

Online resource 3 Subjective appetite responses in the microbiota subgroups after the standardized breakfast following the intervention with BKB or WWB intake

	WWB		BKB		%Δ ¹
	Mean	SEM	Mean	SEM	
<i>Hunger, fasting (mm)</i>					
HP, n=12	38.0	9.3	44.5	7.7	17
LP, n=12	56.4	6.2	40.5	9.0	-28*
HPB, n=8	36.6	8.8	37.4	8.4	2
<i>Hunger, AUC 0-180min (mm·min)</i>					
HP, n=12	6335	1155	5656	1083	-11
LP, n=12	9613	1288	8151	1320	-15
HPB, n=8	5484	1184	4911	1346	-10
<i>Desire to eat, fasting (mm)</i>					
HP, n=12	59.4	7.2	53.0	8.6	-11
LP, n=12	64.4	6.2	53.0	8.6	-18
HPB, n=8	48.5	10.0	44.6	9.8	-8
<i>Desire to eat, AUC 0-180min (mm·min)</i>					

HP, n=12	6058	1170	5476	944	-10
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LP, n=12	10430	1448	8815	1404	-15
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HPB, n=8	6044	1125	5808	1646	-4
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Satiety, fasting (mm)

HP, n=12	32.6	10.1	39.2	7.8	20
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LP, n=12	28.8	5.3	55.3	8.7	92**
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HPB, n=8	30.3	7.7	35.8	10.0	18
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Satiety, AUC 0-180min (mm·min)

HP, n=12	10674	1221	9999	982	-6
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LP, n=12	8287	1188	10184	1218	23†
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HPB, n=8	8988	1384	10666	1304	19
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¹ The percentage change is calculated as the difference from the WWB

BKB, barley kernel bread; WWB, white wheat bread

* Different from WWB $P < 0.05$, ** $P < 0.01$, † $P = 0.065$ (One-way ANOVA)

Data are presented as mean \pm SEM