

Supplementary Table S2: Flour particle size distribution of one wholegrain roller-milled wheat flour and four wholegrain wheat stoneground flours

Sieve size	Roller-milled flour ^b	Stoneground Flour A ^b	Stoneground Flour B ^b	Stoneground Flour C ^c	Stoneground Flour D ^c
% >1.4 mm	0.8	0.2	0.2	0	0.9
% 1 – 1.4 mm	2	3.6	1.9 ^a	0.8	9.4
% 710 µm – 999 µm	3.5	13		6.8	17.7
% 500 – 709 µm	5.5	19	5.2	15.8	15.6
% 355 – 499 µm	3.7	16.7	4.3	17.4	10.1
% 250 – 354 µm	1	13.8	3.7	15.8	7.8
% 180 – 249 µm	1.1	8.7	7.4	9.3	5.2
% 125 – 179 µm	9.6	6.8	19.8	8.2	5
% 90 – 124 µm	22	4.5	28	6	4.7
% 63 – 89 µm	21.8	4.7	11.4	5.6	6
% <63 µm	25.9	7.6	13.8	11.9	15.4
% Lost ^d	2.9	1.4	4.4	2.5	1.9
% over 710 µm	6.45	16.7	2.2	31.7	28.1
% below 180 µm	79.3	23.7	73	23.4	31.1

^a The 1 mm sieve was not included in the sieve stack for this flour; so the category is 710 – 1399 µm.

^b Used to make breads for glycaemic and insulinaemic testing in the present study

^c Not included in glycaemic and insulinaemic testing in the present study

^d The sieve stack was not airtight and it is likely that the 'lost' portion was comprised of fine particles.