

Supplementary file 2. Nutritional information of the test meal and beverage

Composition	HCMF	HCMF + RRB
Meal		
White bread (Slices)	4	4
Condensed milk (g)	10	10
Butter (g)	15	15
Beverage		
Water (mL)	400	400
Sugar (g)	10	10
Riceberry rice extract (g)	-	2
Total calories (kcal)	535	535
CHO : Fat : Protein	67 : 27 : 6	67 : 27: 6

CHO: Carbohydrate; HCMF: a high carbohydrate and moderate fat meal; RRB: riceberry rice beverage

Composition	Carbohydrate (g)	Fat (g)	Protein (g)	Energy (kcal)
Meal				
White bread (155 g/ 4slices)	71	2	6	326
Condensed milk (10 g)	8	0	0.5	34
Butter (15 g)	0	15	0	135
Beverage				
Water (400 mL)	0	0	0	0
Sugar (10 g)	10	0	0	40
Total calories (kcal)	356	153	26	535
CHO : Fat : Protein	67	28	5	-