

1

2 OSM 1: Ingredients and Composition of Food

| Sample ID | Product Description | Ingredients (as listed on product packaging) | Nutrient composition (g/100g as is) | | | | | | | |
|-------------------------|--|---|-------------------------------------|------|------|----------------|-------|---------|------|----------|
| | | | Energy (kJ) | Fat | CHO | of which sugar | Fiber | Protein | Salt | Moisture |
| Biscuit; Digestive | McVities Fullkorn (wholewheat) Digestive Carr's Large Table Water® (United Biscuits UK Ltd.) | Whole wheat flour (69%), vegetable oil (sunflower, palm), sugar, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate, malic acid, salt, partially inverted sugar syrup. | 1955 | 20.8 | 58.1 | 19.1 | 6.5 | 8.3 | 1.5 | 4.8 |
| Biscuit;Water | Jacobs cornish wafers® (United Biscuits UK Ltd) | Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Salt | 1741 | 7.6 | 73.9 | 1.6 | 4.2 | 10 | 1.5 | 2.8 |
| Biscuit; Cream | | Flour (Wheat Flour, Calcium, Iron, Niacin, Thiamin), Vegetable Oil (Palm), Wheat Starch, Salt | 2202 | 28.8 | 56.7 | 1 | 3 | 8.9 | 0.83 | 1.8 |
| Biscuit; Oatmeal | Nairn's oatcake | *Combination of fine and rough oatcakes*; <u>Fine</u> : Wholegrain Oats (88%), Sustainable Palm Fruit Oil, Sea Salt, Raising Agent: Sodium Bicarbonate. <u>Rough</u> : Wholegrain Oats (90%), Sunflower Oil, Sustainable Palm Fruit Oil, Sea Salt, Raising Agent: Sodium Bicarbonate | 1911 | 18.5 | 55.3 | 0.85 | 9.85 | 10.6 | 1.57 | 4.2 |
| Biscuit;Tea | Lyon's Rich Tea malted barley biscuits (Burton's Biscuit Co) | Wheat Flour, Sugar, Vegetable Oil, Malted Barley Extract, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate, E450), Glucose Syrup, Salt, Preservative (E223) | 1899 | 14.2 | 72.1 | 19.1 | 2.9 | 7.2 | 0.27 | 3.3 |
| Bread; Sunflower&Barley | Sunflower and Barley Bread (Vogels) | Water, Wheat Flour, Mixed Grains (15%) (Wheat, Rye), Sunflower Seeds (6%), Barley (3%), Wheat Gluten, Canola Oil, Yeast, Iodised Salt, Skim Milk Powder, White Vinegar, Cultured Wheat | 1070 | 6.6 | 37.1 | 2.5 | 3.7 | 9.7 | 0.38 | 42.5 |
| Bread; Wholemeal | Wholemeal Bread Sliced 440g | Wholemeal Wheat Flour, Water, Wheat Gluten, Yeast, Salt, Spirit Vinegar, Emulsifier (Mono- and Di-Acetyltartaric Esters of Mono- and Di-Glycerides of Fatty Acids), Soya Flour, Rapeseed Oil, Caramelised Sugar, Preservative (Calcium Propionate), Palm Oil, Flour Treatment Agent (Ascorbic Acid) | 972 | 2.5 | 36.9 | 2.9 | 6.9 | 11.6 | 0.97 | 41.1 |

| | | | | | | | | | | |
|-------------------------|---|---|------|-----|------|------|-----|-----|-------|------|
| Bread; White | Medium sliced white bread. | Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Rapeseed Oil, Spirit Vinegar, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Sodium Stearoyl-2-Lactylate, Mono- and Di-Glycerides of Fatty Acids), Soya Flour, Preservative (Calcium Propionate), Palm Oil, Flour Treatment Agent (Ascorbic Acid) | 1012 | 2.2 | 45.6 | 2.5 | 2.3 | 8.1 | 0.88 | 40.9 |
| Cereal; Cornflakes | Toasted flakes of golden corn | Maize, Sugar, Barley Malt Flavouring, Salt, Vitamins & Minerals: Niacin, Iron, Vitamin B6, Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin), Folic Acid, Vitamin D, Vitamin B12 | 1604 | 0.9 | 84 | 8 | 3 | 7 | 1.13 | 4.0 |
| Cereal; Rice pops | Puffed rice fortified with vitamins & iron | Rice, Sugar, Barley Malt Extract, Salt, ND In Ingrid Dec - Processing Aid: Mono- and Diglycerides of Fatty Acids, Vitamins and Mineral Mix (ND In Ingrid Dec - Carrier; Dextrose), Niacin, Iron, Thiamin, Pantothenic Acid, Riboflavin, Vitamin B6, Folic Acid, Vitamin D, Vitamin B12). | 1671 | 1.3 | 88.5 | 9.5 | 1.3 | 6.4 | 0.7 | 1.8 |
| Cereal; Balance | Toasted rice and wheat cereal flakes fortified with vitamins and iron | Rice (71%), Wheat (24%), Sugar, Barley Malt Extract, Salt, Niacin, Thiamin, Vitamin D, Iron, Vitamin B12, Pantothenic Acid, Riboflavin, Folic Acid, Vitamin B6 | 1619 | 0.9 | 84.8 | 15.2 | 2.7 | 7.2 | 0.7 | 3.7 |
| Pasta; Spaghetti | Napolina Short Spaghetti | 100% Durum Wheat Semolina | 601 | 0.6 | 31.5 | 1 | 1.5 | 4.4 | 0.003 | 62.0 |
| Potato; King Edward | King Edward Potato | King Edward Potatoes | 343 | 0.5 | 17.5 | 0.8 | 1.6 | 1.8 | 0.02 | 78.6 |
| Potato; Charlotte | Charlotte Potato | Charlotte Potatoes | 345 | 0.5 | 17.5 | 0.8 | 1.6 | 1.8 | 0.01 | 78.6 |
| Pulse; Chickpea | Chickpeas in Water (canned) | Chickpeas, Water, Antioxidant: Sodium Metabisulphite (Sulphites). | 512 | 1.4 | 16.5 | 0.5 | 6.1 | 7.7 | 0.03 | 68.3 |
| Pulse; Brown lentil | Brown Lentils in Water (canned) | Brown lentils, Water, Acidity Regulator: Ascorbic Acid, Firming Agent: Calcium chloride | 362 | 0.7 | 10 | 0.1 | 7.8 | 6.1 | 0.05 | 75.4 |
| Pulse; Butterbean | Butter beans in Water (canned) | Butter Beans, Water, Firming Agent: Calcium Chloride; Antioxidant: Sodium Metabisulphite (Sulphites). | 453 | 0.7 | 14.8 | 0.5 | 7.3 | 6.9 | 0.03 | 70.3 |
| Rice; Long Grain | Easy Cook' Parboiled Long Grain White Rice | Parboiled Long Grain Rice (100%) | 495 | 0.5 | 25.1 | 0.2 | 1.2 | 2.6 | 0.01 | 70.6 |
| Vegetable; Garden pea | Garden Peas (Frozen) | Garden peas | 285 | 0.7 | 7.5 | 4.9 | 6 | 4.9 | 0.01 | 80.9 |
| Vegetable; Sweet Potato | Sweet Potato | Sweet Potatoes | 358 | 0.3 | 20.5 | 11.6 | 2.3 | 1.1 | 0.04 | 75.8 |

OSM 2: Scatter plots showing relationship between in vitro digestibility indices and in vivo Glycaemic Index (GI), with error bars as 95% confidence intervals.

