

SUPPLEMENTARY TABLE S3. NUTRIENT COMPOSITION OF TEST FOODS (PER 100 G COOKED)

Food item	BR					WR					BRL				
	Energy (kcal)	Carbohydrate (g)	Protein (g)	Fat (g)	Total dietary fiber (g)	Energy (kcal)	Carbohydrate (g)	Protein (g)	Fat (g)	Total dietary fiber (g)	Energy (kcal)	Carbohydrate (g)	Protein (g)	Fat (g)	Total dietary fiber (g)
Breakfast															
<i>Idly</i>	134	25.6	5.7	0.9	3.5	152	31.4	6.0	0.3	1.6	122	23.4	5.2	0.8	4
<i>Pongal</i>	105	17.6	3.9	2.1	2.7	106	19.3	3.6	1.7	1.2	104	17.4	3.8	1.9	3
<i>Rice kitchidi</i>	135	22.5	4.0	3.2	3.0	151	26.8	3.9	3.1	0.9	135	22.5	4.0	3.2	3.0
<i>Rice rava uppma</i>	135	21.7	4.0	3.6	2.9	144	25.4	3.8	3.0	0.9	135	21.7	4.0	3.6	2.9
<i>Oothappam</i>	189	27.5	5.7	6.2	3.7	244	41.5	7.2	5.5	1.8	185	27.3	5.7	5.9	4.3
<i>Brinjal green gram whole</i>	—	—	—	—	—	—	—	—	—	—	52	6.8	2.3	1.7	2.8
<i>Chickpea (brown) gravy</i>	—	—	—	—	—	—	—	—	—	—	92	9.9	2.6	4.4	5
Lunch															
Plain rice	114	22.7	3.9	0.9	2.6	99	21.7	2.9	0.1	0.2	114	22.7	3.9	0.9	2.6
Vegetable <i>pulao</i>	127	20.6	3.7	3.4	3.1	105	18.5	2.8	2.3	1.1	127	20.6	3.7	3.4	3.1
<i>Sambar</i> rice	95	16.2	3.4	1.8	2.9	89	16.4	3.0	1.3	1.5	93	15.9	3.1	2	3.2
Curd rice	105	14.2	3.6	3.8	1.6	92	13.7	2.9	2.9	0.2	105	14.2	3.6	3.8	1.6
Chickpea (white) <i>sundal</i>	—	—	—	—	—	—	—	—	—	—	182	26.8	7.7	5.1	12.5
Ash gourd and whole chickpea (white) curry	—	—	—	—	—	—	—	—	—	—	75	7.9	2.1	3.8	3.3
Chickpea (brown) gravy	—	—	—	—	—	—	—	—	—	—	92	9.9	2.6	4.4	5
Greens and whole green gram gravy	—	—	—	—	—	—	—	—	—	—	55	8.0	3.3	1.1	2.8

BR, brown rice; BRL brown rice with added legumes; WR, white rice.