

**Supplementary Table 1** Proximate analysis of wheat flours and fractions (% dry weight basis)<sup>a</sup>

<b>Wheat flour or fraction</b>	<b>Moisture</b>	<b>Ash</b>	<b>Protein</b>	<b>Fat</b>	<b>Carbohydrate</b>	<b>TDF</b>	<b>IDF</b>	<b>SDF</b>
Whole hard red spring wheat	10.18	1.91	15.28	3.84	63.98	17.48	12.30	5.18
Refined hard red spring wheat	9.47	0.68	13.64	2.52	77.48	6.57	2.98	3.59
Refined soft white wheat	11.33	0.56	8.67	2.37	82.16	6.71	3.05	3.67
Aleurone-enriched fraction	12.04	4.26	22.85	5.67	7.63	23.65	18.30	5.34
Testa-enriched fraction	12.17	4.92	19.44	5.57	10.25	43.32	5.64	37.68

<sup>a</sup>Analysis represents a single source of each wheat flour or fraction (N=1).

Abbreviations are as follows: TDF = total dietary fiber; IDF = insoluble dietary fiber; SDF = soluble dietary fiber