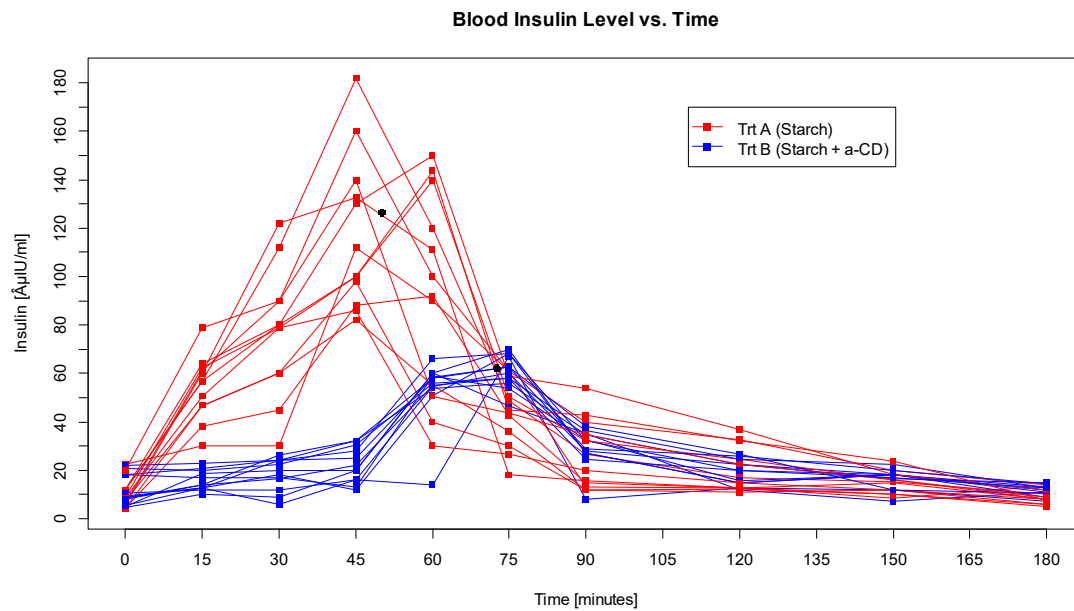
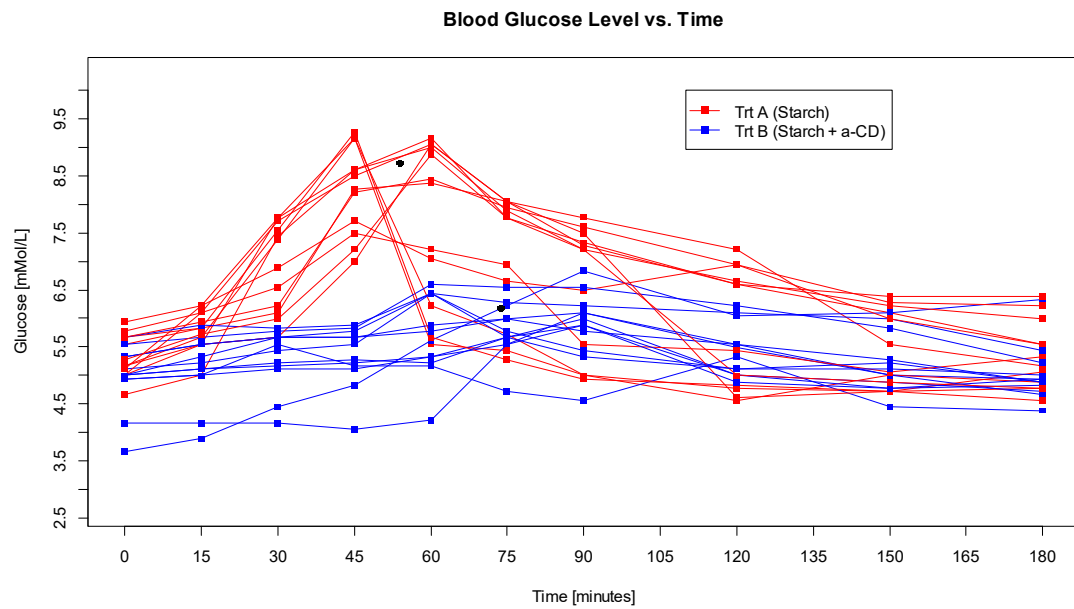


APPENDIX A

Individual blood glucose and blood insulin levels after consumption of 100 g white bread and 250 mL water (red symbols) and 100 g white bread and 250 mL water with 25 g dissolved alpha-cyclodextrin (blue symbols).



APPENDIX B

Mosaik plots of individual subjects: Blood glucose and insulin concentrations after ingestion of 100 g white bread consumed with 250 mL plain drinking water (treatment A) or 250 mL water containing 10 g dissolved alpha-cyclodextrin (treatment B) or 250 mL water with 25 g alpha-CD (treatment C). Numbers are the number of the subjects (n= 12 in total).

