

Authors, Study Name	Subject inclusion criteria	Characteristics of participants	Trial Design (washout duration)	Length of Intervention	Intervention Style	Total n	Intervention Group Names	Intervention Description	Diet/ Supplement nutritional characteristics	Actual diet consumed reported	funding source
Weickert et al, 2005	healthy women with normal glucose tolerance and no menstrual cycle irregularities	Country: Germany women 23.6 (SD 1.69) years BMI 21.3 (SD 1.51)	randomized, controlled, single-blind, within subject cross-over (washout periods of at least 7 days)	on six to eight occasions for 300 min, after 10-h overnight fasts	diet intervention with white bread enriched with fibers compared to white bread	14	1. Control 2. Wheat fiber 3. Oat fiber	Subjects consumed 3 matched portions of: 1. low fiber white bread as control (C) 2. white bread enriched with wheat fibre (WF) 2. white bread enriched with oat fibre (OF), followed by control (C-C, C-WF, C-OF) on subsequent days	Macronutrient composition of the test bread (per portion) 1. <u>Control: white bread</u> : Portion (g) per 50 g of available carbohydrates: 103, Energy (kcal):240 , Available carbohydrates (g):50 Fat (g):0.82 , Fibre content (g):2.9, Protein (g):7.2 2. <u>Wheat fiber enriched bread</u> : Portion (g) per 50 g of available carbohydrates: 131, Energy (kcal):241 , Available carbohydrates (g):50 Fat (g):0.85 , Fibre content (g):13.4, Protein (g):7.3 3. <u>Oat fiber enriched bread</u> : Portion (g) per 50 g of available carbohydrates: 133, Energy (kcal):240 , Available carbohydrates (g):50 Fat (g):0.84 , Fibre content (g):13.5, Protein (g):7.2	no	partially supported by a grant from Rettenmaier & Söhne (Rosenberg, Germany)
Weickert et al, 2006	overweight (n=7) or obese (n=11) women with normal fasting glucose and normal glucose tolerance no vascular, renal, or hepatic diseases, menstrual irregularities, a history of smoking, or a medication with antidiabetic drugs	Country: Germany women 52.9 (SD 8.7) years BMI 30.4 2.0 kg/m2	randomized, controlled, single-blind, within-subject, cross-over design (at least 7 days washout)	3 days	diet intervention with white bread enriched with fibers compared to white bread	18	1. Control 2. High fiber	Subjects ingested three macronutrient-matched portions of: 1.white bread (control) or 2. oat fiber-- enriched white bread per day for 3 days (at breakfast, lunch, and 10:00 P.M.).	(g) per portion: 1. Insoluble fiber enrichment: 10.4 Portion (g) per 50 g available carbohydrates: 131, Total fiber: 13.3 ,CHO:50.0 , Protein: 9.8 , Fat:0.90, Energy (kJ) per portion: 1016 2. Insoluble fiber enrichment: None , Total fiber: 2.9, Portion (g) per 50 g available carbohydrates: 103 , CHO:50.0 , Protein: 9.8 , Fat: 0.90, Energy (kJ) per portion: 1016	no	