

Online resource 1 Fasting and postprandial measures of gut hormones and breath hydrogen responses in the microbiota subgroups in the morning following the interventions with BKB or WWB intake

	WWB		BKB		%Δ ¹
	Mean	SEM	Mean	SEM	
<i>p-PYY, fasting (ng/mL)</i>					
HP, n=12	0.62	0.04	0.69	0.04	11 †
LP, n=13	0.60	0.03	0.64	0.04	7
HPB, n=8	0.59	0.04	0.61	0.03	3
<i>p-PYY, mean 0-180 min (ng/mL)</i>					
HP, n=12	0.65	0.04	0.70	0.05	9 ‡
LP, n=13	0.63	0.03	0.66	0.04	5
HPB, n=8	0.58	0.04	0.62	0.03	6
<i>p-GLP-2, fasting (ng/mL)</i>					
HP, n=12	14.1	1.1	14.4	0.9	2
LP, n=13	13.4	1.2	13.5	1.1	0
HPB, n=8	14.1	1.2	14.3	1.3	1

p-GLP-2, mean 0-180 min (ng/mL)

HP, n=12	14.9	1.0	15.4	1.0	4
LP, n=13	14.3	1.2	14.5	1.2	1
HPB, n=8	14.6	1.1	15.4	1.2	6*

p-GLP-1, fasting (pmol/L)

HP, n=12	3.06	0.64	3.09	0.68	1
LP, n=12	2.39	0.35	2.27	0.33	-5
HPB, n=8	2.32	0.82	2.35	0.81	1

p-GLP-1, AUC 0-180 min (pmol·min/L)

HP, n=12	635.0	114.0	628.0	126.0	-1
LP, n=12	491.5	69.2	531.7	56.9	8
HPB, n=8	477.0	120.0	533.0	132.0	12*

breath H₂, fasting (ppm)

HP, n=12	15.4	3.4	34.5	7.5	124**
LP, n=13	30.8	6.6	67.1	16.5	118*
HPB, n=8	25.0	8.0	61.0	11.9	144*

breath H₂, weighted mean 0-180 min (ppm)

HP, n=12	9.6	1.7	40.4	11.0	322**
LP, n=13	17.2	4.2	57.8	12.0	235**
HPB, n=8	16.3	3.9	54.6	11.0	234**

¹ The percentage change is calculated as the difference from the WWB

BKB, barley kernel bread; WWB, white wheat bread; PYY, peptide YY; GLP, glucagon-like peptide; H₂, hydrogen

*Different from WWB P < 0.05, **P < 0.01, *** P < 0.001, †P = 0.050, ‡P = 0.060 (One-way ANOVA)

Data are presented as mean ± SEM