Reviewer's report

Title: The use of different reference foods in determining the glycemic index of starchy and non-starchy test foods

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Reviewer: Dan Ramdath

Reviewer's report:

This manuscript describes the use of two reference foods in determining the glycemic index of starchy and non-starchy test foods. This is a useful approach in identifying alternative standards for deriving GI values. The study also examines the influence of ethnicity on deriving GI values when glucose is used as the reference, and uses an adequate sample size to detect the expected differences in GI.

It is not clear why jasmine rice was used as a putative reference or why white bread was not used in preference to glucose. Also not clear is the data analysis that led to the values presented. As such, the following should be addressed:

Major Compulsory Revisions:
1. Given that white bread was more physiologically relevant standard than glucose (lines 49-51), what is the rationale for not using white bread as a comparison?
2. A properly designed study to examine the potential for jasmine rice to be used as a reference would be expected to have a rationale for this food choice. In addition the study should feature a comparison between similar foods: eg. both white bread and jasmine rice should be compared to facilitate a validation and to derive a conversion factor as in the case of white bread.
3. The GI of Jasmine Rice is 68 and presumably the values in parenthesis given in Table 1 represent 95% CL, but these should be indicated. It would also be useful to provide the SEM.
4. From the Methods section and the results shown in Table 1, it is unclear how the Jasmine based GI values were derived. Was a value of 68 used for deriving Jasmine based GI for both European and Chinese? How do you rationalize the choice given that the glucose based GI values are different in the two groups?
5. Methods section should contain more details on the data manipulation and statistical analysis
6. The glucose AUC data should be analysed and presented in order to give an indication of the variation in blood glucose response among the study volunteers.
7. Lines 112-114 indicate that there was a significant difference in BMI between the two study groups. Is it possible that the difference in blood glucose response resulting from a glucose load could be influenced by differences in metabolic
mass?

**Quality of written English:** Acceptable

**Statistical review:** No, the manuscript does not need to be seen by a statistician.

**Declaration of competing interests:**

I declare that I have no competing interests