Supplemental Table S1. Nutritional composition per portion of the testing meal WGB biscuits (140 g).

	Whole grain barley (WGB) biscuits (140 g)
Energy (Kcal)	617
Energy (KJ)	2584
Fats (g)	14,7
Carbohydrates (g)	104
Fiber (g)	7,93
Soluble	4,89
Insoluble	3,04
Proteins (g)	13,6
Amino acids	
Phenylalanine (mg)	710
Tyrosine (mg)	310