

Supplemental Table 1: Correlations<sup>1</sup> between glucose, insulin, appetite biomarkers and subjective appetite ratings in the period from breakfast to lunch.

		Glucose iAUC 0-120	GP 240	Insulin iAUC 0-120
GP	r =	<b>-0.569</b>		
	p =	<b>0.000</b>		
Insulin iAUC 0-120	r =	<b>0.594</b>	<b>-0.641</b>	
	p =	<b>0.000</b>	<b>0.000</b>	
NEFA 240	r =	<b>0.351</b>	<b>-0.273</b>	<b>0.324</b>
	p =	<b>0.009</b>	<b>0.044</b>	<b>0.016</b>
Ghrelin, difference nadir to 240 min	r =	<b>-0.515</b>	<b>0.378</b>	<b>-0.488</b>
	p =	<b>0.000</b>	<b>0.004</b>	<b>0.000</b>
GIP iAUC 0-240	r =	<b>0.540</b>	<b>-0.641</b>	<b>0.621</b>
	p =	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>
PYY 240	r =	<b>-0.287</b>	<b>0.446</b>	<b>-0.287</b>
	p =	<b>0.039</b>	<b>0.001</b>	<b>0.039</b>
Satiety tAUC 0-240	r =	-0.244	0.258	<b>-0.271</b>
	p =	0.072	0.057	<b>0.045</b>
Hunger tAUC 0-240	r =	0.243	-0.151	0.216
	p =	0.074	0.273	0.114
Desire to eat tAUC 0-240	r =	<b>0.270</b>	-0.259	<b>0.351</b>
	p =	<b>0.046</b>	0.056	<b>0.009</b>
Hydrolysis index (HI)	r =	<b>0.594</b>	<b>-0.695</b>	<b>0.594</b>
	p =	<b>0.000</b>	<b>0.000</b>	<b>0.000</b>
Fluidity index (FI)	r =	<b>0.621</b>	<b>-0.450</b>	<b>0.594</b>
	p =	<b>0.000</b>	<b>0.001</b>	<b>0.000</b>

<sup>1</sup>Spearman's partial correlation coefficients controlling for subjects and corresponding baseline values, p values < 0.05 were regarded as significant (shown in bold).

Supplemental Table 2: Correlations<sup>1</sup> between subjective appetite ratings from breakfast to lunch, meal characteristics and appetite biomarkers in the period from breakfast to lunch.

		Satiety tAUC 0-240	Hunger tAUC 0-240	Desire to eat tAUC 0-240	Energy intake at lunch
Breakfast, portion size	r =	<b>0.540</b>	<b>-0.434</b>	<b>-0.325</b>	-0.244
	p =	<b>0.000</b>	<b>0.001</b>	<b>0.015</b>	0.072
Breakfast, energy content	r =	<b>0.297</b>	<b>-0.271</b>	-0.136	<b>-0.298</b>
	p =	<b>0.028</b>	<b>0.045</b>	0.322	<b>0.027</b>
Ghrelin 240	r =	-0.109	0.216	0.189	<b>0.297</b>
	p =	0.429	0.114	0.168	<b>0.028</b>
PYY 240	r =	<b>0.457</b>	<b>-0.316</b>	<b>-0.430</b>	-0.087

p =	<b>0.001</b>	<b>0.023</b>	<b>0.001</b>	0.541
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<sup>1</sup>Spearman's partial correlation coefficients controlling for subjects and corresponding baseline values, p values < 0.05 were regarded as significant (shown in bold).

Supplemental Table 3: Correlations between subjective appetite ratings after lunch, appetite biomarkers and breath hydrogen excretion.

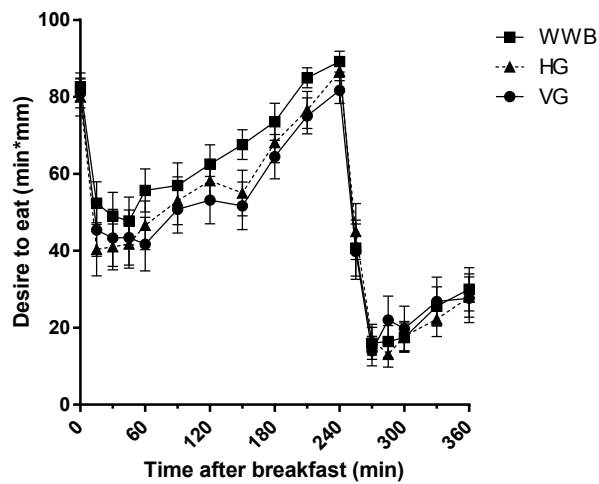
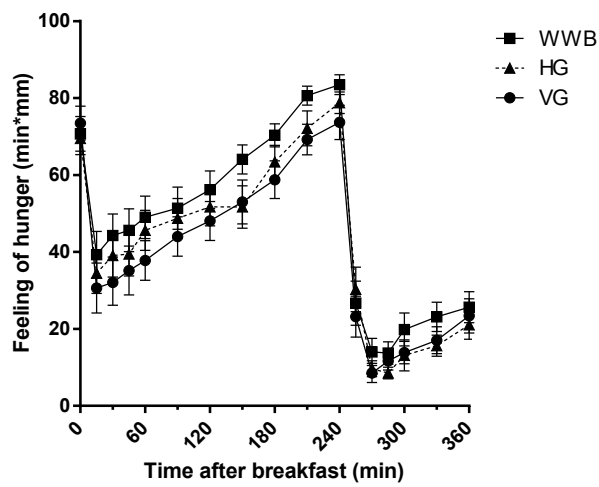
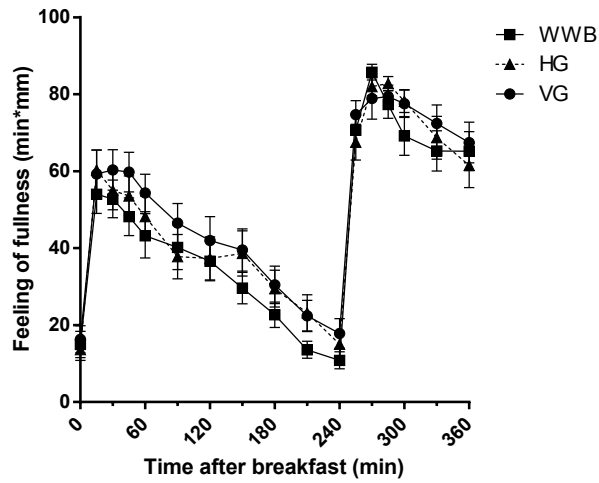
		Satiety tAUC 240-360	Hunger tAUC 240-360	Desire to eat tAUC 240-360
Ghrelin iAUC 240-360	r =	-0.155	0.111	<b>0.265</b>
	p =	0.259	0.419	<b>0.050</b>
PYY tAUC 240-360	r =	0.228	<b>-0.344</b>	-0.030
	p =	0.104	<b>0.012</b>	0.835
Hydrogen 240	r =	<b>0.461</b>	<b>-0.466</b>	-0.280
	p =	<b>0.001</b>	<b>0.001</b>	0.056
Hydrogen iAUC 240-360	r =	<b>0.378</b>	-0.189	-0.194
	p =	<b>0.009</b>	0.204	0.191

<sup>1</sup>Spearman's partial correlation coefficients controlling for subjects and corresponding baseline values, p values < 0.05 were regarded as significant (shown in bold).

Supplemental Table 4: Correlations between SCFA and breath hydrogen.

		Hydrogen iAUC 240-360
ACE 360	r	<b>0.460</b>
	p =	<b>0.001</b>
PRO 360	r =	<b>0.445</b>
	p =	<b>0.002</b>
ISB 360	r =	<b>0.318</b>
	p =	<b>0.029</b>
BUT 360	r =	0.124
	p =	0.407

<sup>1</sup>Spearman's partial correlation coefficients controlling for subjects and corresponding baseline values, p values < 0.05 were regarded as significant (shown in bold).



Supplemental Figure 1: Subjective appetite ratings, values are mean values  $\pm$  SEM, (WWB, HG n = 19, VG n = 18).