Electronic supplementary information

ESI Table 1 Consumption, nutrient profile, satiety and glycemic potentials, shelf-life, number of ingredients and/or additives, textural characteristics and $a_w$ of ready-to-eat foods ($n = 139$) usually consumed by the elderly French population (aged $\geq 65$ years).

ESI Table 2 Correlation coefficients between the 72 food variables as derived from principal component analysis.

ESI Fig. 1 A-B: Principal component analysis loading (A) and score (B) plots derived from the ‘‘36 (food items) X 74 (food variables)’’ matrix (PC1 X PC2 plane represent 48% of total variance) including only foods with GI and GGE values. The 74 active variables are shown on the loading plot. GI, Glycemic Index; GGE, Glycemic Glucose Equivalent