



**Supplementary Fig. 1.** Insulinogenic index of 30 minutes was calculated as (insulin 30 min–insulin 0 min)/(glucose 30 min–glucose 0 min). ANOVA, analysis of variance; UB, usual bar; PFB, protein-enriched dietary fiber-fortified bar. <sup>a</sup> $P$  value  $<0.05$  between each group in *post hoc* analysis of ANOVA.