

1 ADDITIONAL MATERIAL: Values of the 17 *in vitro* variables measured for studied cereals and diet

Trial No	Cereal	Diet	RVA <sub>c-cereal</sub> (cP)	RVA <sub>p-cereal</sub> (cP)	RVA <sub>c-cereal</sub> (cP)	RVA <sub>p-diet</sub> (cP)	RVA <sub>c-diet</sub> (cP)	ΔH (J/g)	T <sub>p</sub> (°C)	T <sub>c</sub> (°C)	T <sub>a</sub> (°C)	WAI <sub>cereal</sub> (g g <sup>-1</sup> )	WSI <sub>cereal</sub> (%)	WAI <sub>diet</sub> (g g <sup>-1</sup> )	WSI <sub>diet</sub> (%)	α-amyl (ug/ml)	G <sub>45</sub> (ug/ml)	G <sub>300</sub> (ug/ml)		
1	HW	1	4092	1496	15		5684	1762	0	6.56	62.3	57.9	67.4	2.01	10.18	1.99	46.93	19.7	389.2	404.6
1	HW	1											2	10.15	1.97	44.56	18.4	392.4	401.2	
1	HW	1											2.02	10.2	2	47.99	19.2	388.9	409.7	
1	SW	2	3675	1142	16		4985	1368	0	6.60	61.5	57	66.4	2.47	9.24	2.35	46.91	17.9	390.2	411.9
1	SW	2												2.58	9.53	2.41	46.57	19.1	391.7	402.6
1	SW	2												2.49	10.52	2.36	47.22	18.9	388.6	415.6
2	M HW LC	5	3876	1199	17		2406	470	15	6.65	61	55.3	66.5	2.08	9.63	2.16	47.08	10	901.3	1041.3
2	M HW LC	5												2.06	9.59	2.16	47.01	10	849.7	1009.7
2	M HW LC	5												2.09	9.66	2.17	47.22	10	952.7	1086.4
2	M SW LC	6	3184	904	18		1380	258	15	7.49	60.5	55	66.2	2.02	9.73	2.11	48.63	10	853.8	888.8
2	M SW LC	6												2.02	9.7	2.09	48.44	10	821.7	842.9
2	M SW LC	6												2.01	9.75	2.12	48.71	10	886.1	901.5
2	M HW HC	3	4059	1162	19		2757	470	15	3.64	61.5	55.4	67.4	2.42	10.89	1.99	47.23	10	1225.2	1145
2	M HW HC	3												2.39	10.74	1.99	47.21	10	1174.9	126.4
2	M HW HC	3												2.44	10.93	1.98	47.42	10	1298.4	1102.9
2	M SW HC	4	924	155	20		347	61	15	4.81	62.7	56.5	68.5	2.45	24.73	2.67	50.38	10	1111.9	971.9
2	M SW HC	4												2.44	24.41	2.65	49.78	10	1084.5	1043.5
2	M SW HC	4												2.47	24.94	2.69	51.01	10	1147.6	935.6
3	SW	2	3675	1142	16		4985	1368	0	6.60	61.5	57	66.4	2.47	9.24	5.52	31.58	17.9	390.2	411.9
3	SW	2												2.45	9.21	5.77	27.49	19.1	391.7	402.6
3	SW	2												2.46	9.26	5.55	29.42	18.9	388.6	415.6
3	E SW LSME	7	540	82	1438		429	81	1278	0.5	-	-	-	10.6	23.5	3.5	57.6	10	1530.6	1465.6
3	E SW LSME	7												10.4	23.4	3.92	41.15	10	1502.9	1507.2
3	E SW LSME	7												10.8	23.9	4.19	40.55	10	1556.2	1445.2
3	E SW HSME	9	308	53	540		435	81	470	0.5	-	-	-	4.5	43.5	3.75	48.94	10	1506.9	1498.7
3	E SW HSME	9												4.5	43.41	2.98	47.43	10	1526.3	1452.3
3	E SW HSME	9												4.6	43.68	4.18	47.72	10	1473.5	1526.4
3	E HW HSME	8	238	51	513		726	166	948	0.5	-	-	-	9	27.8	3.27	45.42	10	1453.1	1441.3
3	E HW HSME	8												9.08	26.99	3.83	49.93	10	1413.9	1487.2
3	E HW HSME	8												8.95	28.55	3.53	47.22	10	1489.2	1415.7
4	SW*	10	747	103	22		157	34	15	6.115	62.5	56.831	69.892	2.68	10.02	2.52	26.54	187.6	154.1	655.6
4	SW*	10												2.65	10.01	2.54	26.37	168.2	156.5	668.2
4	SW*	10												2.7	10.04	2.49	26.71	200	118.2	671.2
4	Barley	11	1668	147	23		137	30	15	4.675	65.5	59.489	73.435	3.35	9.46	2.87	26.77	483.5	51.8	341.8
4	Barley	11												3.39	9.51	2.9	26.54	650.6	55.3	311.8
4	Barley	11												3.32	9.43	2.85	26.89	553.5	50.6	321.2
4	Rye	12	380	56	22		80	6	15	5.98	62.666	57.085	70.529	2.96	14.17	2.68	30.06	108.2	115.9	592.4
4	Rye	12												2.98	14.11	2.65	29.45	83.5	124.7	598.2
4	Rye	12												2.95	14.22	2.69	30.37	99.4	128.8	603.5
4	Triticale	13	1237	212	20		102	9	15	6.666	63.833	59.076	70.657	3.01	8.01	3.07	29.01	60	78.2	506.5
4	Triticale	13												2.99	8	3.06	28.76	62.4	74.7	477.6
4	Triticale	13												3.02	8.03	3.09	29.62	64.1	73.5	540
5	SW*	14	747	103	22		157	34	15	6.115	62.5	56.831	69.892	2.68	10.02	2.52	26.54	187.6	154.1	655.6
5	SW*	14												2.65	10.01	2.54	26.37	168.2	156.5	668.2
5	SW*	14												2.7	10.04	2.49	26.71	200	118.2	671.2
5	Maize	17	2852	519	20		123	32	15	7.559	74.333	67.647	81.182	2.79	5.62	2.13	27.09	45.9	185.9	503.5
5	Maize	17												2.74	5.61	2.08	27.01	48.8	175.3	468.2
5	Maize	17												2.86	5.64	2.15	27.18	40.6	171.2	518.8
5	Whole Oats	16	2365	679	20		342	123	15	5.233	62.166	56.586	69.122	3.44	8.04	2.75	29.38	40.6	207.1	687.1
5	Whole Oats	16												3.41	8.01	2.77	28.99	41.8	211.8	662.9
5	Whole Oats	16												3.47	8.06	2.72	29.71	40	220	661.2
5	Naked Oats	15	3986	1252	20		449	74	15	6.001	63.5	57.912	70.075	2.54	9.98	2.36	32.83	45.3	238.2	862.9
5	Naked Oats	15												2.55	9.97	2.39	32.4	61.2	240	857.6
5	Naked Oats	15												2.54	10	2.35	33.14	58.2	228.8	864.7