Table S1. Biomass concentration, apparent catabolic carbon balance, total carbon balance and residual glucose concentrations with standard deviations, in glucose limited chemostat cultures of *L. lactis* MG1363.

Dilution rate (h^{-1})	Biomass (gDW.L^{-1})	Catabolic C balance % [a,b]	C balance % [a,c]	Residual glucose (mM)
0.15	0.803 ± 0.068	81.02 ± 8.24	100.3 ± 9.84	BDL
0.15	0.797 ± 0.116	84.41 ± 14.1	103.5 ± 16.7	BDL
0.15	0.826 ± 0.017	86.45 ± 3.82	106.2 ± 4.54	BDL
0.3	0.842 ± 0.097	83.48 ± 10.9	103.7 ± 13.1	0.08 ± 0.06
0.3	0.806 ± 0.105	79.14 ± 11.6	98.56 ± 13.9	0.09 ± 0.06
0.3	0.840 ± 0.029	77.39 ± 3.58	97.53 ± 4.34	0.06 ± 0.06
0.5	0.762 ± 0.023	84.02 ± 4.28	102.3 ± 4.77	0.05 ± 0.06
0.45	0.790 ± 0.074	85.96 ± 9.97	104.9 ± 11.5	0.07 ± 0.06
0.5	0.722 ± 0.022	79.29 ± 4.13	96.59 ± 4.60	0.05 ± 0.06
0.6[d]	0.734 ± 0.005	72.84 ± 2.74	90.44 ± 2.95	0.06 ± 0.06[d]
0.61	0.719 ± 0.002	85.98 ± 3.61	107.85 ± 4.05	5.31 ± 0.14
0.613	0.641 ± 0.008	81.85 ± 5.03	102.51 ± 5.95	6.39 ± 0.32

BDL: Below Detection Limit

[a] % C-Balance =% (q_{C-out} / q_{C-in}); C-moles: glucose=6, lactate=3, pyruvate=3, ethanol=2, acetate=2, succinate=4, biomass=27.8 gDW/C-mole (Oliveira *et al*, 2005)

[b] Excluding biomass, indicating% glucose simply catabolized to fermentation products

[c] Including biomass

[d] This sample was standing still for a while before filtering cells to get the supernatant, which means glucose must have been consumed already