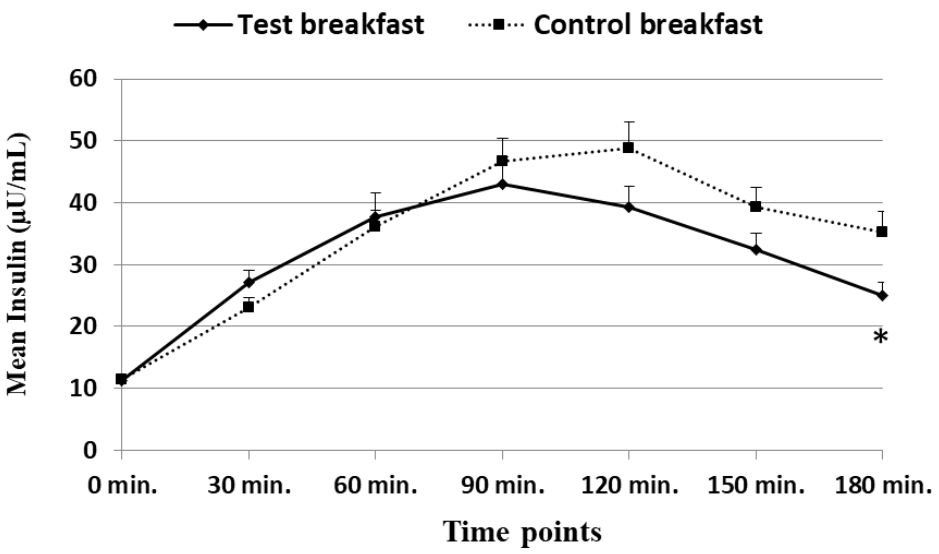

Figure S4. PP Insulin at various time points (Mean and SEM). * $p < 0.05$