

Table S1. Summary of the average glucose measurements and change in the plasma glucose (mmol/L) of the reference food and two test foods of Part A. Test foods for Part A are negative control = zero polyphenols, and sugar sample 1 = 25 mg/100 g polyphenols.

Time (min)	Glucose standard		Negative control		Sugar sample 1 25 mg/ 100g polyphenols	
	Average glucose measurement (mmol/L)	Change in plasma glucose (mmol/L)	Average glucose measurement (mmol/L)	Change in plasma glucose (mmol/L)	Average glucose measurement (mmol/L)	Change in plasma glucose (mmol/L)
0.0	5.2 ± 0.0	0.0	5.0 ± 0.4	0.0	4.8 ± 1.5	0.0
15	8.1 ± 0.1	2.9	7.7 ± 0.8	2.5	7.9 ± 0.9	2.7
30	9.6 ± 0.1	4.4	8.8 ± 1.2	3.6	8.3 ± 1.4	3.1
45	8.9 ± 0.1	3.7	7.4 ± 1.6	2.2	6.9 ± 1.8	1.7
60	7.5 ± 0.1	2.3	5.6 ± 1.3	0.4	5.5 ± 1.3	0.3
90	4.9 ± 0.1	-0.3	4.4 ± 0.5	-0.8	4.6 ± 0.4	-0.6
120	4.3 ± 0.2	-0.8	4.5 ± 0.5	-0.7	4.8 ± 0.4	-0.4
AUC	218.9		148.7		126.3	
% Reduction			32.1		42.3	

Table S2. Summary of the average glucose measurements and change in the plasma glucose (mmol/L) of the reference food and two test foods of Part B. Test foods for Part A are sugar sample 2 = 19 mg/ 100 g polyphenols, and sugar sample 3 = 32 mg/100 g polyphenols.

Time (min)	Glucose standard		Sugar sample 2 19mg/100 g polyphenols		Sugar sample 3 32 mg/ 100g polyphenols	
	Average glucose measurement (mmol/L)	Change in plasma glucose (mmol/L)	Average glucose measurement (mmol/L)	Change in plasma glucose (mmol/L)	Average glucose measurement (mmol/L)	Change in plasma glucose (mmol/L)
0.0	5.1 ± 0.3	0.0	5.2 ± 0.4	0.0	5.2 ± 0.4	0.0
15	7.8 ± 0.6	2.7	7.9 ± 1.0	2.7	7.7 ± 1.1	2.5
30	8.8 ± 0.9	3.7	8.4 ± 1.1	3.2	8.0 ± 1.3	2.8
45	7.9 ± 1.0	2.8	7.2 ± 1.3	2.0	6.6 ± 1.2	1.4
60	7.0 ± 0.9	1.9	6.0 ± 1.2	0.8	5.5 ± 1.0	0.3
90	5.6 ± 0.8	0.4	4.8 ± 1.1	-0.4	4.9 ± 0.6	-0.3
120	4.7 ± 0.6	-0.4	4.8 ± 0.5	-0.4	5.0 ± 0.6	-0.2
AUC	218.9		141.8		112.8	
% Reduction			27.4		42.3	