

**Supplementary information, Table S3** The level of plant miRNAs in chow diet, rice, Chinese cabbage, wheat, and potato.

	MIR156a (fmol/g)	MIR166a (fmol/g)	MIR168a (fmol/g)
chow diet	0.54	0.66	0.43
rice ( <i>Oryza sativa</i> )	5.72	2.25	2.44
cooked rice	0.33	0.01	0.95
Chinese cabbage ( <i>Brassica rapa pekinensis</i> )	2.62	2.29	1.68
cooked Chinese cabbage	0.58	1.8	0.28
wheat ( <i>Triticum aestivum</i> )	0.35	0.04	undetectable
cooked wheat	0.47	0.17	undetectable
potato ( <i>Solanum tuberosum</i> )	2.01	0.02	0.23
cooked potato	0.49	0.01	undetectable