

## Supplementary Information (SI)

### Article

# Plasma Levels of Free *N*<sup>ε</sup>-Carboxymethyllysine (CML) after Different Oral Doses of CML in Rats and after the Intake of Different Breakfasts in Humans: Postprandial Plasma Level of sRAGE in Humans

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**Table S1.** List of standard methods applied for analysis of calories, fat, carbohydrates, protein, ash, moisture, minerals, and vitamins.

	Method
<b>Fat content</b>	AOAC 945.48, 933.05 & 963.15
<b>Calories from fat</b>	For calorie conversion, calorie values were calculated based on the total grams of fat equivalent to 9 kcal/g.
<b>Saturated fatty acids</b>	Fatty Acid Profile (saturated, unsaturated, trans): Hoteit, M., Zoghbi, E., Rady, A., Shankiti, I., & Al-Jawaldeh, A. (2021). Fatty acids quality in middle east-ern traditional dishes, arabic sweets and market foods frequently consumed in Lebanon. <i>Nutrients</i> , 13(7). <a href="https://doi.org/10.3390/nu13072462">https://doi.org/10.3390/nu13072462</a>
<b>Monounsaturated fatty acids</b>	
<b>Polyunsaturated fatty acids</b>	
<b>Trans fat</b>	
<b>Carbohydrates (including sugars and fibers)</b>	Carbohydrates were calculated by subtracting the sum of the percentages of the measured weights of fat, protein, moisture, and ash from the total weight (100g)
<b>Total sugars</b>	AOAC 906.03, 930.36 and 975.15
<b>Total dietary fibers</b>	AOAC 985.29
<b>Crude fibers</b>	AOAC 962.09
<b>Protein (N x 6.25)</b>	AOAC 991.20-23 crude protein was calculated through the multiplication of total Kjeldahl nitrogen by 6.25
<b>Ash content</b>	Ash content is determined by incineration in an Isotemp muffle furnace at 550°C overnight
<b>Moisture content</b>	The food samples were heated to 105°C (Fisher Isotemp vacuum oven) and the measurement of moisture content was based on the loss of weight of the sample.
<b>Caloric value</b>	For calorie conversion, calorie values were calculated based on the total grams of protein, carbohydrate, and fat equivalent of 4, 4, and 9 kcal/g, respectively.
<b>Iron</b>	AOAC 985.35
<b>Sodium</b>	AOAC 985.35
<b>Calcium</b>	AOAC 985.35
<b>Vitamin C</b>	AOAC 967.21-1968
<b>Vitamin E</b>	NF-EN 12822