

## 1 **Electronic supplementary information**

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

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

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

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