SUPPLEMENTAL FIGURE 3. Postprandial changes in plasma GLP-1 (A) and PYY (B) concentrations after smooth (●) and coarse (▲) porridge meals. Each meal provided 55.4 g of starch. Values are mean deviations from baseline ± SEM (n = 7). (A) GLP-1 and PYY were analyzed by ANOVA with meal and time as factors. Time (4 h) and meal x time effects (4 h) were significant, respectively, for GLP-1 (P < 0.001, P = 0.009), and PYY (P = 0.002, P = 0.053), but meal-effects were not significant (P = 0.405 and 0.516 for GLP-1 and PYY, respectively). GLP-1, glucagon-like peptide-1; PYY, polypeptide YY.