**Supplementary table 1.** Average nutritional composition of control products

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Product | Energy (Kcal) | Total carbohydrates (g)/100g | Sugar (g/100g) | Fiber (g/100g) | Protein (g/100g) | Total fat (g/100g) | Saturated fat (g/100g) | Sodium (g/100g) |
| Control bread, white wheat (n=3) | 233.0 | 44.6 | 3.5 | 2.8 | 8.7 | 1.4 | 0.4 | 0.4 |
| Control bread, wholemeal(n =3) | 223.0 | 39.0 | 2.9 | 6.5 | 9.8 | 1.7 | 0.4 | 0.4 |
| Control Bread, seeded(n=3) | 253.0 | 41.0 | 2.2 | 7.0 | 10.8 | 3.5 | 0.8 | 0.4 |
| Control Pasta (white) (n = 3) median values | 352.7 | 74.1 | 2.0 | 3.5 | 12.3 | 1.8 | 0.0 | 0.0 |
| Control Pasta (wholewheat) (n = 3) median values | 321.0 | 60.2 | 3.4 | 8.4 | 14 | 2.5 | 0.4 | 0.04 |
| Control burger buns (white seeded) (n = 3) | 269.0 | 47.1 | 7.7 | 2.7 | 9.6 | 4.1 | 0.7 | 0.4 |
| Control tortillas (white) (n= 3) | 305.0 | 53.1 | 2.0 | 2.8 | 8.0 | 7.8 | 3.0 | 0.5 |
| Control tortillas (wholewheat) (n= 3) | 293.0 | 47.8 | 2.1 | 5.8 | 8.5 | 7.4 | 3.0 | 0.6 |
| Control bagels (White wheat) (n= 3) | 265.0 | 51.9 | 6.2 | 3.1 | 10.2 | 1.2 | 0.3 | 0.4 |
| Control bagels (wholemeal) (n = 3) | 258.0 | 51.0 | 5.9 | 6.1 | 10.7 | 2.3 | 0.4 | 0.3 |