

Supplementary data

Impact of food processing on postprandial glycaemic and appetite responses in healthy adults: a randomized, controlled trial.

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Table 1 Test meal randomisation sequence.

19 Participants	1st visit	2nd visit	3rd visit	4th visit
1	ChW	ChF	Con	ChPu
2	ChF	Con	ChW	ChPu
3	ChPu	ChF	ChW	Con
4	Con	ChW	ChPu	ChF
5	ChF	Con	ChW	ChPu
6	ChW	ChPu	ChF	Con
7	ChF	ChW	Con	ChPu
8	ChW	ChF	ChPu	Con
9	ChPu	ChW	Con	ChF
10	Con	ChF	ChW	ChPu
11	ChW	Con	ChPu	ChF
12	ChPu	ChF	Con	ChW
13	ChW	Con	ChF	ChPu
14	ChF	ChW	Con	ChPu
15	Con	ChW	ChPu	ChF
16	ChW	ChPu	ChF	Con
17	Con	ChF	ChPu	ChW
18	ChPu	ChW	ChF	Con
19	ChW	ChPu	Con	ChF

Con= mashed potatoes + 200 mL water

ChW = canned whole chickpeas + 200 mL water

ChPu = canned pureed chickpeas + 200 mL water

ChF = chickpea pasta + 200 mL water

Table 2 Macronutrient composition of the standardised lunch.

Nutrition information ¹	Cheese sandwich	Salted crisps	Soft drink	Total
CHO, g	38.6	12.1	16	66.7
Fat, g	15.9	9.0	0	24.9
Protein, g	16.9	1.6	0	18.5
Salt, g	1.5	0.29	0	1.79
Energy, kJ	1548.1	573.2	263.6	2384.8

¹ The values are as per food labels.