**Supplementary table**

**Supplementary table 1. Description of manufacturing methods used in the ready-to-eat breakfast cereal industry**

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| **Manufacturing Method** | **Description of process** |
| Flaking | Wholegrain kernels are processed and mixed with flavourings and water. These are cooked, dried and made into flaked shapes by passing through two metal rolls. Lastly, the flakes are toasted for flavour and colour. |
| GP | Grains are cooked and then put into a low-pressure environment, causing the grain to have a ‘puffed’ shape. |
| OP | Rice or corn, or a mixture of both, are combined with flavourings and pressure-cooked in order to reduce water content. The kernels are then oven-puffed, which is the process of using very high temperatures for just 90 seconds. |
| EGP | Uses the same method as ‘gun-puffed’, however the initial ingredient is a flour made from a grain. The flour is cooked before the gun-puffing occurs. |
| SW | Grains are cooked, tempered and rolled through a comb. This pushes the wheat kernels through, forming the ‘shredded’ appearance. These are then cooked. |
| BF | Made from ‘shredded wholegrains’, by forming layers and then cut into pre-portioned ‘biscuit’ shapes. These are then baked, reducing the moisture content. |
| Granola | Process of mixing oats with other ingredients, for example sugar, spices, nuts or dried fruits. This is then cooked. Often produces ‘clustered’ shapes. |
| Gun-puffed, GP; Oven-puffed, OP; Extruded gun-puffed, EGP; Shredded Wholegrain, SW; BF, Biscuit formation. | |