

Arribas et al.

Table S4. Macronutrients (g) and energy (kcal) supplied by one-serving (60g d.m.) of uncooked (P-) fortified rice-pasta or commercial rice pasta as control, and the coverage of daily recommended intake (DRI) in percentage according to the USDA recommendations*.

	Protein (g)	Fat (g)	Dietary fibre (g)	Carbohydrates (g)	Energy (kcal)
<i>DRI</i> ^a	51	60	30	130	2000
P-20.0					
Amount supplied by one serving	7.33	0.00	5.31	45.29	221.08
% DRI	14.36	0.00	17.70	34.84	11.05
P-20.10					
Amount supplied by one serving	7.59	0.00	7.31	42.86	216.44
%DRI	14.88	0.00	24.38	32.97	10.82
P-40.0					
Amount supplied by one serving	9.59	1.28	7.94	38.66	220.44
%DRI	18.80	2.14	26.46	29.74	11.02
P-40.10					
Amount supplied by one serving	9.41	1.32	8.17	38.47	219.77
%DRI	18.46	2.20	27.24	29.59	10.99
P-60.0					
Amount supplied by one serving	11.29	1.30	9.76	34.70	215.17
%DRI	22.14	2.16	32.54	26.70	10.76
P-60.10					
Amount supplied by one serving	11.30	1.27	13.98	30.37	206.03
%DRI	22.16	2.11	46.60	23.36	10.30
P-80.0					
Amount supplied by one serving	12.76	1.27	13.85	28.81	205.35
%DRI	25.01	2.11	46.18	22.16	10.27
P-80.10					
Amount supplied by one serving	12.56	1.31	17.15	25.45	198.12
%DRI	24.64	2.18	57.18	19.57	9.91
P-Bean					
Amount supplied by one serving	14.41	1.27	17.96	22.77	196.01
%DRI	28.25	2.11	59.86	17.52	9.80
P-Rice					
Amount supplied by one serving	5.53	0.00	2.08	51.36	231.72
%DRI	10.85	0.00	6.92	39.51	11.59
P- Commercial rice pasta					
Amount supplied by one serving	4.21	3.16	4.12	46.29	238.64
%DRI	8.26	5.26	13.72	35.61	11.93

*USDA Food Guide (Dietary Guidelines for Americans, 2010) for a 2000 kcal (8368 kJ) diet.

^aMean values for the amounts recommended for men and women were used.

Table S5. Macronutrients (g) and energy (kcal) supplied by one-serving (60g d.m.) of cooked (PC-) fortified rice-pasta or commercial rice pasta as control, and the coverage of daily recommended intake (DRI) in percentage according to the USDA recommendations*.

	Protein (g)	Fat (g)	Dietary fibre (g)	Carbohydrates (g)	Energy (kcal)
<i>DRI</i> ^a	51	60	30	130	2000
PC-20.0					
Amount supplied by one serving	7.82	0.00	5.56	18.89	117.94
%DRI	15.33	0.00	18.52	14.53	5.90
PC-20.10					
Amount supplied by one serving	7.64	0.00	8.73	12.69	98.80
%DRI	14.99	0.00	29.10	9.76	4.94
PC-40.0					
Amount supplied by one serving	9.29	1.23	9.11	12.89	118.03
%DRI	18.21	2.05	30.38	9.92	5.90
PC-40.10					
Amount supplied by one serving	9.60	1.20	10.87	12.21	119.78
%DRI	18.82	2.00	36.24	9.39	5.99
PC-60.0					
Amount supplied by one serving	11.53	1.26	12.81	9.05	119.26
%DRI	22.60	2.10	42.70	6.96	5.96
PC-60.10					
Amount supplied by one serving	11.24	1.17	14.07	7.81	114.87
%DRI	22.05	1.95	46.90	6.00	5.74
PC-80.0					
Amount supplied by one serving	13.46	1.20	14.38	10.68	136.12
%DRI	26.39	2.00	47.94	8.22	6.81
PC-80.10					
Amount supplied by one serving	13.55	1.20	17.45	4.43	117.60
%DRI	26.56	2.00	58.16	3.41	5.88
PC-Bean					
Amount supplied by one serving	15.10	1.20	18.95	2.83	120.18
%DRI	29.60	2.00	63.16	2.17	6.02
PC-Rice					
Amount supplied by one serving	5.92	0.00	2.54	16.22	93.67
%DRI	11.61	0.00	8.48	12.48	4.68
PC- Commercial rice pasta					
Amount supplied by one serving	3.92	3.15	5.17	18.95	130.21
%DRI	7.69	5.25	17.24	14.58	6.51

*USDA Food Guide (Dietary Guidelines for Americans, 2010) for a 2000 kcal (8368 kJ) diet.

^aMean values for the amounts recommended for men and women were used.