

### Blood sample collection and meal content supply

Venous blood samples (2 mL) were collected directly into EDTA-coated tubes for insulin, leptin, PYY, GLP1 (0, 120 and 180 minutes) and ghrelin (0 and 120 minutes). 1 mL of blood was mixed with AEBSF (4-Aminoethyl-benzene-sulfonyl fluoride) at a concentration of 1mg/1mL to prevent degradation of ghrelin. Samples were centrifuged immediately at 2000g at 4°C, plasma separated and acidified with hydrochloric acid and stored at -20°C. Venous blood (1 mL) was collected in EDTA + sodium fluoride tubes for plasma glucose analysis at 0, 60, 120 and 180 minutes. Resource constraints, the prevailing COVID-19 related conditions, prevented more frequent sampling.

Test meals – Test meals were prepared with “Suduru Samba”, rice with the highest RS content, obtained from an identifiable single plot of land (Chemical Industries, CIC Colombo, Sri Lanka). The same supplier provided red lentils from one consignment and coconut oil with an iodine value of 10 (CIC, Colombo, Sri Lanka)