**Supplementary Table S1:** Pairwise comparisons between the four bread samples for postprandial glucose, insulin, GLP-1, and subjective appetite sensations (hunger, fullness, and desire to eat), based on estimated marginal means. Values are presented as mean differences with 95% confidence intervals.

| $iAUC_{180}$ Glucose | Mean Difference | 95% CI (Lower, Upper) | $p$-value |
|---|---|---|---|
| WB vs WGB | 268.77 | [−457.40, 994.94] | 1.000 |
| WB vs CFM | 105.03 | [−513.96, 724.01] | 1.000 |
| **WB vs CLP** | **669.20** | **[10.93, 1327.47]** | **0.045** |
| WGB vs CFM | −163.75 | [−880.11, 552.62] | 1.000 |
| WGB vs CLP | 400.43 | [−183.93, 984.78] | 0.324 |
| CFM vs CLP | 564.17 | [134.24, 994.11] | 0.007 |

| $iAUC_{180}$ Insulin | Mean Difference | 95% CI (Lower, Upper) | $p$-value |
|---|---|---|---|
| WB vs WGB | 416.43 | [−676.64, 1509.50] | 1.000 |
| WB vs CFM | −340.62 | [−1676.47, 995.23] | 1.000 |
| WB vs CLP | −441.01 | [−1911.02, 1028.99] | 1.000 |
| WGB vs CFM | −757.05 | [−2028.27, 514.18] | 0.534 |
| WGB vs CLP | −857.44 | [−2303.65, 588.77] | 0.542 |
| CFM vs CLP | −100.39 | [−1162.44, 961.66] | 1.000 |

| $iAUC_{180}$ GLP-1 | Mean Difference | 95% CI (Lower, Upper) | $p$-value |
|---|---|---|---|
| WB vs WGB | −759.77 | [−1828.16, 308.62] | 0.280 |
| WB vs CFM | −436.90 | [−1027.56, 153.76] | 0.237 |
| **WB vs CLP** | **−755.10** | **[−1386.65, −123.55]** | **0.015** |
| WGB vs CFM | 322.87 | [−858.31, 1504.06] | 1.000 |
| WGB vs CLP | 4.67 | [−1210.85, 1220.19] | 1.000 |
| CFM vs CLP | −318.20 | [−929.61, 293.21] | 0.795 |

| iAUC$_{180}$ Hunger | Mean Difference | 95% CI (Lower, Upper) | $p$-value |
|---|---|---|---|
| WB vs WGB | 167.76 | [−57.17, 392.68] | 0.229 |
| WB vs CFM | **240.52** | **[50.95, 430.08]** | **0.010** |
| WB vs CLP | **322.72** | **[73.18, 572.25]** | **0.008** |
| WGB vs CFM | 72.76 | [−114.49, 260.01] | 1.000 |
| WGB vs CLP | 154.96 | [−86.52, 396.45] | 0.414 |
| CFM vs CLP | 82.20 | [−108.92, 273.32] | 1.000 |

| iAUC$_{180}$ Fullness | Mean Difference | 95% CI (Lower, Upper) | $p$-value |
|---|---|---|---|
| WB vs WGB | −148.94 | [−423.72, 125.83] | 0.711 |
| WB vs CFM | −135.55 | [−344.27, 73.17] | 0.397 |
| WB vs CLP | **−308.43** | **[−561.83, −55.03]** | **0.013** |
| WGB vs CFM | 13.39 | [−234.52, 261.30] | 1.000 |
| WGB vs CLP | −159.49 | [−340.83, 21.86] | 0.104 |
| CFM vs CLP | −172.88 | [−427.58, 81.82] | 0.336 |

| iAUC$_{180}$ Desire to eat | Mean Difference | 95% CI (Lower, Upper) | $p$-value |
|---|---|---|---|
| WB vs WGB | 103.81 | [−190.13, 397.76] | 1.000 |
| WB vs CFM | 167.12 | [−9.77, 344.00] | 0.070 |
| WB vs CLP | **286.68** | **[8.89, 564.48]** | **0.041** |
| WGB vs CFM | 63.30 | [−219.95, 346.56] | 1.000 |
| WGB vs CLP | 182.87 | [−19.48, 385.22] | 0.090 |
| CFM vs CLP | 119.57 | [−133.16, 372.30] | 1.000 |

Bonferroni-adjusted p-values were used to assess statistical significance. Statistically significant differences (p < 0.05) are indicated in bold