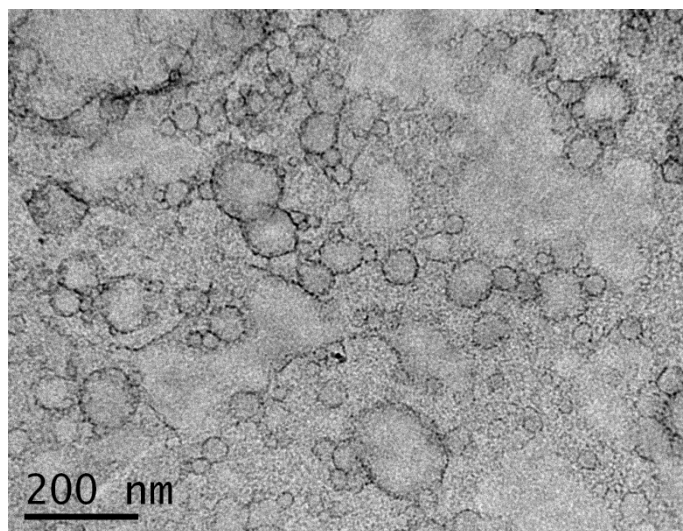
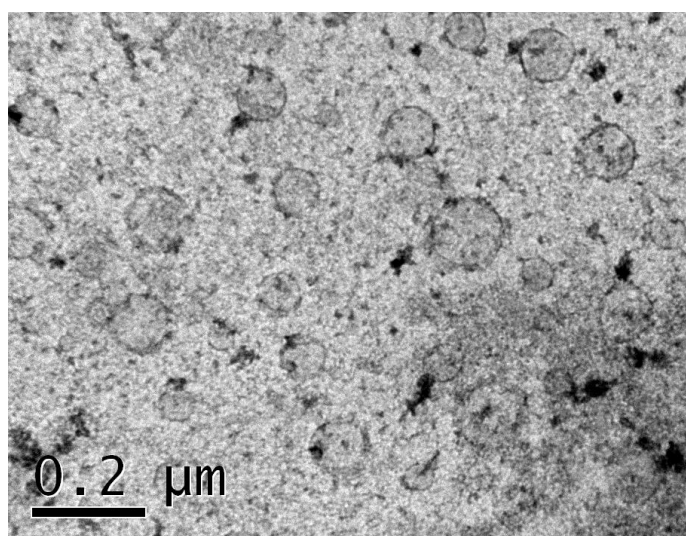


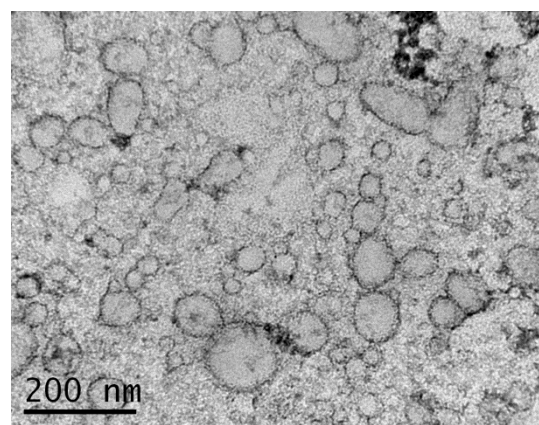
TC-BLG ref



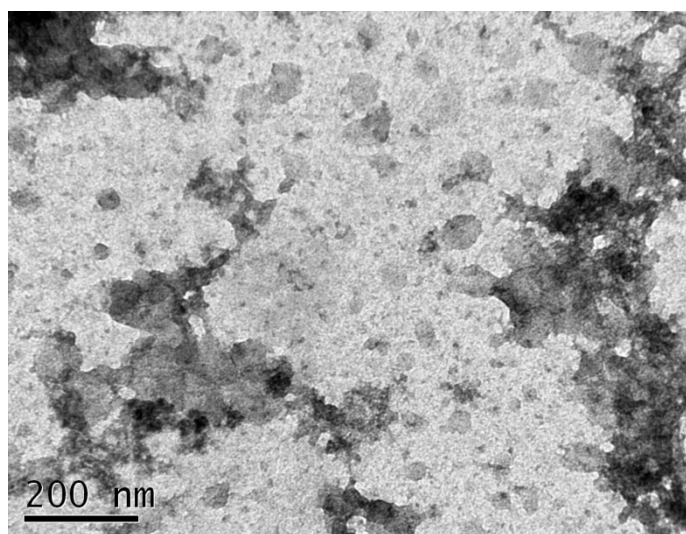
TO-BLG ref



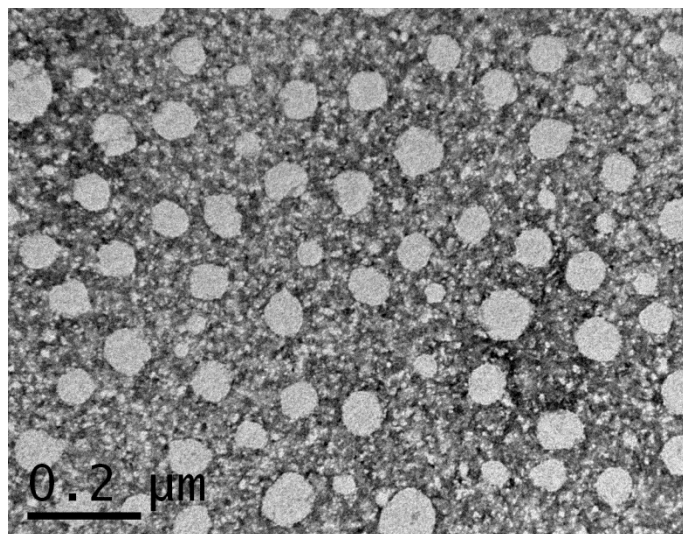
TC-BLG t0



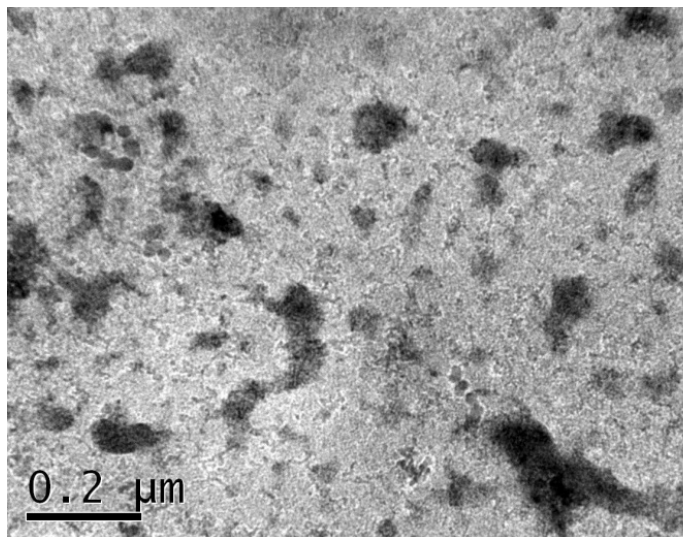
TO-BLG t0



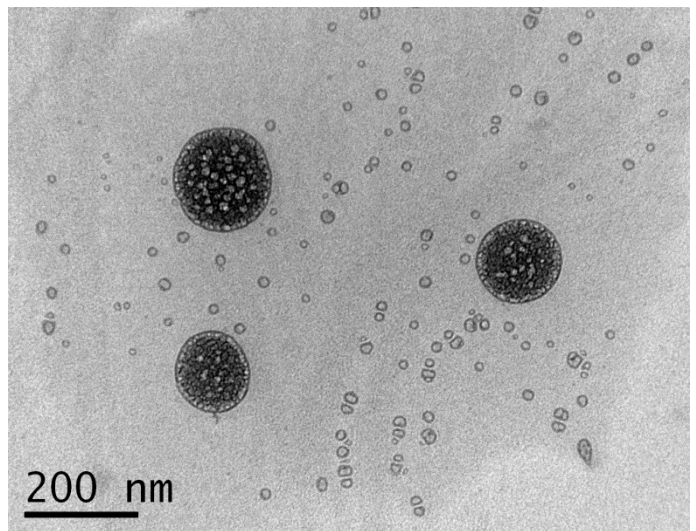
TC-BLG t30



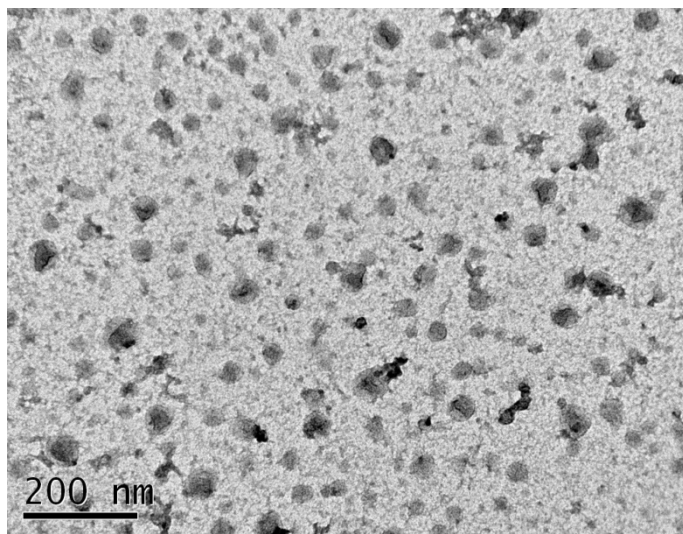
TO-BLG t30



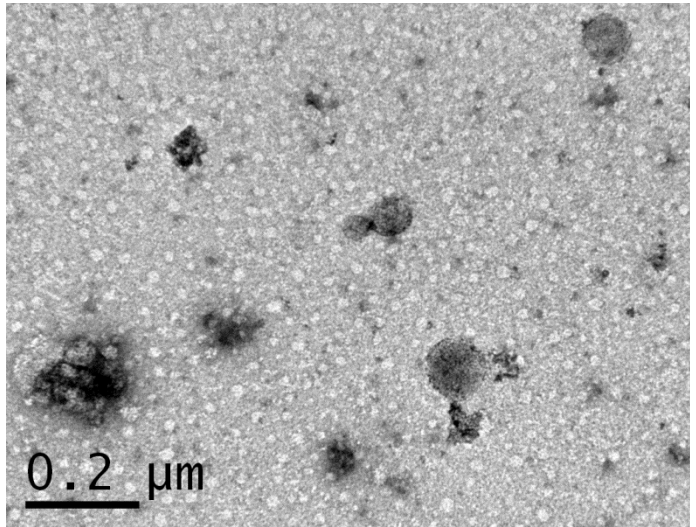
TC-BLG t60



TO-BLG t60



TC-BLG t90



TO- BLG t90

Supplementary information: Transmission electron microscopy micrographs of the BLG reference emulsions and at selected times (min) during *in vitro* digestion. All scales were harmonized to enable a direct visual comparison of the objects size.

Methods: Transmission electron microscopy (TEM). For each specimen, a droplet of emulsion was placed on a carbon-coated TEM copper grid (Quantifoil, Germany) previously submitted to a glow-discharge to ensure hydrophilicity. The sample was then negatively stained with a 2 % aqueous solution of uranyl acetate (Merck, Germany), and air-dried before electron microscopy investigation. Observations were performed using a JEM-1230 microscope (Jeol, Japan) operated at an acceleration voltage of 120 kV and equipped with a LaB6 filament. All the micrographs were recorded on a 1.35 K x 1.04 K x 12 bit ES500W erlangshen CCD camera (Gatan, USA).