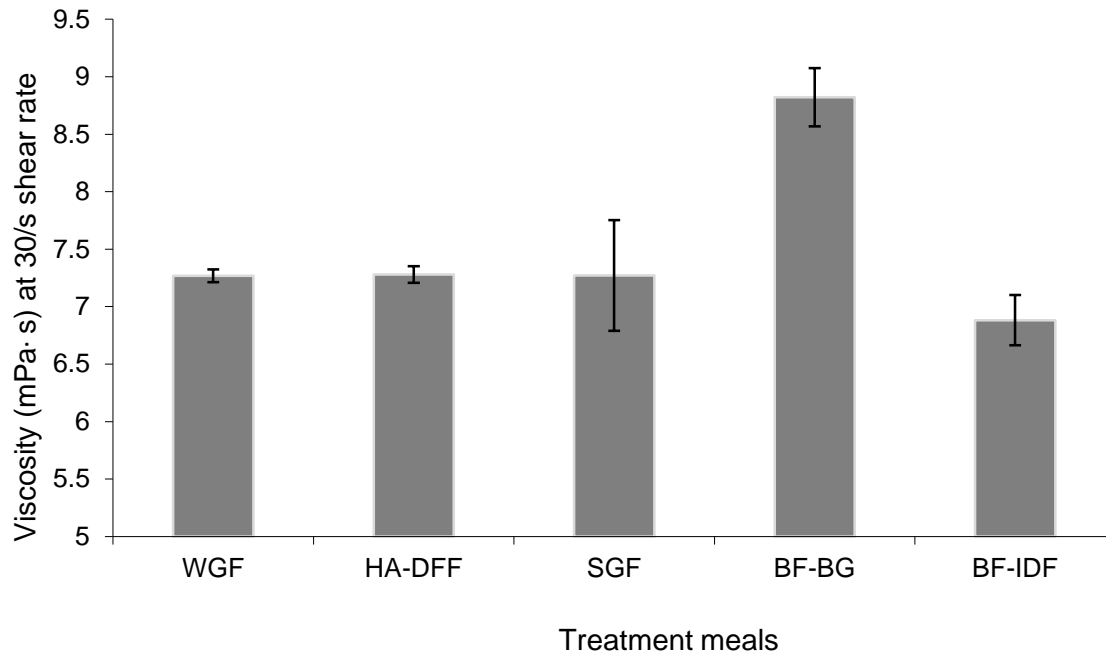


Supplementary figure 1: Viscosity of the test meals used in the clinical trial (n=2)



Abbreviations: WGF= Whole grain flour (low amylose/medium β -glucan/low IDF); HA-DFF= high amylose-dusted flour fractions (high amylose/medium β -glucan/low IDF); SGF= straight grade flour (low amylose/low β -glucan/low IDF); BF-BG= bran flour with high β -glucan (low amylose/high β -glucan/low IDF); BF-IDF= bran flour with high insoluble dietary fibre (low amylose/medium β -glucan/high IDF).