

**Supplemental Table 1.** Composition of test foods: high Protein Product (Study I) and high CHO Product (Study II).

	<b>Study I (High Protein Product) a</b>	<b>Study II (High CHO Product) b</b>
Protein (g)	22.3	0.4
Fat (g)	9.9	0.3
Carbohydrates (g)	25.0	25.0
Sugars (g)	5.2	12.4
Fructose (g)	-	7.7
Glucose (g)	-	3.4
Sucrose (g)	-	1.2
Maltose (g)	-	0.1
Total Fibre (g)	10.1	9.1
Energy value (Kcal)	289	122

a Values are given as content per portion, i.e., per 100-g High Protein Product including 40 g White Bread

b Values are given as content per portion, i.e., per 192.3-g High CHO Product