

**Supplement 1.** Glycemic indexes and glycemic loads of different fruits

Items	Serving size* (g)	Carbohydrate (g/serving)	GI <sup>†</sup>	GL (/serving)
Tomato/tomato juice				
Tomato	200	8.6	31	2.7
Tomato juice <sup>‡</sup>	200	-	-	-
Grape/grape juice				
Grape	200	30.4	43	13.1
Grape juice <sup>‡</sup>	200	-	-	-
Orange/orange juice				
Orange	200	23.6	40	9.4
Orange juice <sup>‡</sup>	200	-	-	-
Apple/apple juice				
Apple	200	13.6	36	4.9
Apple juice <sup>‡</sup>	200	-	-	-
Pear/pear juice				
Pear	75	9.5	38	3.6
Pear juice <sup>‡</sup>	75	-	-	-
Persimmon/dried persimmon				
Persimmon	150	20.5	50	10.3
Dried persimmon	150	86.2	50	43.1
Peach/plum				
Peach	100	13.1	34	4.5
Plum	100	5.3	24	1.3
Korean melon/melon				
Korean melon	100	11	70	7.7
Melon	100	9.6	70	6.7
Strawberry	150	12.8	40	5.1
Watermelon	150	11.7	80	9.4
Banana	100	21.9	62	13.6
Tangerine	80	8.1	47	3.8

From Food database by the Korean Ministry of Food and Drug Safety [Internet]. Cheongju: Korean Ministry of Food and Drug Safety; 2023 [cited 2023 Nov 2]. Available from: <https://various.foodsafetykorea.go.kr/nutrient/><sup>13)</sup>; Song S, et al. Korean J Nutr 2012;45:80-93.<sup>2)</sup>

GI, glycemic index; GL, glycemic load.

\*One serving size based on average amount of food item eaten, for Koreans aged 40–69. <sup>†</sup>Values are taken from previous work on commonly consumed foods, with glucose as a reference GI of 100. <sup>‡</sup>Juice forms taken as a valid intake. Considering potentially different metabolic impact of fruit juice from raw fruit, values for carbohydrate content and GI were left empty.