

SUPPLEMENTARY TABLE S2. LUNCH MENU

Menu	Main course			Accompaniments
	WR	BR	BRL	
Day 1	Plain cooked WR	Plain cooked BR	Plain cooked BR served with whole chickpea (white) and fried cabbage <sup>a</sup>	Pressure-cooked WR in the rice:water ratio 1:2.5 Pressure-cooked BR in the rice:water ratio 1:2
Day 2	WR vegetable <i>pulao</i> and curd rice served with fried split red gram legume	BR vegetable <i>pulao</i> and curd rice served with fried split red gram legume	BR vegetable <i>pulao</i> and curd rice served with whole chickpea (brown) gravy <sup>a</sup>	<i>Pulao</i> , vegetables sauted with spices, onion, ginger, garlic, and green chilli paste and stir-fried with rice. Curd rice, pressure-cooked rice mixed with curd (yogurt) and milk and seasoned with grated ginger, asafoetida, and curry leaves
Day 3	Plain cooked WR served with ash gourd and split chickpea	Plain cooked BR served with ash gourd and split chickpea	Plain cooked BR served with ash gourd and whole chickpea (white) curry <sup>a</sup>	Yogurt, <i>rasam</i> (tamarind soup), fried potato, <i>papadam</i> (thin crisp cracker), and pickle
Day 4	White <i>sambar</i> rice made with split red gram lentil and curd rice	Brown <i>sambar</i> rice made with split red gram lentil and curd rice	Brown <i>sambar</i> rice made from whole chickpea (white) and curd rice <sup>a</sup>	Yogurt with cucumber, <i>papadam</i> (thin crisp cracker), and pickle
Day 5	Plain cooked WR served with greens and split green gram legume	Plain cooked BR served with greens and split green gram lentil	Plain cooked BR served with greens and whole green gram legume <sup>a</sup>	Yogurt, <i>rasam</i> (tamarind soup), carrot salad, <i>papadam</i> (thin crisp cracker), and pickle

<sup>a</sup>The whole legume component for brown rice with added legumes (BRL) diet was served in the accompaniments. BR, brown rice; WR, white rice.