

SUPPLEMENTARY TABLE S1. NONISOCALORIC RICE-BASED 5-DAY MEAL PLAN: BREAKFAST MENU

Menu	Main course			Description	Accompaniments		
	WR	BR	BRL		BR, WR, and BRL	BR and WR	BRL
Day 1	<i>Idly</i> (WR with black gram split legumes)	<i>Idly</i> (BR with black gram split legumes)	<i>Idly</i> (BR with whole black gram legume)	Steamed pancake made from fermented rice and black gram whole/split legume batter (3:1, rice-to-legume ratio)	Onion chutney (dip)	Tomato gravy	Tomato gravy
Day 2	<i>Rava uppma</i> (WR)	<i>Rava uppma</i> (BR)	<i>Rava uppma</i> (BR) ^a	Rice grits stir-fried with mustard, Bengal gram <i>dhal</i> , pepper, and cumin seeds and boiled in water	Tomato chutney (dip)	<i>Brinjal</i> (green gram dhal gravy)	<i>Brinjal</i> (green gram whole legume gravy)
Day 3	<i>Oothappam</i> (WR with black gram split legume)	<i>Oothappam</i> (BR with black gram split legume)	<i>Oothappam</i> (BR with whole black gram legume)	Shallow fried pancake made from fermented rice and with whole/split legume batter (5:1, rice-to-lentil/legume ratio)	Mint chutney (dip)	Vegetable gravy	Vegetable gravy
Day 4	<i>Veg kitchidi</i> (WR)	<i>Veg kitchidi</i> (BR)	<i>Veg kitchidi</i> (BR) ^a	Vegetables stir-fried with onion, ginger, garlic paste, and rice grits and boiled in water	Coconut chutney (dip)	Onion sambar	Chickpea (brown) gravy
Day 5	<i>Pongal</i> (WR with green gram split legume)	<i>Pongal</i> (BR with green gram split legume)	<i>Pongal</i> (BR with whole green gram legume)	Rice pressure-cooked with green gram split/whole legume (4:1, rice-to-legume ratio) and seasoned with <i>ghee</i> (clarified butter), pepper, cumin seeds, grated ginger, asafoetida, and curry leaves	Coriander chutney (dip)	Ladies finger gravy	Ladies finger gravy

^aThe whole legume component for the brown rice with added legumes (BRL) diet was served in the accompaniments. BR, brown rice; WR, white rice.