

Diet	Days 2-3 (*16-17)	Days 4-5 (*18-19)	Days 6-7 (*20-21)
Normal	110g white bread	110g white bread with 30g butter	50g glucose
Non-dairy	110g white bread	55g white bread with 55g dark chocolate	50g glucose
Non-gluten	110g gluten-free white bread	110g gluten-free white bread with 30g butter	50g glucose
Non-dairy-gluten	110g gluten-free white bread	55g gluten-free white bread with 55g dark chocolate	50g glucose

* Additional tracking period for cohort C participants