

Table S1. Mean glycemia values in Mmol/L for GFB samples.

Time (minutes)	White Bread (Standard)	GFB 1	GFB 2	GFB 3	GFB 4	GFB 5	GFB 6	GFB 7	GFB 8	WGFB 1	WGFB 2	WGFB 3	WGFB 4
0	4.32	4.82	4.41	4.34	5.29	5.21	4.39	4.39	4.39	5.01	4.41	4.60	4.25
15	4.79	5.13	5.01	5.067	5.48	5.41	5.36	5.29	5.29	5.30	4.69	4.59	5.24
30	5.46	5.38	5.13	5.81	6.08	5.90	5.88	5.75	5.74	5.48	4.99	5.142	5.67
45	5.55	5.15	4.94	6.16	7.03	6.85	6.67	6.57	6.57	5.54	4.95	5.66	6.34
60	6.15	5.35	5.19	6.58	6.82	6.69	6.81	6.74	6.74	5.42	5.19	5.94	6.61
90	5.46	4.98	4.89	5.56	6.06	5.89	6.14	5.76	5.76	5.08	4.95	5.63	5.99
120	4.76	5.28	5.11	5.24	5.48	5.39	5.45	5.25	5.25	4.89	4.89	4.94	5.25

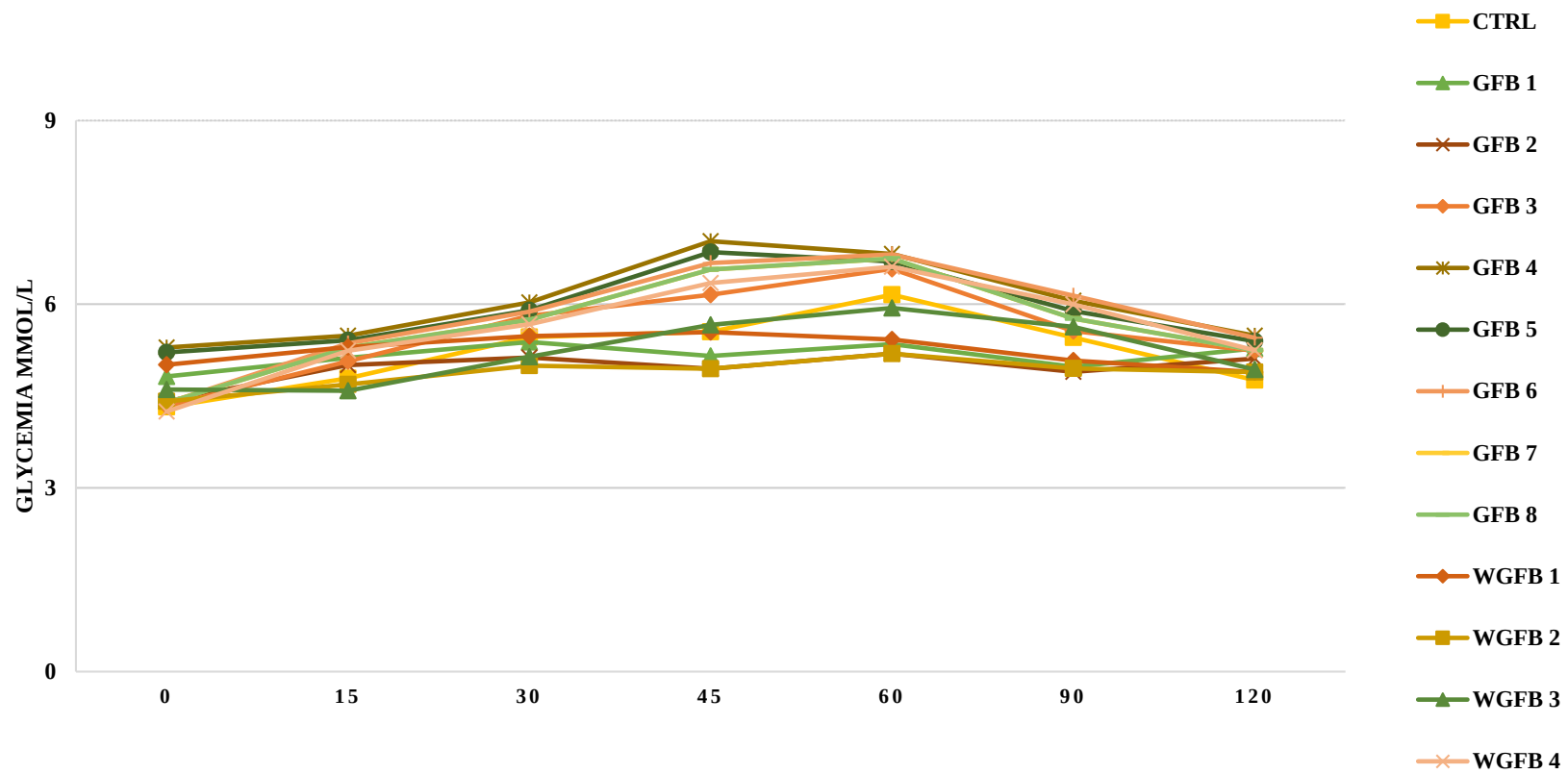


Figure S1. Mean glycemia values for all analyzed GFB

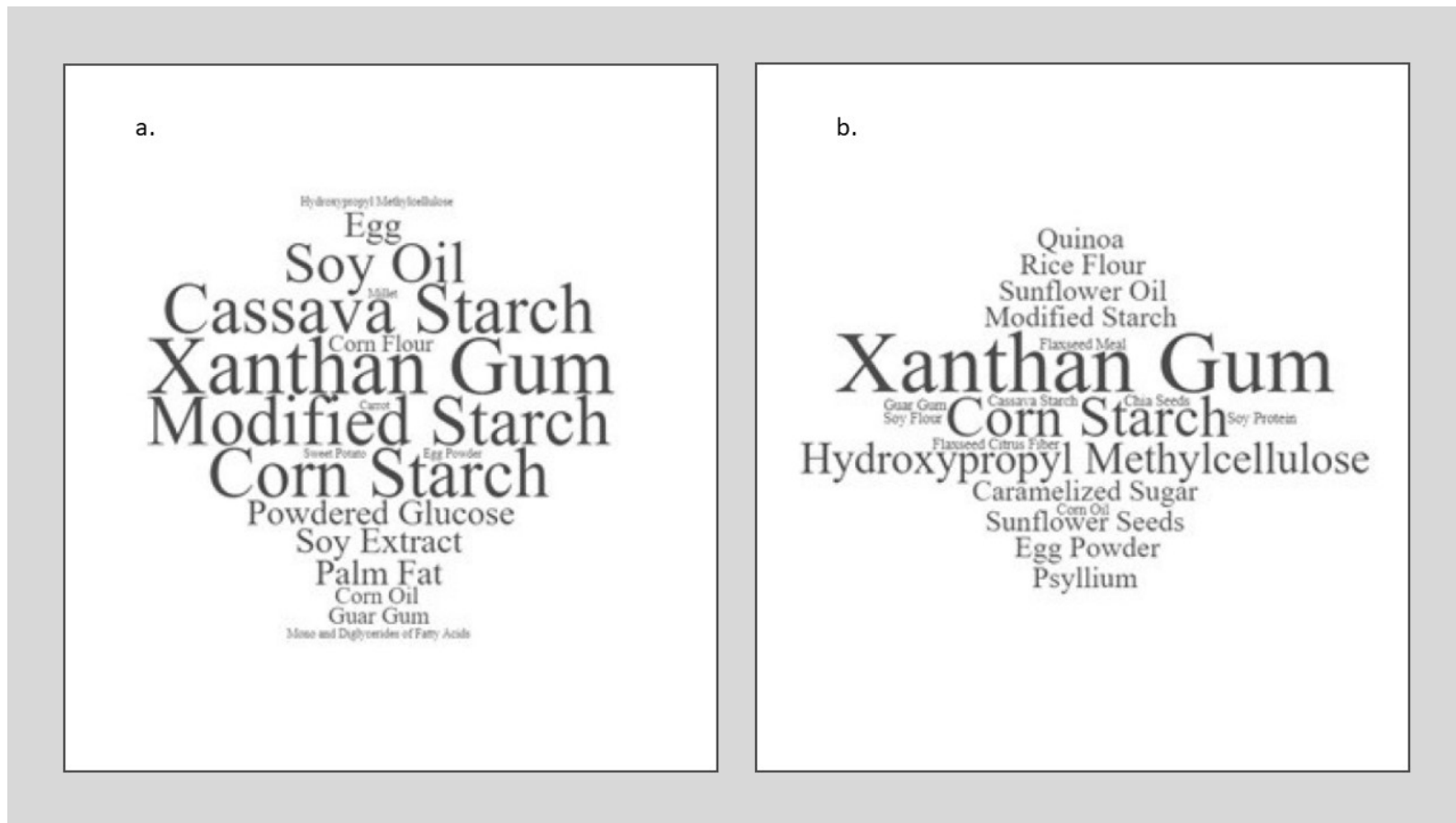


Figure S2. Word Cloud generated from ingredients' frequency in GFB classified as high Glycemic Index (a) and medium Glycemic Index (b).