

Supplementary Table 1. Energy breakdown and antioxidant content of low (poly)phenol control breakfast.

	Cadburys [™] Milk Chocolate	Nature Valley [™] Crunchy Granola Oats and Honey bar	Gatorade [™] Sport Orange drink	
Serving.d ⁻¹	53 g	30 g	400 mL	
<i>Energy per serving</i>				Total
Total energy (kcal)	283	140	96	519
Carbohydrates (g)	30	19.3	24	73.3
Fat (g)	16	5.4	0	21.4
Protein (g)	3.9	2.6	0	6.5
Antioxidant content (mmol/100g)	1.95	0.83	0	2.78