

Supplementary Table 1 Quantification of polyphenols in coloured rice varieties (mg 100 g⁻¹). Phenolic compounds were detected at 280 nm. Anthocyanins were detected at 520 nm. Adapted from Callcott, *et al.* (2018).

Rice Variety	Peak	CAT	FA	GA	<i>o</i> -C	<i>p</i> -C	PCA	SYR	VA	C3G	P3G
Reiziq (brown)	Mean	0.136	0.074	0.085	0.091	0.000	0.092	0.098	0.119	-	-
	SD	0.009	0.007	0.001	0.003	0.005	0.002	0.003	0.004		
Yunlu29 (red)	Mean	0.812	0.072	0.097	0.896	0.000	0.126	0.109	0.101	-	-
	SD	0.165	0.012	0.005	0.335	0.016	0.007	0.002	0.006		
Purple	Mean	0.150	0.049	0.093	0.286	0.000	1.639	0.080	1.070	17.190	8.010
	SD	0.032	0.004	0.002	0.072	0.000	0.214	0.000	0.040	1.820	0.710

(-) indicate not detected. CAT, catechin; FA, ferulic acid; GA, gallic acid; *o*-C, *o*-coumaric acid; *p*-C, *p*-coumaric; PCA, protocatechuic acid; SYR, syringic acid; UHPLC, Ultra-High Performance Liquid Chromatography; vanillic acid, VA; C3G, cyanidin-3 -glucoside; P3G, peonidin-3-glucoside.