

Supplementary Table S1. Energy and nutrient data for individual gluten-free products per 100 g, inclusive of predominant flour types within the product.

		Energy (kcal)	Total fat (g)	SFA (g)	CHO (g)	Sugars (g)	Fibre (g)	Protein (g)	Iron (mg)	F	Calcium (mg)	F
	BREAD: WHITE LOAVES											
1	Maize, rice, millet	255	5.6	0.8	45	2.5	6.2	3.1	0.8		122	Y
2	Maize, rice, millet	255	5.6	0.8	45	2.5	6.2	3.1	-		119	Y
3	Maize, rice, rice	239	3.4	0.5	45	3.3	7.3	3.5	1.7		65	
4	Maize, rice, rice	239	3.4	0.5	45	3.3	7.3	3.5	2.4		107	
5	Rice, maize, buckwheat	226	3.0	0.3	41	5.8	5.5	4.8	2.1		65	
6	Rice, tapioca, maize	212	5.1	0.5	32	0.5	12.5	3.4	1.0		107	
7	Wholegrain rice	240	1.9	0.5	47	0.5	2.8	5.0	1.2		54	
8	White rice	221	2.8	0.2	44	0.1	1.7	4.1	1.0		110	Y
9	White rice, wholegrain rice	215	3.7	0.3	37	0.4	6.5	5.6	1.2		63	
10	White rice, millet	231	2.0	0.2	47	0.1	2.2	4.6	1.9		119	Y
11	Tapioca, potato, maize	236	6.1	0.5	36	2.2	5.5	4.0	1.7	Y	596	Y
12	Potato, maize, tapioca, rice, buckwheat	193	1.1	0.3	34	0.8	10.3	7.1	1.4		122	
13	Quinoa, wholegrain rice	215	2.8	0.4	38	2.2	3.2	6.8	1.5	Y	140	Y
	BREAD: BROWN LOAVES											
14	Maize, rice	233	4.3	0.7	41.0	4.5	7.4	3.8	2.8		118	Y
15	Maize, rice, tapioca	256	5.8	0.4	44.0	2.7	9.1	2.2	2.0	Y	188	Y
16	Maize, rice, quinoa	233	4.3	0.7	41	4.5	7.4	3.8	2.8		130	Y
17	Maize, rice, millet, quinoa	248	6.2	0.9	40	2.8	7.4	4.3	2.6		65	
18	Buckwheat, rice	210	1.8	0.2	42	0.4	6.2	5.0	1.9		95	
19	Wholegrain rice	244	4.8	0.6	41	0.6	4.5	5.7	1.6		71	
20	Potato, maize, rice sour dough	220	3.7	0.5	38	5.3	8.9	4.1	1.5		54	
	BREAD: SEEDED LOAVES											
21	Maize, rice, millet, quinoa	256	6.2	0.8	41	5.8	8.7	4.4	0.9		54	
22	maize, rice, millet, seeds	267	7.8	1.0	40	2.7	7.6	5.4	2.6		130	Y
23	Maize, rice, millet, seeds	267	7.8	1.0	40	2.7	7.6	5.4	2.1		125	Y
24	Maize, potato, tapioca, seeds	272	8.6	0.7	39	2.4	11	3.9	2.0	Y	200	Y
25	Potato, maize, tapioca, rice, seeds	241	7.2	1.0	28.5	0.6	14.2	8.5	1.3		35	

[illegible]

53	Maize, potato, rice	294	4.8	0.6	58	5.4	4.6	2.3	0.6		100	
54	Maize, rice, tapioca	257	2.9	0.5	49.2	3.5	10	3.5	0.7		97	
	NAAN											
55	Tapioca, rice, maize	312	9.4	1	50	1.7	7.1	3.3	0.5		103	
56	Tapioca, rice	283	6.8	0.9	50	0.6	5.6	2.7	0.27		106	
57	Rice, tapioca	269	8	1	43	3	8	2.5	0.70		130	
	PASTA											
58	Maize, rice	355	1.8	0.6	76	0.4	2.3	7.5	1.3		60	
59	Maize, rice	157	0.5	0.1	35.3	0.5	0.5	3.1	0.3		65	
60	Maize, rice	357	1.3	0.4	78	0.2	1.4	7.4	1.1		71	
61	Rice, wholemeal rice, maize, quinoa,	170	1.2	0.4	36	0.5	0.9	3.3	0.3		42	
62	Rice, maize, sorghum, buckwheat...	349	1.5	0.5	72	4.4	6.5	8.5	1.2		119	
63	Green Pea	158	0.9	0.2	24.1	0.7	5.5	10.5	1.8		107	
64	Red Lentil	163	0.7	0.1	24.4	0.5	4.5	12.6	4		65	
	CEREAL FLAKED											
65	Rice, buckwheat, maize	380	2.7	0.5	75.8	12.7	7.8	9.2	0.8		89	
66	Maize,	400	3.3	0.5	80	13	10	10.0	0.6		130	
	CEREAL BISCUIT											
67	Sorghum	378	3.6	0.6	70	2.2	6.8	12.3	0.1		142	
	MULTIPURPOSE FLOUR MIX											
68	Rice, potato	338	2.3	1.4	72	5.8	6.2	4.1	4.8		119	Y
69	GF wheat starch, rice	350	0.5	0.3	80	11	2.4	5.2	1.2		402	Y
70	Rice, potato	359	1.1	0.9	82	3.5	3.1	3.6	0.3		54	
71	GF wheat starch, rice	331	1.3	0.2	69	6.2	12	4.7	0.3		296	Y
72	Rice, potato	343	0.5	0.2	76	10	6.3	5.5	1.6		414	Y
73	Maize	323	0.1	0	8.2	2.6	4.2	0.5	0.3		71	

Predominate flour type data, energy and macronutrient data for GF products from their labels. Calcium and Iron measured in the laboratory. SFA; saturated fatty acids, CHO; carbohydrate, F; fortified.