

**Table S1.** The sensory evaluation details of cooked whole wheat noodles.

Parameters	Full score	Criterion
Firmness	20	Firmness when bitten. Appropriate for 17-20; Slightly soft or hard for 12-17; Too soft or hard for 1-12.
Elasticity	25	Elastic and cohesive when chewed. Good for 21-25; General for 15-21; Poor for 1-15.
Smoothness	10	Smooth feeling when tasted. Smooth for 8.5-10; General for 6-8.5; Rough for 1-6.
Taste	15	Flavor when tasted. Own wheat flavor for 12-15; without undesirable for 9-12; with undesirable for 1-9;
Appearance	10	Smoothness and transparency of surface. Smooth and significant transparent for 8.5-10; slightly smooth and unobvious transparent for 6-8.5; rough and significant inflated for 1-6;
Color	20	Brightness under natural light. Bright white or yellow for 17-20; General or slight dark for 12-17; gloomy for 1-12.
Total score	100	