

## Supplementary details: CHO snack ingredients

### CHO Snack

**Ingredients:** Enriched Wheat Flour (Wheat Flour, Ascorbic Acid Added As Dough Conditioner, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzymes, Folic Acid), Sugar, Soybean and/Or Canola Oil, Blueberries, Eggs, Water, Cultured Buttermilk (Cultured Part-Skim Milk, Salt, Sodium Citrate), Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Salt, Margarine (Soybean Oil, Modified Palm Oil, Canola Oil, Water, Salt, Whey [Milk], Soy Lecithin, Monoglycerides of Fatty Acids, Natural Flavor, Annatto Extract Color, Vitamin A Palmitate, Citric Acid, Vitamin D3), Dextrose, Whey (Milk), Cultured Wheat Flour, Artificial Flavor, Mono- and Diglycerides, Egg Whites, Cellulose Gum, Sodium Stearoyl Lactylate, Xanthan Gum, Sodium Bicarbonate, Citric Acid, Soy Lecithin.

### Supplementary Table S1: Nutrition Profile

<b>Nutrient</b>	<b>Absolute Value</b>	<b>Percent Daily Value</b>
Total fat	18 g	28
Saturated fat	5 g	25
Trans fat	0 g	0
Cholesterol	55 mg	18
Sodium	290 mg	12
Total Carbohydrates	47 g	16
Dietary fiber	2 g	8
Sugars	30 g	-
Protein	5 g	-
Vitamin A	-	0
Vitamin C	-	0
Calcium	-	2
Iron	-	15