

Supplementary Table S1: Ingredients of breads made from fine roller-milled flour, fine stoneground flour, and coarse stoneground flour

Ingredient	% of total	Quantity per batch^a
Wholegrain wheat flour^b	55%	3223.8
Water	39%	2321.4
Salt	1%	48.6
Improver & Softener	<1%	32.4
Gluten	3%	193.2
Calcium acetate	<1%	19.2
Vegetable oil	<1%	32.4
Yeast	<1%	18.0

^a Each batch produced six loaves.

^b Fine roller-milled flour, fine stoneground flour, and coarse stoneground flours were used for each of the three breads.