

Table 1: Fatty acid composition of whole almonds used for in vitro digestion determined by direct acid extraction and Folch extraction (Section 2.7). Direct acid extraction was carried out on almond powder (10.08 ± 0.93 mg dry mass) and extractable fatty acid comprised $58.76 \pm 2.44\%$ of initial almond dry mass. Folch extraction was carried out on almond powder (10.42 ± 2.80 mg dry mass) and extractable fatty acid comprised $54.77 \pm 2.68\%$ of initial almond dry mass. All values are means \pm standard deviation ($n = 8$ for direct acid extraction and $n = 9$ for Folch extraction).

Fatty acid	Direct acid extraction			Folch extraction		
	Mass fatty acid extracted (mg)	Percent of initial almond dry mass (%)	Percent of total fatty acid (%)	Mass fatty acid extracted (mg)	Percent of initial almond dry mass (%)	Percent of total fatty acid (%)
Palmitic acid (C16:0)	0.40 ± 0.05	3.98 ± 0.16	6.74 ± 0.07	0.38 ± 0.11	3.62 ± 0.22	6.61 ± 0.33
Oleic acid (C18:1)	4.28 ± 0.57	42.32 ± 1.78	71.67 ± 0.35	3.90 ± 0.97	37.64 ± 2.29	68.79 ± 3.95
Linoleic acid (C18:2)	1.26 ± 0.17	12.45 ± 0.55	21.09 ± 0.29	1.40 ± 0.42	13.51 ± 2.56	24.60 ± 3.95

Table 2. pH of digesta. When a pH adjustment was called for by the digestion protocol (Section 2.3.1), the pH was recorded both before and after the adjustment was made. All values are means \pm standard deviation ($n = 3$).

Time (min)		Human Gastric Simulator	Shaking water bath	Shaking water bath with only pH adjusted water
0		2.02 \pm 0.03	2.00 \pm 0.05	2.02 \pm 0.05
1		2.37 \pm 0.07	2.17 \pm 0.04	2.21 \pm 0.11
5		2.70 \pm 0.11	2.61 \pm 0.05	2.73 \pm 0.14
15		3.15 \pm 0.13	3.14 \pm 0.07	3.52 \pm 0.22
30		3.38 \pm 0.13	3.39 \pm 0.06	4.07 \pm 0.09
60	Before adjusting to 3	3.52 \pm 0.17	3.80 \pm 0.07	4.45 \pm 0.09
	After adjusting to 3	3.01 \pm 0.03	3.01 \pm 0.04	3.00 \pm 0.01
120	Before adjusting to 2	3.47 \pm 0.13	3.52 \pm 0.02	3.94 \pm 0.01
	After adjusting to 2	2.06 \pm 0.01	2.04 \pm 0.01	2.03 \pm 0.02
180	End of gastric phase	2.90 \pm 0.09	2.75 \pm 0.03	3.00 \pm 0.03
	Before adjusting to 7	6.12 \pm 0.10	6.27 \pm 0.06	3.06 \pm 0.02
	After adjusting to 7	7.00 \pm 0.03	7.02 \pm 0.04	7.03 \pm 0.03
185		6.76 \pm 0.07	6.68 \pm 0.17	6.46 \pm 0.12
195		6.72 \pm 0.11	6.80 \pm 0.33	5.88 \pm 0.11
240	Before adjusting to 7	6.57 \pm 0.07	6.70 \pm 0.10	5.57 \pm 0.08
	After adjusting to 7	6.99 \pm 0.06	6.93 \pm 0.03	7.02 \pm 0.03
300	Before adjusting to 7	6.85 \pm 0.09	6.95 \pm 0.02	6.34 \pm 0.10
	After adjusting to 7	6.98 \pm 0.06	6.96 \pm 0.01	7.05 \pm 0.01
360		6.99 \pm 0.05	7.02 \pm 0.03	6.53 \pm 0.10