

Supplementary Table S1

Nutritional facts of fibre-enriched and regular bread, pasta and chocolate milk expressed in 100 g of product.

	Fibre-enriched bread	Regular bread	Fibre-enriched pasta	Regular pasta	Fibre-enriched chocolate milk	Regular chocolate milk
Energy (kcal)	284	296	273	276	76	75
Proteins (g)	9.6	8.4	11.3	10.9	3.1	3.0
Lipids (g)	7.5	7.0	2.5	2.3	1.7	1.7
Dietary fibre (g)*	5.8	1.8	3.4	1.5	1.3	1.1
Carbohydrates ¹ (g)	44.4	49.8	51.4	53.0	12.0	11.9

¹- Carbohydrate content was obtained by difference.

*Source of fibre claim in EU Regulation (EC) No 1924/2006, could be used when product has 3 g/100g of dietary fibre or 1.5 g of dietary fibre/100 kcal.