

**Table S1.** Proximate composition of beans<sup>1</sup> and experimental diets.

<b>Proximate Analysis (g/100 g DW)</b>	<b>Analytical Method</b>	<b>Control Diet</b>	<b>Navy Bean Diet</b>	<b>Black Bean Diet</b>	<b>Navy Bean Powder</b>	<b>Black Bean Powder</b>
<b>Crude protein</b>	AOAC 990.3	16.8	17.8	16.5	24.0	22.8
<b>Crude fibre</b>	AOCS Ba6a-05	1.04	3.51	3.04	5.4	4.9
<b>Non-fibre carbohydrate</b>	n/a	65.7	64.4	64.0	64.8	66.7
<b>Fat</b>	AOCS Am 5-04	6.89	7.04	7.76	2.48	2.18
<b>Ash</b>	AOAC 923.03	2.39	3.19	3.25	2.40	2.45
<b>Energy (kcal/g)</b>	n/a	3.92	3.92	3.92	3.77	3.77

Determinations based on dry weight of material. Proximate analysis was conducted by Central Testing Labs Ltd. (Winnipeg, MB, Canada). Proximate analyses without an analytical method were determined by calculation. <sup>1</sup>Analysis conducted on lyophilized, milled bean powders. *Abbreviations:* AOAC, Association of Official Analytical Chemists; AOCS, American Oil Chemist Society; DW, dry weight.