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).