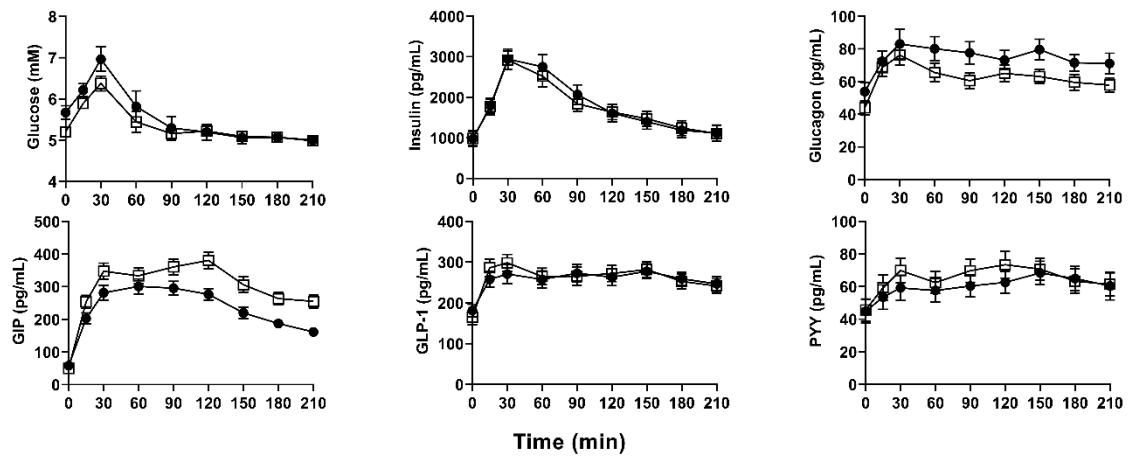
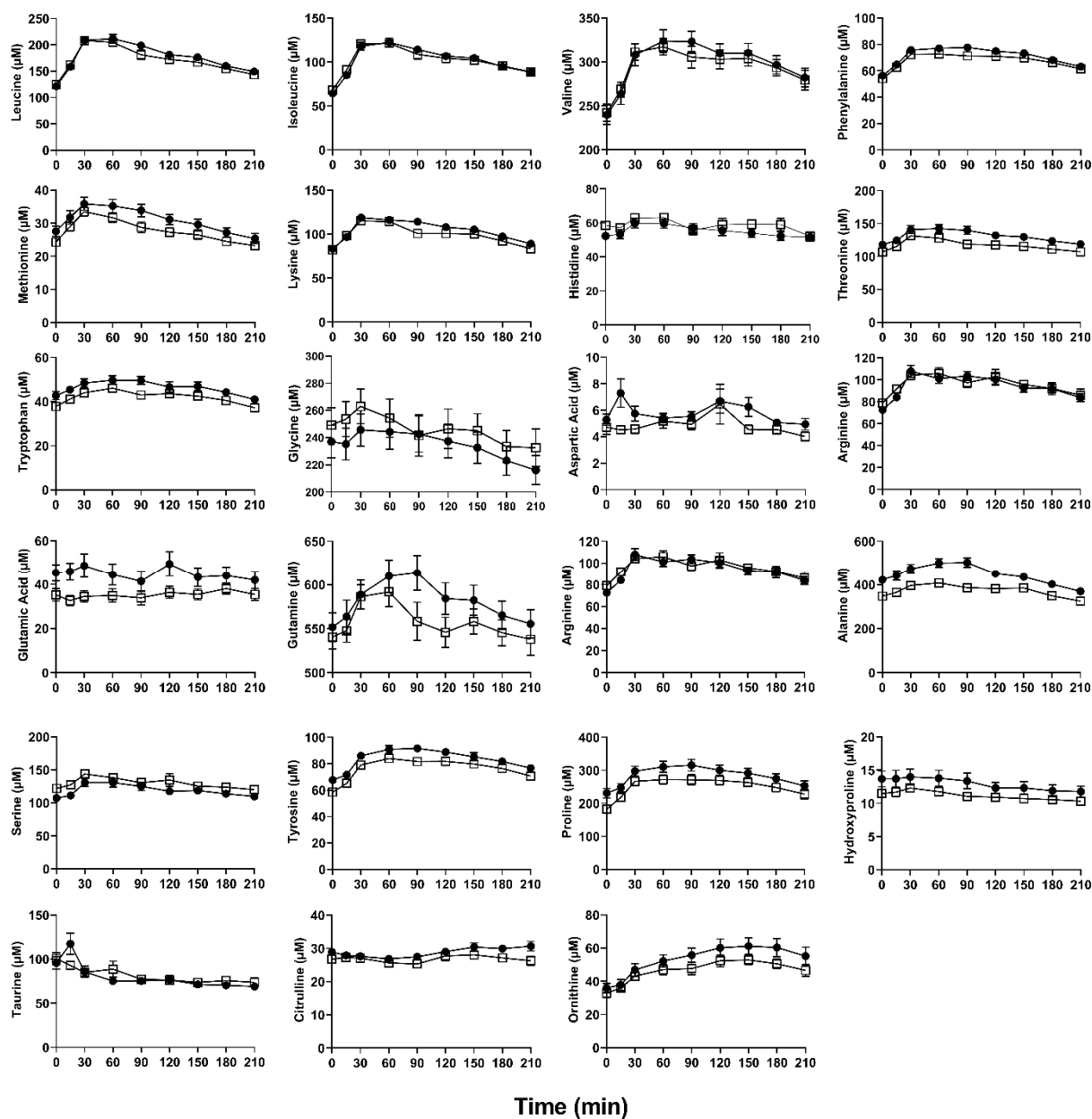


**Supplementary Figure S1.** Postprandial VAS ratings. Data reported as mean ( $\pm$ SEM) Hunger, Fullness, Thoughts of Food (TOF), and Satisfaction. Close circle represents Week 0; Open square represents Week 8.



**Supplementary Figure S2.** Postprandial concentrations of glucose, GI peptides, and glucoregulatory peptides. Data reported as mean ( $\pm$ SEM) Hunger, Fullness, Thoughts of Food (TOF), and Satisfaction. Closed circle represents Week 0; Open square represents Week 8.



**Supplementary Figure S3.** Postprandial concentrations of amino acids. Data reported as mean (±SEM). Closed circle represents Week 0; Open square represents Week 8.