**Appendix A: List of products 24h ad libitum meal**

**Breakfast (buffet):**

|  |  |
| --- | --- |
| *Ad lib* | Bread: mini whole meal buns |
| *Ad lib* | Spread: margarine |
| *Ad lib* | Savory toppings: cheese, ham |
| *Ad lib* | Sweet toppings: chocolate sprinkles, peanut butter, marmalade, apple syrup (apple butter) |
| *Ad lib* | Fruits: apple, kiwi, orange |
| *Ad lib* | Drinks: coffee, tea, water |

**Lunch (a bag with a measured amount of foods):**

|  |  |
| --- | --- |
| 20 p | Bread: mini whole meal buns |
| 150g | Spread: margarine |
| 10 p | Savory toppings: cheese, ham |
| 150g | Sweet toppings: chocolate sprinkles, peanut butter, marmalade, apple syrup (apple butter) |
| 2, 2, 20 p | Fruits: apples, bananas, snack tomatoes |
| 10, 10 sticks | Drinks: provided at home, sugar and creamer were supplied for coffee and tea |

**Dinner:**

|  |  |
| --- | --- |
| Energy group, 8MJ: 800g; 12MJ: 1200g; 16MJ: 1600g  | Mixed dish: macaroni – Pasta, minced meat, vegetable mix, seasoning. Each 100 g of pasta provided 507 kJ, with 30%, 27%, and 43% of energy from protein, fat, and carbohydrate, respectively.  |
| Energy group, 8MJ: 350g; 12MJ: 500g; 16MJ: 650g | Dessert: fruit yoghurt  |
| 150 g | Drinks: water |

**Evening bag (a bag with a measured amount of foods):**

|  |  |
| --- | --- |
| 5 p | Snacks: snack-a-jack rice waffles, egg cakes |
| 3, 3, 20 p | Fruits: apples, bananas, snack tomatoes |
| 10, 10 sticks | Drinks: provided at home, sugar and creamer were supplied for coffee and tea |

**Breakfast (buffet):**

|  |  |
| --- | --- |
| *Ad lib* | Bread: mini whole meal buns |
| *Ad lib* | Spread: margarine |
| *Ad lib* | Savory toppings: cheese, ham |
| *Ad lib* | Sweet toppings: chocolate sprinkles, peanut butter, marmalade, apple syrup (apple butter) |
| *Ad lib* | Fruits: apple, kiwi, orange |
| *Ad lib* | Drinks: coffee, tea, water |