

Table S1. Chemical composition of different starches and flours as provided by the manufacturers.

Starch/Flour	Carbohydrate (g/100 g)	Fat (g/100 g)	Protein (g/100 g)	Salt (g/100g)
Corn	87.00	<0.50	<0.50	<0.10
Wheat	85.80	0.50	0.20	0.08
Potato	80.00	<0.50	<0.50	0.00
Cassava	86.37	<0.50	0.14	0.74
Rice	77.00	2.00	8.00	0.20
Buckwheat	70.00	2.00	10.00	0.00