**Supplementary Table S1.** Nutritional composition (g/100 g) of the in vitro digested food items.

| | Kcal | Total Fat | Saturated Fat | Carbohydrates | Sugars | Protein | Fiber | Salt |
|---|---|---|---|---|---|---|---|---|
| Yogurt | 67 | 3.5 g | 2.4 g | 4.8 g | 4.8 g | 4 g | 0 g | 0.1 g |
| Canned Mackerel | 141 | 4.5 g | 1.2 g | 0 g | 0 g | 25 g | 0 g | 0.93 g |
| Biscuits | 483 | 22 g | 10 g | 60.4 g | 23.4 g | 7.6 g | 6.3 g | 0.43 g |