**ONLINE SUPPLEMENTAL MATERIAL**

**SUPPLEMENTAL TABLE 1.** NEVO food group classifcation and use of GloboDiet (sub-) subfood groups to assign mean taste intensity values to untested foods.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **NEVO Food groups** | | **# Taste clusters** |  | **GloboDiet subfood groups** | **GloboDiet sub- subfood groups** | **# Profiled foods** | **# Untested nevocodes** | |
|  |  | **DNFCS** | **NQplus** |
| 1 | Potatoes | 2 | ‘Salt, umami & fat’ &‘Neutral’ |  |  | 72 | 13 | 21 |
| 2 | (Non-) alcoholic drinks | 3 | ‘Sweet & sour’, ‘Bitter’ & ‘Neutral’ | *Non-alcoholic drinks* |  |  |  |  |
|  |  |  |  | Coffee, tea and herbal teas |  |  |  |  |
|  |  |  |  |  | Coffee | 10 | 17 | 11 |
|  |  |  |  |  | Tea | 2 | 0 | 0 |
|  |  |  |  | Waters |  | 3 | 6 | 5 |
|  |  |  |  | Fruit and vegetable juices & carbonated/soft/ isotonic drinks, diluted syrups |  | 331 | 98 | 48 |
|  |  |  |  | *Alcoholic drinks* |  |  |  |  |
|  |  |  |  | Wine |  | 4 | 0 | 0 |
|  |  |  |  | Beer, cider |  | 3 | 4 | 4 |
|  |  |  |  | Spirits, brandy |  | 1 | 7 | 8 |
| 3 | Bread | 2 | ‘Neutral’ & ‘Sweet & fat’ |  |  | ~~33~~32 | 41 | 56 |
| ~~4~~ | Miscellelaneous | N/A |  |  |  | 1 | N/A | N/A |
| 5 | Eggs | 1 | ‘Neutral’ |  |  | 1 | 3 | 7 |
| 6 | Fruit | 3 | ‘Sweet & sour’, ‘Neutral’& ‘Sweet & fat’ |  |  | 19 | 46 | 58 |
| 7 | Pastry, Cakes and Biscuits | 2 | ‘Sweet & fat’ &‘Neutral’ |  |  | 48 | 89 | 65 |
| 8 | Cereals and cereal products | 2 | ‘Neutral’ & ‘Sweet & fat’ |  |  | 13 | 30 | 45 |
| 9 | Vegetables | 3 | ‘Neutral’, ‘Sweet & sour’ & ‘Bitter’ |  |  | 37 | 95 | 121 |
| 10 | Savoury sandwich spreads | 2 | ‘Fat’ & ‘Sweet & sour’ |  |  | 3 | 3 | 3 |
| 11 | Cheese | 3 | ‘Salt, umami & fat’, ‘Fat’ &‘Neutral’ |  |  | 16 | 31 | 40 |
| 12 | Herbs and spices | N/A |  |  |  | 1 | N/A | N/A |
| 13 | Milk and milk products | 3 | ‘Sweet & fat’, ‘Sweet & sour’ & ‘Neutral’ | *Dairy products* |  |  |  |  |
|  |  |  |  | Milk |  | 4 | 5 | 6 |
|  |  |  |  | Milk beverages |  | 6 | 10 | 5 |
|  |  |  |  | Yogurt |  | 15 | 26 | 24 |
|  |  |  |  | Fromage blanc, petits suisses |  | 3 | 4 | 5 |
|  |  |  |  | Cream desserts, puddings |  | 9 | 19 | 19 |
|  |  |  |  | ~~Dairy and non-dairy creams~~ |  | ~~2~~ | ~~8~~ | ~~9~~ |
|  |  |  |  | *Sugar and confectionary* |  |  |  |  |
|  |  |  |  | Ice-cream |  | 4 | 2 | 1 |
| 14 | Soy products | N/A |  |  |  | 1 | N/A | N/A |
| 15 | Nuts, seeds and savoury snacks | 2 | ‘Salt, umami & fat’ & ‘Neutral’ | *Fruits, nuts and olives* |  |  |  |  |
|  |  |  |  | Nuts and seeds |  | 8 | 11 | 12 |
|  |  |  |  | *Savoury snacks* |  | 311 | 21 | 24 |
| 16 | Pulses | 1 | ‘Neutral’ |  |  | 2 | 3 | 10 |
| 17 | Preparations | N/A |  |  |  | N/A | N/A | N/A |
| 18 | Mixed dishes | 3 | ‘Salt, umami & fat’, ‘Neutral’& ‘Sweet & sour’ |  |  | 82 | 13 | 22 |
| 19 | Soups | 1 | ‘Salt, umami & fat’ |  |  | 9 | 16 | 14 |
| 20 | Sugar, sweets, sweet spreads and sweet sauces | 3 | ‘Sweet & fat’, ‘Sweet & sour’, ‘Neutral’ |  |  | 37 | 47 | 42 |
| 21 | Fat, oils, and savoury sauces | 3 | ‘Fat’, ‘Salt, umami & fat’ & ‘Sweet & sour’ | *Fat* |  | 21 | 32 | 26 |
|  |  |  |  | *Sauces* |  |  |  |  |
|  |  |  |  |  | Tomato sauces | 3 | 5 | 3 |
|  |  |  |  |  | Dressing sauces | 2 | 7 | 4 |
|  |  |  |  |  | Mayonnaises and similars | 5 | 10 | 6 |
|  |  |  |  |  | Unclassified and other sauces | 3 | 57 | 28 |
| 22 | Fish | 3 | ‘Salt, umami & fat’, ‘Neutral’ & ‘Sweet & sour’ |  |  | 14 | 25 | 39 |
| 23 | Meat, meat products and poultry | 3 | ‘Salt, umami & fat’, ‘Neutral’ & ‘Fat’ | *Poultry* |  | 1 | 7 | 5 |
|  |  |  |  | *Meat, meat products* |  | 531 | 80 | 119 |

1 Remaining foods in NEVO food group; 2 Matched one-by-one with untested foods based on similarities in macronutrient and sodium content

**SUPPLEMENTAL TABLE 2.** Mean taste intensity values for the 14 NEVO and 20 GloboDiet food groups and the classification into taste clusters

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| NEVO | GloboDiet | | |  | Mean taste intensity values (0-100) | | | | | | Cluster | |
| Food group | Food group | Sub fg1 | Sub fg2 | Food group name | Sweet | Sour | Bitter | Salt | Umami | Fat | # | Name |
| 3 |  |  |  | Bread | 9 | 3 | 2 | 13 | 1 | 11 | 2 | Neutral |
| 5 |  |  |  | Eggs | 5 | 2 | 1 | 10 | 8 | 26 | 2 | Neutral |
| 6 |  |  |  | Fruit | 30 | 22 | 2 | 3 | 2 | 10 | 3 | Sweet/sour |
| 7 |  |  |  | Pastry, Cakes and Biscuits | 46 | 3 | 2 | 10 | 1 | 31 | 5 | Sweet/fat |
| 8 |  |  |  | Cereals and cereal products | 18 | 2 | 2 | 8 | 1 | 11 | 2 | Neutral |
| 9 |  |  |  | Vegetables | 9 | 9 | 6 | 5 | 4 | 8 | 2 | Neutral |
| 10 |  |  |  | Savoury sandwich spreads | 23 | 17 | 2 | 27 | 8 | 57 | 1 | Fat |
| 11 |  |  |  | Cheese | 6 | 19 | 3 | 37 | 19 | 60 | 4 | Salt/umami/fat |
| 15 |  |  |  | Nuts, seeds and savoury snacks | 11 | 4 | 1 | 40 | 17 | 34 | 4 | Salt/umami/fat |
| 16 |  |  |  | Pulses | 13 | 4 | 2 | 24 | 13 | 15 | 2 | Neutral |
| 19 |  |  |  | Soups | 11 | 9 | 1 | 41 | 28 | 26 | 4 | Salt/umami/fat |
| 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces | 58 | 4 | 5 | 9 | 1 | 41 | 5 | Sweet/fat |
| 22 |  |  |  | Fish | 4 | 13 | 2 | 31 | 26 | 36 | 4 | Salt/umami/fat |
| 23 |  |  |  | Meat, meat products and poultry | 6 | 7 | 1 | 39 | 21 | 50 | 4 | Salt/umami/fat |
| 15 | 4 | 2 |  | Nuts and seeds | 13 | 2 | 4 | 19 | 8 | 37 | 2 | Neutral |
| 13 | 5 | 1 |  | Milk | 11 | 13 | 1 | 3 | 1 | 21 | 2 | Neutral |
| 13 | 5 | 2 |  | Milk beverages | 39 | 6 | 5 | 5 | 1 | 27 | 5 | Sweet/fat |
| 13 | 5 | 3 |  | Yogurt | 30 | 34 | 2 | 3 | 1 | 31 | 3 | Sweet/sour |
| 13 | 5 | 4 |  | Fromage blanc and petits suisses | 26 | 34 | 1 | 2 | 1 | 39 | 3 | Sweet/sour |
| 13 | 5 | 6 |  | Cream desserts and puddings | 43 | 3 | 5 | 4 | 1 | 47 | 5 | Sweet/fat |
| 20 | 11 | 5 | 1 | Ice cream | 46 | 2 | 3 | 6 | 1 | 51 | 5 | Sweet/fat |
| 2 | 13 | 0/1/2 |  | Non-alcoholic beverages | 42 | 30 | 4 | 3 | 1 | 4 | 3 | Sweet/sour |
| 2 | 13 | 4 |  | Waters | 1 | 6 | 8 | 1 | 1 | 4 | 2 | Neutral |
| 2 | 14 | 1 |  | Wine | 12 | 43 | 25 | 1 | 1 | 1 | 3 | Sweet/sour |
| 2 | 14 | 3 |  | Beer and cider | 7 | 17 | 52 | 2 | 1 | 1 | 6 | Bitter |
| 2 | 14 | 4 |  | Spirits and brandy | 22 | 13 | 25 | 2 | 1 | 4 | 6 | Bitter |
| 23 | 7 | 2 | 1 | Chicken and hen | 6 | 7 | 1 | 18 | 13 | 29 | 2 | Neutral |
| 21 | 10 |  |  | Fat and oils | 3 | 2 | 2 | 13 | 4 | 88 | 1 | Fat |
| 2 | 13 | 3 | 1 | Coffee | 11 | 6 | 51 | 2 | 1 | 7 | 6 | Bitter |
| 2 | 13 | 3 | 2 | Tea | 12 | 5 | 18 | 1 | 1 | 2 | 2 | Neutral |
| 21 | 15 | 1 | 0 | Unclassified sauces | 15 | 16 | 2 | 47 | 23 | 55 | 4 | Salt/umami/fat |
| 21 | 15 | 1 | 1 | Tomato sauces | 26 | 29 | 1 | 34 | 26 | 30 | 4 | Salt/umami/fat |
| 21 | 15 | 1 | 2 | Dressing sauces | 13 | 49 | 2 | 41 | 13 | 66 | 1 | Fat |
| 21 | 15 | 1 | 3 | Mayonnaises and similars | 12 | 35 | 1 | 28 | 9 | 73 | 1 | Fat |

**SUPPLEMENTAL TABLE 3.** Mean taste intensity values for the 476 profiled foods and the classification into taste clusters and NEVO and GloboDiet food groups

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Mean taste intensity  values (0-100) | | | | | | Cluster | | | NEVO | GloboDiet | | |  |
| Food code | Product description | Sweet | Sour | Bitter | Salt | Umami | Fat | # | Name | Distance | Food group | Food group | Sub fg1 | Sub fg2 | Food group name |
| 455 | Peanut butter | 27 | 2 | 2 | 24 | 2 | 69 | 1 | Fat | 26.0 | 10 |  |  |  | Savoury sandwich spreads |
| 541 | Peanut butter with nut pieces | 24 | 4 | 2 | 33 | 8 | 65 | 1 | Fat | 27.2 | 10 |  |  |  | Savoury sandwich spreads |
| 719 | Cheese cream soft Mon Chou | 7 | 15 | 1 | 21 | 4 | 79 | 1 | Fat | 2.9 | 11 |  |  |  | Cheese |
| 728 | Cheese cream soft Boursin | 8 | 32 | 2 | 40 | 12 | 69 | 1 | Fat | 28.6 | 11 |  |  |  | Cheese |
| 1487 | Cheese Brie 60+ | 4 | 11 | 13 | 38 | 14 | 68 | 1 | Fat | 25.0 | 11 |  |  |  | Cheese |
| 1650 | Cheese goat fresh | 5 | 45 | 1 | 32 | 11 | 61 | 1 | Fat | 37.6 | 11 |  |  |  | Cheese |
| 2678 | Dairy spread plain/herbs | 9 | 20 | 1 | 30 | 19 | 71 | 1 | Fat | 18.4 | 11 |  |  |  | Cheese |
| 1808 | Creme fraiche | 4 | 33 | 1 | 8 | 2 | 64 | 1 | Fat | 27.6 | 13 | 5 | 7 | 1 | Milk and milk products |
| 310 | Butter unsalted | 3 | 1 | 0 | 4 | 1 | 95 | 1 | Fat | 27.7 | 21 | 10 | 2 | 0 | Fat and oils |
| 313 | Oil soya | 3 | 3 | 3 | 5 | 6 | 90 | 1 | Fat | 22.7 | 21 | 10 | 1 | 0 | Fat and oils |
| 317 | Oil sunflower seed | 2 | 1 | 1 | 4 | 1 | 91 | 1 | Fat | 25.7 | 21 | 10 | 1 | 0 | Fat and oils |
| 451 | Mayonnaise | 10 | 33 | 1 | 25 | 8 | 76 | 1 | Fat | 19.6 | 21 | 15 | 1 | 3 | Mayonnaises and similars |
| 458 | Salad cream 25% oil | 11 | 33 | 2 | 32 | 8 | 68 | 1 | Fat | 24.7 | 21 | 15 | 1 | 3 | Mayonnaises and similars |
| 465 | Sauce for chips 25% oil | 12 | 37 | 1 | 28 | 8 | 74 | 1 | Fat | 24.8 | 21 | 15 | 1 | 3 | Mayonnaises and similars |
| 601 | Oil olive | 1 | 0 | 17 | 3 | 1 | 98 | 1 | Fat | 34.3 | 21 | 10 | 1 | 0 | Fat and oils |
| 879 | Butter salted | 3 | 1 | 0 | 32 | 2 | 92 | 1 | Fat | 22.9 | 21 | 10 | 2 | 0 | Fat and oils |
| 1260 | Mayonnaise yoghurt based 25% oil | 15 | 32 | 1 | 24 | 7 | 69 | 1 | Fat | 21.9 | 21 | 15 | 1 | 3 | Mayonnaises and similars |
| 1839 | Low fat margarine product tub Becel Ligh | 1 | 1 | 0 | 3 | 1 | 78 | 1 | Fat | 23.7 | 21 | 10 | 3 | 0 | Fat and oils |
| 1847 | Margarine product tub Becel Dieet | 1 | 1 | 1 | 3 | 1 | 83 | 1 | Fat | 24.0 | 21 | 10 | 3 | 0 | Fat and oils |
| 2059 | Low fat margarine 40% fat <17 g sat | 3 | 1 | 0 | 12 | 2 | 89 | 1 | Fat | 19.9 | 21 | 10 | 3 | 0 | Fat and oils |
| 2060 | Low fat margarine prod 35% fat <10 g sat | 2 | 1 | 1 | 2 | 1 | 84 | 1 | Fat | 24.7 | 21 | 10 | 3 | 0 | Fat and oils |
| 2062 | Margarine 80% fat 17-24 g saturates | 4 | 4 | 0 | 10 | 2 | 84 | 1 | Fat | 16.8 | 21 | 10 | 3 | 0 | Fat and oils |
| 2063 | Margarine 80% fat >24 g saturates | 2 | 1 | 1 | 14 | 0 | 94 | 1 | Fat | 22.9 | 21 | 10 | 3 | 0 | Fat and oils |
| 2065 | Margarine product 70% fat >17 g sat | 2 | 2 | 1 | 14 | 2 | 84 | 1 | Fat | 16.5 | 21 | 10 | 3 | 0 | Fat and oils |
| 2066 | Cooking fat liquid 97% fat <17 g sat | 8 | 8 | 1 | 56 | 23 | 90 | 1 | Fat | 41.1 | 21 | 10 | 3 | 0 | Fat and oils |
| 2067 | Cooking fat solid 97% fat >17 g sat | 5 | 3 | 1 | 19 | 16 | 92 | 1 | Fat | 19.9 | 21 | 10 | 3 | 0 | Fat and oils |
| 2072 | Margarine product 60% fat <17 g sat | 2 | 5 | 1 | 4 | 2 | 78 | 1 | Fat | 20.3 | 21 | 10 | 3 | 0 | Fat and oils |
| 2077 | Margarine liq 80% fat <17 g saturates | 3 | 2 | 1 | 13 | 2 | 88 | 1 | Fat | 18.3 | 21 | 10 | 3 | 0 | Fat and oils |
| 2423 | Low fat margarine prod Blue Band Idee | 3 | 2 | 0 | 13 | 1 | 83 | 1 | Fat | 16.8 | 21 | 10 | 3 | 0 | Fat and oils |
| 2466 | Salad dressing vinaigrette | 10 | 56 | 2 | 41 | 11 | 66 | 1 | Fat | 48.4 | 21 | 15 | 1 | 2 | Dressing sauces |
| 2468 | Salad dressing honey/mustard | 15 | 41 | 2 | 40 | 14 | 66 | 1 | Fat | 37.0 | 21 | 15 | 1 | 2 | Dressing sauces |
| 2471 | Mayonnaise product approx 35% oil | 12 | 41 | 1 | 30 | 14 | 76 | 1 | Fat | 29.7 | 21 | 15 | 1 | 3 | Mayonnaises and similars |
| 2472 | Oil wok average | 4 | 1 | 1 | 9 | 12 | 91 | 1 | Fat | 22.3 | 21 | 10 | 1 | 0 | Fat and oils |
| 2558 | Margarine liq 80% fat < 17g sat unsalted | 3 | 1 | 1 | 9 | 1 | 87 | 1 | Fat | 20.7 | 21 | 10 | 3 | 0 | Fat and oils |
| 2562 | Cooking fat liq 97%fat <17g sat unsalted | 8 | 5 | 1 | 32 | 10 | 88 | 1 | Fat | 17.7 | 21 | 10 | 3 | 0 | Fat and oils |
| 2711 | Margarine product AlbertHeijn Bewust | 5 | 5 | 1 | 7 | 2 | 91 | 1 | Fat | 21.1 | 21 | 10 | 3 | 0 | Fat and oils |
| 1432 | Bacon rasher  fried in non-stick coating pan | 4 | 3 | 4 | 21 | 9 | 61 | 1 | Fat | 21.7 | 23 |  |  |  | Meat, meat products and poultry |
| 982 | Potatoes wo skins boiled average | 5 | 2 | 1 | 8 | 7 | 13 | 2 | Neutral | 6.6 | 1 |  |  |  | Potatoes |
| 1456 | Chips pre-fried  (deep-fried) | 9 | 3 | 0 | 15 | 7 | 42 | 2 | Neutral | 29.2 | 1 |  |  |  | Potatoes |
| 2325 | Potatoes boiled with skin av | 6 | 2 | 1 | 6 | 8 | 9 | 2 | Neutral | 8.6 | 1 |  |  |  | Potatoes |
| 411 | Mineral water Spa | 1 | 1 | 4 | 1 | 1 | 4 | 2 | Neutral | 16.7 | 2 | 13 | 4 |  | Waters |
| 645 | Tea prepared | 4 | 5 | 20 | 1 | 1 | 2 | 2 | Neutral | 23.7 | 2 | 13 | 3 | 2 | Tea |
| 747 | Mineral water average | 2 | 17 | 19 | 2 | 0 | 3 | 2 | Neutral | 26.4 | 2 | 13 | 4 |  | Waters |
| 1885 | Water average | 1 | 1 | 2 | 1 | 1 | 5 | 2 | Neutral | 16.2 | 2 | 13 | 4 |  | Waters |
| 2389 | Fruit drink conc can Albert Heijn | 37 | 5 | 1 | 2 | 0 | 1 | 2 | Neutral | 31.4 | 2 | 11 | 4 | 0 | Non-alcoholic beverages |
| 377645 | Tea with sugar | 20 | 4 | 16 | 1 | 0 | 2 | 2 | Neutral | 22.7 | 2 | 13 | 3 | 2 | Tea |
| 227 | Crispbakes Dutch | 12 | 2 | 1 | 9 | 1 | 4 | 2 | Neutral | 10.7 | 3 |  |  |  | Bread |
| 228 | Crackers cream | 5 | 1 | 1 | 8 | 1 | 7 | 2 | Neutral | 9.8 | 3 |  |  |  | Bread |
| 230 | Roll white soft | 8 | 4 | 2 | 13 | 1 | 13 | 2 | Neutral | 4.8 | 3 |  |  |  | Bread |
| 236 | Bread brown wheat | 4 | 2 | 2 | 12 | 0 | 8 | 2 | Neutral | 9.5 | 3 |  |  |  | Bread |
| 241 | Bread white milk based | 7 | 2 | 0 | 11 | 0 | 12 | 2 | Neutral | 6.5 | 3 |  |  |  | Bread |
| 246 | Bread wholemeal average | 4 | 3 | 2 | 11 | 1 | 7 | 2 | Neutral | 9.5 | 3 |  |  |  | Bread |
| 248 | Bread white water based | 5 | 2 | 2 | 11 | 0 | 9 | 2 | Neutral | 8.2 | 3 |  |  |  | Bread |
| 249 | Bread wheat malt Tarvo | 5 | 3 | 2 | 12 | 0 | 8 | 2 | Neutral | 8.8 | 3 |  |  |  | Bread |
| 565 | Toast | 3 | 1 | 1 | 9 | 0 | 4 | 2 | Neutral | 13.0 | 3 |  |  |  | Bread |
| 655 | Crispbakes Dutch wholemeal | 11 | 2 | 1 | 10 | 1 | 4 | 2 | Neutral | 10.4 | 3 |  |  |  | Bread |
| 975 | Crispbread sesame | 5 | 1 | 1 | 15 | 0 | 4 | 2 | Neutral | 12.8 | 3 |  |  |  | Bread |
| 1361 | Bread white Turkish | 5 | 2 | 1 | 14 | 1 | 11 | 2 | Neutral | 7.8 | 3 |  |  |  | Bread |
| 1779 | Crispbread wholemeal | 5 | 4 | 4 | 11 | 1 | 2 | 2 | Neutral | 13.0 | 3 |  |  |  | Bread |
| 2277 | Bread Blue Band Goede Start white bread | 5 | 2 | 1 | 11 | 0 | 9 | 2 | Neutral | 8.4 | 3 |  |  |  | Bread |
| 2350 | Bread multigrain average w seeds | 4 | 2 | 2 | 13 | 1 | 9 | 2 | Neutral | 8.8 | 3 |  |  |  | Bread |
| 2357 | Bread wholemeal w sunflower seeds | 4 | 2 | 4 | 14 | 1 | 9 | 2 | Neutral | 9.1 | 3 |  |  |  | Bread |
| 2369 | Breadsticks | 5 | 1 | 1 | 20 | 0 | 5 | 2 | Neutral | 14.7 | 3 |  |  |  | Bread |
| 2703 | Bread wholemeal w seeds | 5 | 5 | 4 | 14 | 1 | 9 | 2 | Neutral | 8.4 | 3 |  |  |  | Bread |
| 2707 | Bread corn w sunflower seeds | 7 | 1 | 1 | 11 | 1 | 11 | 2 | Neutral | 6.2 | 3 |  |  |  | Bread |
| 2789 | Bread ciabatta no filling | 6 | 3 | 1 | 18 | 1 | 8 | 2 | Neutral | 10.8 | 3 |  |  |  | Bread |
| 2790 | Bread pita white | 7 | 2 | 1 | 13 | 3 | 14 | 2 | Neutral | 4.9 | 3 |  |  |  | Bread |
| 2793 | Baguette white | 8 | 3 | 1 | 18 | 0 | 12 | 2 | Neutral | 9.3 | 3 |  |  |  | Bread |
| 2794 | Baguette brown | 6 | 2 | 1 | 17 | 0 | 10 | 2 | Neutral | 9.8 | 3 |  |  |  | Bread |
| 2795 | Roll white hard | 7 | 3 | 1 | 14 | 1 | 10 | 2 | Neutral | 7.0 | 3 |  |  |  | Bread |
| 2796 | Roll brown hard | 6 | 4 | 1 | 14 | 1 | 9 | 2 | Neutral | 7.9 | 3 |  |  |  | Bread |
| 2797 | Roll brown soft | 7 | 4 | 2 | 13 | 1 | 12 | 2 | Neutral | 5.4 | 3 |  |  |  | Bread |
| 2798 | Roll wholemeal soft | 7 | 3 | 2 | 16 | 1 | 10 | 2 | Neutral | 8.0 | 3 |  |  |  | Bread |
| 2803 | Bun currant/raisin | 26 | 7 | 2 | 11 | 1 | 18 | 2 | Neutral | 17.4 | 3 |  |  |  | Bread |
| 2804 | Bun wholemeal w muesli | 23 | 6 | 1 | 12 | 1 | 14 | 2 | Neutral | 13.9 | 3 |  |  |  | Bread |
| 2816 | Bread Tijger white | 7 | 2 | 1 | 13 | 0 | 12 | 2 | Neutral | 6.6 | 3 |  |  |  | Bread |
| 2818 | Croissant average | 13 | 2 | 1 | 19 | 1 | 35 | 2 | Neutral | 23.8 | 3 |  |  |  | Bread |
| 84 | Eggs chicken boiled average | 5 | 2 | 1 | 10 | 8 | 26 | 2 | Neutral | 14.2 | 5 |  |  |  | Eggs |
| 137 | Olives tinned/glass | 4 | 6 | 4 | 31 | 18 | 19 | 2 | Neutral | 26.0 | 6 |  |  |  | Fruit |
| 151 | Banana | 29 | 2 | 1 | 1 | 1 | 24 | 2 | Neutral | 24.2 | 6 |  |  |  | Fruit |
| 168 | Pear without skin | 30 | 8 | 1 | 1 | 1 | 9 | 2 | Neutral | 23.4 | 6 |  |  |  | Fruit |
| 2748 | Pear with skin | 30 | 6 | 1 | 1 | 1 | 10 | 2 | Neutral | 22.9 | 6 |  |  |  | Fruit |
| 252 | Biscuit sweet | 24 | 1 | 0 | 8 | 0 | 8 | 2 | Neutral | 16.5 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 258 | Biscuits averaged | 27 | 1 | 1 | 11 | 1 | 12 | 2 | Neutral | 17.8 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 263 | Biscuit brown/wholemeal | 24 | 1 | 1 | 10 | 0 | 8 | 2 | Neutral | 16.1 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 873 | Biscuit fortifd w currants LigaEvergreen | 36 | 3 | 1 | 13 | 1 | 11 | 2 | Neutral | 26.6 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 1481 | Rice cakes puffed | 3 | 0 | 1 | 7 | 1 | 4 | 2 | Neutral | 13.4 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 2232 | Biscuit fruit | 30 | 5 | 1 | 7 | 1 | 12 | 2 | Neutral | 20.9 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 209 | Breakfast cereal Cornflakes Kellogg's | 14 | 2 | 1 | 9 | 2 | 5 | 2 | Neutral | 10.2 | 8 |  |  |  | Cereals and cereal products |
| 225 | Breakfast cereal Brinta | 6 | 1 | 2 | 6 | 1 | 20 | 2 | Neutral | 10.0 | 8 |  |  |  | Cereals and cereal products |
| 658 | Rice white boiled | 3 | 2 | 2 | 2 | 4 | 5 | 2 | Neutral | 14.0 | 8 |  |  |  | Cereals and cereal products |
| 659 | Pasta plain average boiled | 3 | 2 | 1 | 3 | 1 | 16 | 2 | Neutral | 11.4 | 8 |  |  |  | Cereals and cereal products |
| 1014 | Rice brown boiled | 3 | 2 | 1 | 3 | 2 | 9 | 2 | Neutral | 11.7 | 8 |  |  |  | Cereals and cereal products |
| 2004 | Breakfast cereal All-Bran Fruit n Fibre | 19 | 2 | 1 | 10 | 1 | 5 | 2 | Neutral | 13.1 | 8 |  |  |  | Cereals and cereal products |
| 2157 | Pasta wholemeal boiled | 4 | 2 | 2 | 6 | 1 | 13 | 2 | Neutral | 8.5 | 8 |  |  |  | Cereals and cereal products |
| 2359 | Wrap/Tortilla | 11 | 1 | 1 | 11 | 2 | 14 | 2 | Neutral | 4.4 | 8 |  |  |  | Cereals and cereal products |
| 2366 | Muesli crunchy plain/w fruit | 35 | 8 | 1 | 10 | 1 | 10 | 2 | Neutral | 26.0 | 8 |  |  |  | Cereals and cereal products |
| 2675 | Muesli crunchy w nuts | 34 | 1 | 1 | 14 | 0 | 11 | 2 | Neutral | 25.1 | 8 |  |  |  | Cereals and cereal products |
| 2809 | Muesli w fruit | 11 | 4 | 2 | 4 | 1 | 5 | 2 | Neutral | 11.3 | 8 |  |  |  | Cereals and cereal products |
| 7 | Endive raw | 4 | 1 | 10 | 1 | 1 | 2 | 2 | Neutral | 18.0 | 9 |  |  |  | Vegetables |
| 8 | Endive boiled | 3 | 1 | 8 | 1 | 2 | 6 | 2 | Neutral | 15.3 | 9 |  |  |  | Vegetables |
| 15 | Cauliflower boiled | 6 | 4 | 3 | 3 | 4 | 11 | 2 | Neutral | 8.8 | 9 |  |  |  | Vegetables |
| 16 | Kale curly boiled | 3 | 1 | 7 | 2 | 2 | 4 | 2 | Neutral | 15.5 | 9 |  |  |  | Vegetables |
| 20 | Mushrooms boiled | 7 | 3 | 2 | 5 | 18 | 18 | 2 | Neutral | 15.6 | 9 |  |  |  | Vegetables |
| 26 | Celeriac boiled | 12 | 3 | 3 | 3 | 3 | 11 | 2 | Neutral | 8.3 | 9 |  |  |  | Vegetables |
| 27 | Cucumber wo skin raw | 7 | 2 | 2 | 1 | 1 | 2 | 2 | Neutral | 15.7 | 9 |  |  |  | Vegetables |
| 32 | Sweet pepper green boiled | 7 | 5 | 19 | 3 | 4 | 15 | 2 | Neutral | 18.1 | 9 |  |  |  | Vegetables |
| 37 | Leek boiled | 6 | 3 | 5 | 2 | 3 | 9 | 2 | Neutral | 10.7 | 9 |  |  |  | Vegetables |
| 46 | Lettuce head raw | 5 | 3 | 9 | 1 | 1 | 2 | 2 | Neutral | 17.2 | 9 |  |  |  | Vegetables |
| 54 | Cabbage oxheart boiled | 3 | 3 | 6 | 1 | 1 | 6 | 2 | Neutral | 14.7 | 9 |  |  |  | Vegetables |
| 55 | Brussel sprouts boiled | 8 | 2 | 19 | 5 | 9 | 7 | 2 | Neutral | 18.9 | 9 |  |  |  | Vegetables |
| 59 | Bean sprouts boiled | 8 | 6 | 11 | 2 | 3 | 6 | 2 | Neutral | 14.3 | 9 |  |  |  | Vegetables |
| 64 | Onions boiled | 7 | 4 | 3 | 2 | 5 | 12 | 2 | Neutral | 9.1 | 9 |  |  |  | Vegetables |
| 68 | Chicory boiled | 5 | 1 | 11 | 2 | 1 | 7 | 2 | Neutral | 14.9 | 9 |  |  |  | Vegetables |
| 71 | Carrots raw average | 15 | 4 | 2 | 2 | 2 | 4 | 2 | Neutral | 13.9 | 9 |  |  |  | Vegetables |
| 72 | Carrots boiled average | 15 | 2 | 1 | 2 | 3 | 10 | 2 | Neutral | 10.9 | 9 |  |  |  | Vegetables |
| 135 | Pea garden super fine tinned | 15 | 2 | 1 | 11 | 6 | 9 | 2 | Neutral | 7.4 | 9 |  |  |  | Vegetables |
| 136 | Peas and carrots tinned | 13 | 2 | 1 | 16 | 8 | 9 | 2 | Neutral | 8.9 | 9 |  |  |  | Vegetables |
| 139 | Beans French tinned | 7 | 3 | 3 | 14 | 6 | 11 | 2 | Neutral | 5.4 | 9 |  |  |  | Vegetables |
| 143 | Carrots tinned | 15 | 2 | 2 | 10 | 3 | 11 | 2 | Neutral | 6.2 | 9 |  |  |  | Vegetables |
| 146 | Spinach frozen boiled | 7 | 4 | 8 | 4 | 3 | 7 | 2 | Neutral | 11.0 | 9 |  |  |  | Vegetables |
| 650 | Cabbage red w apple pieces frozen boiled | 24 | 10 | 4 | 15 | 10 | 12 | 2 | Neutral | 17.1 | 9 |  |  |  | Vegetables |
| 651 | Spinach creamed frozen boiled | 6 | 3 | 2 | 30 | 10 | 16 | 2 | Neutral | 20.8 | 9 |  |  |  | Vegetables |
| 885 | Sweet pepper red boiled | 14 | 11 | 3 | 2 | 4 | 9 | 2 | Neutral | 12.7 | 9 |  |  |  | Vegetables |
| 920 | Broccoli boiled | 6 | 5 | 4 | 4 | 6 | 8 | 2 | Neutral | 9.6 | 9 |  |  |  | Vegetables |
| 951 | Beans French boiled | 9 | 3 | 2 | 4 | 4 | 9 | 2 | Neutral | 8.0 | 9 |  |  |  | Vegetables |
| 953 | Peas frozen boiled | 15 | 2 | 1 | 4 | 5 | 8 | 2 | Neutral | 10.3 | 9 |  |  |  | Vegetables |
| 966 | Courgettes boiled | 7 | 1 | 2 | 2 | 4 | 9 | 2 | Neutral | 10.5 | 9 |  |  |  | Vegetables |
| 1399 | Lettuce iceberg raw | 9 | 2 | 3 | 1 | 1 | 4 | 2 | Neutral | 14.0 | 9 |  |  |  | Vegetables |
| 2734 | Tomato average raw | 10 | 19 | 3 | 3 | 12 | 10 | 2 | Neutral | 18.9 | 9 |  |  |  | Vegetables |
| 2739 | Cucumber w skin raw | 6 | 4 | 4 | 1 | 1 | 3 | 2 | Neutral | 15.1 | 9 |  |  |  | Vegetables |
| 2741 | Sweet pepper yellow boiled | 16 | 8 | 2 | 3 | 3 | 12 | 2 | Neutral | 10.8 | 9 |  |  |  | Vegetables |
| 1955 | Cheese Mozzarella | 2 | 7 | 1 | 9 | 3 | 40 | 2 | Neutral | 28.1 | 11 |  |  |  | Cheese |
| 279 | Milk whole | 12 | 4 | 1 | 3 | 1 | 20 | 2 | Neutral | 10.9 | 13 | 5 | 1 |  | Milk |
| 286 | Milk semi-skimmed | 12 | 4 | 1 | 3 | 1 | 20 | 2 | Neutral | 10.9 | 13 | 5 | 1 |  | Milk |
| 294 | Milk skimmed | 14 | 5 | 1 | 2 | 1 | 18 | 2 | Neutral | 11.3 | 13 | 5 | 1 |  | Milk |
| 199 | Cashew nuts unsalted | 10 | 1 | 1 | 14 | 11 | 39 | 2 | Neutral | 26.8 | 15 | 4 | 2 |  | Nuts and seeds |
| 205 | Mixed nuts and raisins | 24 | 8 | 4 | 5 | 4 | 24 | 2 | Neutral | 19.0 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 206 | Walnuts unsalted | 5 | 1 | 12 | 2 | 6 | 22 | 2 | Neutral | 16.2 | 15 | 4 | 2 |  | Nuts and seeds |
| 264 | Biscuit salted average | 6 | 1 | 0 | 45 | 4 | 17 | 2 | Neutral | 35.1 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 265 | Puff pastry baked | 3 | 2 | 2 | 32 | 1 | 15 | 2 | Neutral | 23.0 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 267 | Pretzel sticks | 4 | 1 | 1 | 47 | 1 | 9 | 2 | Neutral | 37.5 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 872 | Sunflower seeds | 6 | 2 | 3 | 3 | 2 | 23 | 2 | Neutral | 13.1 | 15 | 4 | 2 |  | Nuts and seeds |
| 1937 | Crisps tortilla unflavoured | 5 | 1 | 1 | 29 | 4 | 21 | 2 | Neutral | 20.9 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 1943 | Japanese rice cracker mix w peanuts | 16 | 1 | 1 | 26 | 16 | 18 | 2 | Neutral | 21.0 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 2147 | Japanese rice cracker mix wo peanuts | 9 | 2 | 1 | 28 | 10 | 9 | 2 | Neutral | 19.1 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 2176 | Pine nuts | 9 | 2 | 6 | 8 | 4 | 40 | 2 | Neutral | 26.9 | 15 | 4 | 2 |  | Nuts and seeds |
| 197 | Beans baked in tomato sauce tinned | 18 | 6 | 1 | 28 | 16 | 17 | 2 | Neutral | 22.9 | 16 |  |  |  | Pulses |
| 660 | Beans brown tinned | 8 | 1 | 2 | 19 | 9 | 13 | 2 | Neutral | 10.3 | 16 |  |  |  | Pulses |
| 467 | Pancake | 15 | 2 | 1 | 8 | 2 | 35 | 2 | Neutral | 22.6 | 18 |  |  |  | Mixed dishes |
| 2347 | Tortellini boiled | 8 | 4 | 1 | 25 | 15 | 24 | 2 | Neutral | 21.0 | 18 |  |  |  | Mixed dishes |
| 447 | Chewing gum without sugar | 29 | 2 | 2 | 1 | 0 | 4 | 2 | Neutral | 23.8 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 819 | Cod boiled | 2 | 3 | 2 | 13 | 12 | 20 | 2 | Neutral | 13.1 | 22 |  |  |  | Fish |
| 1590 | Tuna in water tinned | 4 | 16 | 2 | 25 | 22 | 19 | 2 | Neutral | 27.1 | 22 |  |  |  | Fish |
| 1610 | Salmon farmed prep in microwave oven | 3 | 9 | 1 | 18 | 25 | 27 | 2 | Neutral | 27.2 | 22 |  |  |  | Fish |
| 2297 | Tuna  (pan-fried) | 4 | 11 | 1 | 12 | 10 | 13 | 2 | Neutral | 11.1 | 22 |  |  |  | Fish |
| 2299 | Tilapia  (pan-fried) | 6 | 5 | 1 | 12 | 15 | 21 | 2 | Neutral | 13.8 | 22 |  |  |  | Fish |
| 1400 | Beef rump steak  (pan-fried) | 5 | 7 | 1 | 17 | 18 | 24 | 2 | Neutral | 19.4 | 23 |  |  |  | Meat, meat products and poultry |
| 1415 | Beef steak tartare  (pan-fried) | 4 | 5 | 1 | 15 | 10 | 31 | 2 | Neutral | 20.0 | 23 |  |  |  | Meat, meat products and poultry |
| 1418 | Pork fillet  (pan-fried) | 5 | 9 | 1 | 16 | 14 | 30 | 2 | Neutral | 21.2 | 23 |  |  |  | Meat, meat products and poultry |
| 1420 | Pork chop  (pan-fried) | 4 | 10 | 1 | 16 | 18 | 25 | 2 | Neutral | 20.6 | 23 |  |  |  | Meat, meat products and poultry |
| 1422 | Pork tenderloin  (pan-fried) | 4 | 9 | 1 | 17 | 14 | 34 | 2 | Neutral | 24.9 | 23 |  |  |  | Meat, meat products and poultry |
| 1634 | Chicken fillet  (pan-fried) | 6 | 7 | 1 | 18 | 13 | 29 | 2 | Neutral | 20.0 | 23 | 7 | 2 | 1 | Chicken and hen |
| 1788 | Pork rib chop  (pan-fried) | 4 | 4 | 0 | 16 | 14 | 21 | 2 | Neutral | 14.9 | 23 |  |  |  | Meat, meat products and poultry |
| 1790 | Pork schnitzel not breaded  (pan-fried) | 5 | 7 | 1 | 18 | 16 | 25 | 2 | Neutral | 19.0 | 23 |  |  |  | Meat, meat products and poultry |
| 383 | Juice apple | 35 | 44 | 2 | 1 | 0 | 1 | 3 | Sweet/sour | 14.8 | 2 | 13 | 1 |  | Non-alcoholic beverages |
| 395 | Soft drink cola with caffeine | 41 | 23 | 5 | 1 | 0 | 1 | 3 | Sweet/sour | 19.7 | 2 | 13 | 2 |  | Non-alcoholic beverages |
| 400 | Soft drink wo caffeine | 51 | 33 | 6 | 2 | 0 | 3 | 3 | Sweet/sour | 22.5 | 2 | 13 | 2 |  | Non-alcoholic beverages |
| 410 | Juice orange pasteurized | 32 | 42 | 2 | 1 | 0 | 2 | 3 | Sweet/sour | 12.4 | 2 | 13 | 1 |  | Non-alcoholic beverages |
| 417 | Juice drink | 50 | 33 | 7 | 2 | 0 | 4 | 3 | Sweet/sour | 21.3 | 2 | 13 | 2 |  | Non-alcoholic beverages |
| 423 | Wine white dry | 12 | 45 | 21 | 1 | 1 | 1 | 3 | Sweet/sour | 29.6 | 2 | 14 | 1 |  | Wine |
| 425 | Whey drink light Rivella | 35 | 26 | 7 | 3 | 1 | 1 | 3 | Sweet/sour | 15.4 | 2 | 13 | 2 |  | Non-alcoholic beverages |
| 1294 | Whey drink Taksi w sugar | 50 | 29 | 1 | 5 | 0 | 3 | 3 | Sweet/sour | 22.2 | 2 | 13 | 2 |  | Non-alcoholic beverages |
| 1463 | Fruit juice dk minimal 2 fruits | 51 | 34 | 3 | 3 | 0 | 7 | 3 | Sweet/sour | 20.9 | 2 | 13 | 1 |  | Non-alcoholic beverages |
| 1523 | Cola light soft drink with caffeine | 46 | 20 | 3 | 1 | 0 | 1 | 3 | Sweet/sour | 24.5 | 2 | 13 | 2 |  | Non-alcoholic beverages |
| 1655 | Fruit juice concentrated | 62 | 46 | 0 | 0 | 0 | 6 | 3 | Sweet/sour | 33.9 | 2 | 11 | 4 | 0 | Non-alcoholic beverages |
| 1810 | Fruit drink concentrate Karvan Cevitam | 42 | 8 | 1 | 2 | 0 | 2 | 3 | Sweet/sour | 31.4 | 2 | 11 | 4 | 0 | Non-alcoholic beverages |
| 1878 | Fruit juice drink Roosvicee Multivit | 39 | 35 | 1 | 2 | 0 | 1 | 3 | Sweet/sour | 14.0 | 2 | 13 | 1 |  | Non-alcoholic beverages |
| 1932 | Juice orange with pulp | 21 | 50 | 5 | 2 | 0 | 4 | 3 | Sweet/sour | 19.4 | 2 | 13 | 1 |  | Non-alcoholic beverages |
| 2042 | Sports drink AA High Energy | 56 | 19 | 1 | 5 | 0 | 3 | 3 | Sweet/sour | 31.5 | 2 | 13 | 2 |  | Non-alcoholic beverages |
| 2079 | Breakfast drink HeroFruitontbijt p 100ml | 39 | 32 | 1 | 2 | 0 | 11 | 3 | Sweet/sour | 9.7 | 2 | 13 | 1 |  | Non-alcoholic beverages |
| 2086 | Ice tea | 39 | 29 | 4 | 3 | 2 | 5 | 3 | Sweet/sour | 12.5 | 2 | 13 | 2 |  | Non-alcoholic beverages |
| 2134 | Juice drink Dubbelfrisss | 37 | 23 | 1 | 2 | 0 | 4 | 3 | Sweet/sour | 16.3 | 2 | 13 | 2 |  | Non-alcoholic beverages |
| 2135 | Juice drink Vruchtenfris/Tintelfruit | 37 | 35 | 1 | 2 | 0 | 1 | 3 | Sweet/sour | 12.9 | 2 | 13 | 2 |  | Non-alcoholic beverages |
| 2136 | Lemonade squash Dubbelfrisss light | 33 | 31 | 1 | 1 | 0 | 1 | 3 | Sweet/sour | 12.6 | 2 | 13 | 2 |  | Non-alcoholic beverages |
| 2138 | Juice drink Spa&Fruit still | 36 | 19 | 0 | 3 | 0 | 2 | 3 | Sweet/sour | 20.2 | 2 | 13 | 2 |  | Non-alcoholic beverages |
| 2142 | Wine white sweet | 16 | 38 | 18 | 2 | 1 | 1 | 3 | Sweet/sour | 23.6 | 2 | 14 | 1 |  | Wine |
| 2434 | Juice drink Wicky | 43 | 32 | 1 | 4 | 0 | 2 | 3 | Sweet/sour | 16.2 | 2 | 13 | 1 |  | Non-alcoholic beverages |
| 2436 | Juice drink w sugar & sw | 53 | 24 | 3 | 2 | 0 | 4 | 3 | Sweet/sour | 26.3 | 2 | 13 | 2 |  | Non-alcoholic beverages |
| 2480 | Energy drink Golden Power/Bullit | 42 | 33 | 5 | 2 | 0 | 1 | 3 | Sweet/sour | 16.0 | 2 | 13 | 2 |  | Non-alcoholic beverages |
| 2507 | Juice multifruit | 40 | 30 | 3 | 1 | 0 | 2 | 3 | Sweet/sour | 14.9 | 2 | 13 | 1 |  | Non-alcoholic beverages |
| 2610 | Wine rose | 13 | 43 | 24 | 1 | 1 | 1 | 3 | Sweet/sour | 30.3 | 2 | 14 | 1 |  | Wine |
| 2634 | Fruit juice dk minimal 2 fruits w vit C | 43 | 26 | 1 | 2 | 0 | 4 | 3 | Sweet/sour | 17.6 | 2 | 13 | 1 |  | Non-alcoholic beverages |
| 2639 | Smoothie fruit | 37 | 39 | 3 | 4 | 0 | 15 | 3 | Sweet/sour | 8.0 | 2 | 13 | 1 |  | Non-alcoholic beverages |
| 2672 | Energy drink Red Bull/Euroshopper/Rodeo | 55 | 39 | 10 | 3 | 0 | 4 | 3 | Sweet/sour | 26.6 | 2 | 13 | 2 |  | Non-alcoholic beverages |
| 2755 | Juice orange freshly squeezed | 31 | 61 | 11 | 2 | 0 | 6 | 3 | Sweet/sour | 27.4 | 2 | 13 | 1 |  | Non-alcoholic beverages |
| 147 | Apple without skin average | 20 | 38 | 2 | 1 | 0 | 4 | 3 | Sweet/sour | 14.0 | 6 |  |  |  | Fruit |
| 148 | Strawberries | 18 | 34 | 1 | 1 | 0 | 8 | 3 | Sweet/sour | 14.1 | 6 |  |  |  | Fruit |
| 150 | Pineapple | 34 | 34 | 1 | 2 | 0 | 5 | 3 | Sweet/sour | 8.4 | 6 |  |  |  | Fruit |
| 160 | Grapes with skin average | 30 | 25 | 2 | 1 | 0 | 5 | 3 | Sweet/sour | 13.0 | 6 |  |  |  | Fruit |
| 165 | Manderins | 26 | 31 | 3 | 1 | 1 | 4 | 3 | Sweet/sour | 10.6 | 6 |  |  |  | Fruit |
| 171 | Orange | 19 | 47 | 8 | 1 | 0 | 3 | 3 | Sweet/sour | 19.5 | 6 |  |  |  | Fruit |
| 177 | Pineapple in syrup tinned | 38 | 20 | 0 | 3 | 0 | 6 | 3 | Sweet/sour | 18.4 | 6 |  |  |  | Fruit |
| 179 | Apple sauce tinned | 46 | 21 | 0 | 2 | 2 | 13 | 3 | Sweet/sour | 21.5 | 6 |  |  |  | Fruit |
| 183 | Fruit cocktail in syrup tinned | 37 | 10 | 0 | 2 | 1 | 9 | 3 | Sweet/sour | 26.7 | 6 |  |  |  | Fruit |
| 189 | Peaches in syrup tinned | 31 | 14 | 2 | 2 | 1 | 9 | 3 | Sweet/sour | 21.8 | 6 |  |  |  | Fruit |
| 875 | Apple with skin average | 22 | 40 | 1 | 1 | 1 | 3 | 3 | Sweet/sour | 13.8 | 6 |  |  |  | Fruit |
| 1056 | Kiwi fruit | 19 | 51 | 4 | 1 | 0 | 7 | 3 | Sweet/sour | 20.4 | 6 |  |  |  | Fruit |
| 1321 | Biscuit fortified Liga Fruitkick | 33 | 18 | 0 | 10 | 0 | 16 | 3 | Sweet/sour | 19.3 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 74 | Cabbage sauerkraut cooked | 6 | 70 | 4 | 17 | 2 | 4 | 3 | Sweet/sour | 45.0 | 9 |  |  |  | Vegetables |
| 132 | Gherkins sweet pickled | 12 | 69 | 1 | 9 | 2 | 7 | 3 | Sweet/sour | 39.1 | 9 |  |  |  | Vegetables |
| 144 | Silver-skin onions sweet pickled glass | 10 | 53 | 2 | 12 | 2 | 10 | 3 | Sweet/sour | 28.3 | 9 |  |  |  | Vegetables |
| 575 | Sandwich spread original | 19 | 45 | 1 | 24 | 13 | 36 | 3 | Sweet/sour | 36.7 | 10 |  |  |  | Savoury sandwich spreads |
| 278 | Yoghurt full fat | 2 | 71 | 2 | 3 | 1 | 28 | 3 | Sweet/sour | 48.6 | 13 | 5 | 3 |  | Yogurt |
| 289 | Buttermilk | 6 | 37 | 1 | 5 | 2 | 24 | 3 | Sweet/sour | 27.8 | 13 | 5 | 1 |  | Milk |
| 301 | Yoghurt low fat | 2 | 67 | 2 | 3 | 1 | 25 | 3 | Sweet/sour | 44.8 | 13 | 5 | 3 |  | Yogurt |
| 305 | Fromage frais low fat | 2 | 51 | 1 | 0 | 1 | 35 | 3 | Sweet/sour | 40.5 | 13 | 5 | 4 |  | Fromage blanc and petits suisses |
| 657 | Yoghurt drink | 32 | 27 | 1 | 4 | 1 | 29 | 3 | Sweet/sour | 19.5 | 13 | 5 | 3 |  | Yogurt |
| 931 | Fromage frais low fat with fruit | 29 | 29 | 1 | 3 | 0 | 37 | 3 | Sweet/sour | 26.4 | 13 | 5 | 4 |  | Fromage blanc and petits suisses |
| 1502 | Yoghurt half fat | 6 | 49 | 2 | 1 | 1 | 27 | 3 | Sweet/sour | 32.3 | 13 | 5 | 3 |  | Yogurt |
| 1721 | Yoghurt vanilla half fat | 26 | 27 | 0 | 4 | 1 | 35 | 3 | Sweet/sour | 25.5 | 13 | 5 | 3 |  | Yogurt |
| 1813 | Yakult | 50 | 38 | 3 | 3 | 3 | 13 | 3 | Sweet/sour | 19.6 | 13 | 5 | 3 |  | Yogurt |
| 1832 | Yoghurt drink Vifit fruit | 34 | 27 | 0 | 4 | 1 | 26 | 3 | Sweet/sour | 17.3 | 13 | 5 | 3 |  | Yogurt |
| 1833 | Yoghurt l fat w fruit/van w sw Optimel | 33 | 32 | 1 | 5 | 1 | 33 | 3 | Sweet/sour | 21.9 | 13 | 5 | 3 |  | Yogurt |
| 1834 | Yoghurt drink w sweeteners Optimel | 42 | 27 | 2 | 2 | 1 | 24 | 3 | Sweet/sour | 18.9 | 13 | 5 | 3 |  | Yogurt |
| 2052 | Dairy dr Milk&Fruit strawberry-cherry | 31 | 26 | 2 | 5 | 1 | 20 | 3 | Sweet/sour | 12.7 | 13 | 5 | 2 |  | Milk beverages |
| 2257 | Breakfast drink Goede Morgen original | 30 | 24 | 1 | 3 | 1 | 30 | 3 | Sweet/sour | 21.8 | 13 | 5 | 3 |  | Yogurt |
| 1486 | Mashed potatoes with cabbage sauerkraut | 4 | 48 | 3 | 28 | 4 | 31 | 3 | Sweet/sour | 42.6 | 18 |  |  |  | Mixed dishes |
| 450 | Boiled sweets | 46 | 19 | 2 | 2 | 0 | 7 | 3 | Sweet/sour | 23.1 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 462 | Ketchup tomato | 28 | 42 | 1 | 29 | 22 | 27 | 3 | Sweet/sour | 36.4 | 21 | 15 | 1 | 1 | Tomato sauces |
| 1100 | Herring pickled (sweet)sour | 4 | 73 | 3 | 36 | 18 | 39 | 3 | Sweet/sour | 64.4 | 22 |  |  |  | Fish |
| 121 | Potatoes mashed prep w semi-sk milk+marg | 7 | 3 | 1 | 44 | 15 | 36 | 4 | Salt/umami/fat | 13.9 | 1 |  |  |  | Potatoes |
| 948 | Rosti prepared without fat | 9 | 3 | 1 | 35 | 15 | 29 | 4 | Salt/umami/fat | 20.3 | 1 |  |  |  | Potatoes |
| 1150 | Potatoes sliced frozen  (pan-fried) | 6 | 1 | 1 | 26 | 13 | 45 | 4 | Salt/umami/fat | 20.5 | 1 |  |  |  | Potatoes |
| 2834 | Potato waffels/balls frozen  (deep-fried) | 7 | 3 | 1 | 40 | 13 | 45 | 4 | Salt/umami/fat | 11.9 | 1 |  |  |  | Potatoes |
| 413 | Tomato juice | 10 | 23 | 1 | 32 | 33 | 14 | 4 | Salt/umami/fat | 37.1 | 2 | 13 | 1 |  | Non-alcoholic beverages |
| 441 | Yeast extract Marmite | 11 | 23 | 23 | 62 | 64 | 19 | 4 | Salt/umami/fat | 58.7 | 4 |  |  |  | Miscellelaneous |
| 511 | Cheese Edam 40+ | 4 | 21 | 3 | 45 | 16 | 50 | 4 | Salt/umami/fat | 15.8 | 11 |  |  |  | Cheese |
| 513 | Cheese Gouda 48+ average | 6 | 18 | 1 | 41 | 17 | 51 | 4 | Salt/umami/fat | 12.6 | 11 |  |  |  | Cheese |
| 515 | Cheese spread 48+ | 6 | 22 | 5 | 55 | 18 | 67 | 4 | Salt/umami/fat | 29.3 | 11 |  |  |  | Cheese |
| 517 | Cheese spread 20+ | 4 | 14 | 5 | 41 | 30 | 70 | 4 | Salt/umami/fat | 26.8 | 11 |  |  |  | Cheese |
| 804 | Cheese sheep fresh | 4 | 10 | 1 | 38 | 44 | 53 | 4 | Salt/umami/fat | 23.1 | 11 |  |  |  | Cheese |
| 1302 | Cheese cream soft Paturain | 6 | 27 | 1 | 50 | 17 | 65 | 4 | Salt/umami/fat | 28.7 | 11 |  |  |  | Cheese |
| 1382 | Cheese 30+ | 7 | 16 | 2 | 40 | 18 | 46 | 4 | Salt/umami/fat | 9.0 | 11 |  |  |  | Cheese |
| 1723 | Cheese 20+ | 5 | 14 | 1 | 39 | 21 | 55 | 4 | Salt/umami/fat | 12.0 | 11 |  |  |  | Cheese |
| 1725 | Cheese Leerdammer/Maasdammer 45+ | 6 | 10 | 2 | 29 | 28 | 50 | 4 | Salt/umami/fat | 14.8 | 11 |  |  |  | Cheese |
| 2518 | Cheese goat hard | 9 | 22 | 2 | 37 | 24 | 62 | 4 | Salt/umami/fat | 21.8 | 11 |  |  |  | Cheese |
| 824 | Mustard | 6 | 47 | 10 | 37 | 5 | 31 | 4 | Salt/umami/fat | 45.6 | 12 |  |  |  | Herbs and spices |
| 1215 | Soya sauce sweet | 42 | 9 | 4 | 61 | 27 | 17 | 4 | Salt/umami/fat | 48.1 | 14 |  |  |  | Soy products |
| 122 | Crisps potato average | 11 | 5 | 1 | 43 | 17 | 30 | 4 | Salt/umami/fat | 17.1 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 266 | Snack sausage roll puff pastry | 7 | 4 | 1 | 45 | 17 | 55 | 4 | Salt/umami/fat | 13.0 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 269 | Prawn crackers | 12 | 1 | 0 | 29 | 26 | 33 | 4 | Salt/umami/fat | 20.0 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 546 | Peanuts coated | 11 | 3 | 2 | 43 | 24 | 43 | 4 | Salt/umami/fat | 7.0 | 15 | 4 | 2 |  | Nuts and seeds |
| 618 | Cocktail snacks Nibbits | 7 | 3 | 0 | 42 | 26 | 39 | 4 | Salt/umami/fat | 9.4 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 876 | Peanuts salted | 8 | 1 | 2 | 40 | 7 | 45 | 4 | Salt/umami/fat | 18.0 | 15 | 4 | 2 |  | Nuts and seeds |
| 901 | Snack sausage roll w bread dough pastry | 9 | 6 | 1 | 38 | 19 | 31 | 4 | Salt/umami/fat | 15.6 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 1488 | Pastry puff cheese filled  (deep-fried) | 6 | 10 | 1 | 54 | 23 | 62 | 4 | Salt/umami/fat | 20.9 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 1505 | Crisps potato light unflavoured | 8 | 2 | 0 | 57 | 6 | 40 | 4 | Salt/umami/fat | 24.5 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 1699 | Biscuits & snacks cheesy averaged | 6 | 2 | 0 | 41 | 8 | 24 | 4 | Salt/umami/fat | 27.1 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 1935 | Nuts mixed salted | 12 | 1 | 4 | 32 | 11 | 41 | 4 | Salt/umami/fat | 18.5 | 15 | 4 | 2 |  | Nuts and seeds |
| 2163 | Crisps maize Bugles | 13 | 3 | 0 | 46 | 19 | 30 | 4 | Salt/umami/fat | 18.0 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 2362 | Sausage Dutch Frikandel frozen  (deep-fried) | 9 | 5 | 1 | 45 | 21 | 55 | 4 | Salt/umami/fat | 11.2 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 2370 | Cocktail snacks based on corn or wheat | 12 | 8 | 1 | 55 | 37 | 49 | 4 | Salt/umami/fat | 19.9 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 2527 | Biscuit savoury Sultana | 10 | 4 | 1 | 42 | 24 | 15 | 4 | Salt/umami/fat | 30.7 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 2529 | Potato crisps oven baked | 15 | 8 | 1 | 44 | 18 | 31 | 4 | Salt/umami/fat | 16.7 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 2547 | Chines noodle ball  (deep-fried) | 9 | 3 | 1 | 45 | 37 | 54 | 4 | Salt/umami/fat | 17.8 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 2548 | Croquette meat ragout frozen  (deep-fried) | 9 | 6 | 1 | 44 | 25 | 63 | 4 | Salt/umami/fat | 18.2 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 2549 | Springroll frozen  (deep-fried) | 11 | 6 | 1 | 36 | 26 | 51 | 4 | Salt/umami/fat | 9.5 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 2551 | Croissant w ham and cheese | 10 | 4 | 1 | 38 | 16 | 43 | 4 | Salt/umami/fat | 9.8 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 2617 | Bread stuffed Bapao meat | 18 | 6 | 0 | 35 | 25 | 36 | 4 | Salt/umami/fat | 15.4 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 2706 | Cassave crackers | 15 | 1 | 1 | 31 | 19 | 29 | 4 | Salt/umami/fat | 22.4 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 2923 | Crisps potato unflavoured | 4 | 4 | 1 | 48 | 8 | 25 | 4 | Salt/umami/fat | 26.8 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 2924 | Crisps potato flavoured | 11 | 7 | 1 | 47 | 26 | 40 | 4 | Salt/umami/fat | 8.6 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 2926 | Crisps potato light flavoured | 12 | 7 | 0 | 47 | 17 | 44 | 4 | Salt/umami/fat | 9.1 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 2929 | Crisps potato Lays Sensations flavoured | 12 | 4 | 0 | 54 | 14 | 38 | 4 | Salt/umami/fat | 17.9 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 646 | Spaghetti Bolognese | 9 | 11 | 0 | 29 | 25 | 37 | 4 | Salt/umami/fat | 15.6 | 18 |  |  |  | Mixed dishes |
| 1483 | Mashed potatoes with kale without meat | 6 | 6 | 3 | 41 | 13 | 30 | 4 | Salt/umami/fat | 18.7 | 18 |  |  |  | Mixed dishes |
| 1485 | Mashed potatoes with carrots and onions | 10 | 6 | 1 | 37 | 11 | 34 | 4 | Salt/umami/fat | 17.5 | 18 |  |  |  | Mixed dishes |
| 1491 | Lasagne bolognese | 12 | 8 | 1 | 42 | 32 | 55 | 4 | Salt/umami/fat | 13.7 | 18 |  |  |  | Mixed dishes |
| 1837 | Nasi | 6 | 2 | 1 | 39 | 27 | 38 | 4 | Salt/umami/fat | 11.4 | 18 |  |  |  | Mixed dishes |
| 1914 | Pizza margherita | 16 | 4 | 1 | 35 | 15 | 35 | 4 | Salt/umami/fat | 17.2 | 18 |  |  |  | Mixed dishes |
| 761 | Soup clear with meat and vegetables | 12 | 3 | 1 | 37 | 37 | 24 | 4 | Salt/umami/fat | 26.8 | 19 |  |  |  | Soups |
| 762 | Soup clear w meat vegetables and noodles | 7 | 7 | 1 | 42 | 21 | 22 | 4 | Salt/umami/fat | 23.5 | 19 |  |  |  | Soups |
| 766 | Soup main course w legumes and meat | 6 | 8 | 2 | 40 | 22 | 40 | 4 | Salt/umami/fat | 6.3 | 19 |  |  |  | Soups |
| 792 | Soup thickened w meat and vegetables | 19 | 22 | 1 | 32 | 32 | 20 | 4 | Salt/umami/fat | 33.1 | 19 |  |  |  | Soups |
| 797 | Soup vegetable based dried packet prep | 8 | 3 | 1 | 45 | 31 | 23 | 4 | Salt/umami/fat | 24.6 | 19 |  |  |  | Soups |
| 800 | Soup vegetable based tinned prepared | 19 | 16 | 1 | 32 | 27 | 26 | 4 | Salt/umami/fat | 25.4 | 19 |  |  |  | Soups |
| 802 | Soup legume based ready made prepared | 7 | 10 | 2 | 44 | 20 | 37 | 4 | Salt/umami/fat | 9.3 | 19 |  |  |  | Soups |
| 1528 | Stock from cube prepared | 7 | 3 | 1 | 57 | 41 | 21 | 4 | Salt/umami/fat | 34.4 | 19 |  |  |  | Soups |
| 2932 | Soup cup-a-soup prepared | 10 | 6 | 3 | 39 | 21 | 25 | 4 | Salt/umami/fat | 20.9 | 19 |  |  |  | Soups |
| 584 | Ketchup curry | 31 | 22 | 1 | 33 | 22 | 32 | 4 | Salt/umami/fat | 30.6 | 21 | 15 | 1 | 1 | Tomato sauces |
| 616 | Peanut sauce jar prepared | 32 | 9 | 2 | 41 | 14 | 60 | 4 | Salt/umami/fat | 29.2 | 21 | 15 | 1 | 0 | Unclassified sauces |
| 1524 | Sauce tomato ready made jar | 20 | 24 | 1 | 39 | 33 | 31 | 4 | Salt/umami/fat | 25.9 | 21 | 15 | 1 | 1 | Tomato sauces |
| 2178 | Pesto | 5 | 12 | 2 | 57 | 23 | 54 | 4 | Salt/umami/fat | 18.1 | 21 | 15 | 1 | 0 | Unclassified sauces |
| 2612 | Tapenade olive | 9 | 26 | 1 | 43 | 32 | 52 | 4 | Salt/umami/fat | 20.5 | 21 | 15 | 1 | 0 | Unclassified sauces |
| 348 | Shrimps Dutch peeled boiled | 8 | 4 | 1 | 33 | 31 | 31 | 4 | Salt/umami/fat | 19.2 | 22 |  |  |  | Fish |
| 350 | Herring salted | 3 | 11 | 2 | 50 | 40 | 58 | 4 | Salt/umami/fat | 23.5 | 22 |  |  |  | Fish |
| 602 | Salmon tinned | 4 | 8 | 2 | 26 | 28 | 32 | 4 | Salt/umami/fat | 21.7 | 22 |  |  |  | Fish |
| 814 | Fish fingers fried | 6 | 4 | 1 | 41 | 23 | 51 | 4 | Salt/umami/fat | 8.0 | 22 |  |  |  | Fish |
| 818 | White fish fillet in batter deep-fried | 5 | 4 | 1 | 32 | 27 | 48 | 4 | Salt/umami/fat | 12.5 | 22 |  |  |  | Fish |
| 1096 | Salmon smoked | 3 | 10 | 1 | 53 | 36 | 57 | 4 | Salt/umami/fat | 21.5 | 22 |  |  |  | Fish |
| 1586 | Mackerel fillet smoked | 3 | 8 | 1 | 42 | 44 | 52 | 4 | Salt/umami/fat | 22.7 | 22 |  |  |  | Fish |
| 1589 | Tuna in oil tinned | 3 | 19 | 2 | 37 | 31 | 36 | 4 | Salt/umami/fat | 17.4 | 22 |  |  |  | Fish |
| 106 | Duck whole  fried in non-stick coating pan | 4 | 7 | 2 | 16 | 27 | 37 | 4 | Salt/umami/fat | 27.8 | 23 |  |  |  | Meat, meat products and poultry |
| 319 | Corned beef | 4 | 8 | 1 | 43 | 23 | 44 | 4 | Salt/umami/fat | 4.9 | 23 |  |  |  | Meat, meat products and poultry |
| 324 | Sausage smoked cooked average | 6 | 20 | 1 | 42 | 18 | 59 | 4 | Salt/umami/fat | 18.5 | 23 |  |  |  | Meat, meat products and poultry |
| 328 | Ham smoked raw | 3 | 4 | 1 | 65 | 27 | 57 | 4 | Salt/umami/fat | 27.3 | 23 |  |  |  | Meat, meat products and poultry |
| 335 | Liver pate | 8 | 8 | 1 | 46 | 20 | 65 | 4 | Salt/umami/fat | 20.4 | 23 |  |  |  | Meat, meat products and poultry |
| 336 | Luncheon meat tinned | 8 | 8 | 1 | 37 | 24 | 49 | 4 | Salt/umami/fat | 6.3 | 23 |  |  |  | Meat, meat products and poultry |
| 340 | Beef smoke-dried | 2 | 8 | 0 | 59 | 19 | 38 | 4 | Salt/umami/fat | 20.2 | 23 |  |  |  | Meat, meat products and poultry |
| 566 | Sausage frankfurter tinned | 6 | 12 | 1 | 48 | 28 | 55 | 4 | Salt/umami/fat | 13.2 | 23 |  |  |  | Meat, meat products and poultry |
| 567 | Sausage luncheon meat | 4 | 8 | 1 | 37 | 19 | 49 | 4 | Salt/umami/fat | 8.6 | 23 |  |  |  | Meat, meat products and poultry |
| 638 | Salami sausage saveloy | 3 | 14 | 1 | 47 | 20 | 58 | 4 | Salt/umami/fat | 15.9 | 23 |  |  |  | Meat, meat products and poultry |
| 639 | Bacon rashers streaky | 4 | 6 | 0 | 53 | 21 | 76 | 4 | Salt/umami/fat | 33.2 | 23 |  |  |  | Meat, meat products and poultry |
| 640 | Liver sausage | 7 | 3 | 2 | 41 | 32 | 63 | 4 | Salt/umami/fat | 20.8 | 23 |  |  |  | Meat, meat products and poultry |
| 642 | Pate | 15 | 6 | 2 | 46 | 26 | 66 | 4 | Salt/umami/fat | 22.5 | 23 |  |  |  | Meat, meat products and poultry |
| 783 | Sausage with smoked bacon-bits | 7 | 9 | 0 | 44 | 32 | 62 | 4 | Salt/umami/fat | 19.2 | 23 |  |  |  | Meat, meat products and poultry |
| 784 | Ham lean boiled | 5 | 5 | 0 | 46 | 31 | 41 | 4 | Salt/umami/fat | 11.4 | 23 |  |  |  | Meat, meat products and poultry |
| 785 | Ham shoulder medium fat boiled | 8 | 6 | 1 | 45 | 23 | 39 | 4 | Salt/umami/fat | 7.7 | 23 |  |  |  | Meat, meat products and poultry |
| 810 | Beef steak tartare spiced filet americ | 8 | 5 | 0 | 41 | 19 | 51 | 4 | Salt/umami/fat | 8.2 | 23 |  |  |  | Meat, meat products and poultry |
| 1152 | Salami | 3 | 19 | 1 | 51 | 21 | 56 | 4 | Salt/umami/fat | 18.3 | 23 |  |  |  | Meat, meat products and poultry |
| 1155 | Minced meat loaf fried | 4 | 6 | 1 | 38 | 21 | 50 | 4 | Salt/umami/fat | 8.4 | 23 |  |  |  | Meat, meat products and poultry |
| 1162 | Sausage cooked | 3 | 5 | 0 | 37 | 23 | 47 | 4 | Salt/umami/fat | 8.6 | 23 |  |  |  | Meat, meat products and poultry |
| 1239 | Liver pate sausage | 5 | 6 | 4 | 40 | 19 | 63 | 4 | Salt/umami/fat | 19.0 | 23 |  |  |  | Meat, meat products and poultry |
| 1405 | Minced beef  (pan-fried) | 4 | 3 | 1 | 22 | 11 | 49 | 4 | Salt/umami/fat | 24.6 | 23 |  |  |  | Meat, meat products and poultry |
| 1417 | Sausage pork Braadworst  (pan-fried) | 6 | 6 | 0 | 54 | 24 | 67 | 4 | Salt/umami/fat | 25.3 | 23 |  |  |  | Meat, meat products and poultry |
| 1425 | Pork shoulder chop  (pan-fried) | 4 | 2 | 0 | 24 | 12 | 47 | 4 | Salt/umami/fat | 22.6 | 23 |  |  |  | Meat, meat products and poultry |
| 1431 | Kromesky meat filled  (pan-fried) | 7 | 4 | 1 | 48 | 19 | 60 | 4 | Salt/umami/fat | 17.3 | 23 |  |  |  | Meat, meat products and poultry |
| 1434 | Minced beef/pork  (pan-fried) | 4 | 2 | 1 | 24 | 12 | 45 | 4 | Salt/umami/fat | 22.5 | 23 |  |  |  | Meat, meat products and poultry |
| 1435 | Hamburger  (pan-fried) | 9 | 5 | 1 | 46 | 31 | 54 | 4 | Salt/umami/fat | 13.2 | 23 |  |  |  | Meat, meat products and poultry |
| 1643 | Chicken nuggets prepared in oven | 7 | 3 | 1 | 35 | 21 | 49 | 4 | Salt/umami/fat | 10.1 | 23 |  |  |  | Meat, meat products and poultry |
| 1771 | Liver pate/Berliner liver sausage | 7 | 11 | 2 | 31 | 27 | 59 | 4 | Salt/umami/fat | 18.1 | 23 |  |  |  | Meat, meat products and poultry |
| 1776 | Ham lean grilled | 4 | 9 | 1 | 43 | 26 | 40 | 4 | Salt/umami/fat | 7.6 | 23 |  |  |  | Meat, meat products and poultry |
| 2300 | Sausage smoked lean cooked | 3 | 21 | 1 | 51 | 23 | 54 | 4 | Salt/umami/fat | 18.3 | 23 |  |  |  | Meat, meat products and poultry |
| 2301 | Sausage smoked beef cooked | 4 | 23 | 1 | 56 | 27 | 62 | 4 | Salt/umami/fat | 26.7 | 23 |  |  |  | Meat, meat products and poultry |
| 2334 | Minced meat beef/pork w egg/brcrumbs (meatball) | 9 | 7 | 1 | 43 | 24 | 57 | 4 | Salt/umami/fat | 12.0 | 23 |  |  |  | Meat, meat products and poultry |
| 2339 | Beef olives  (pan-fried) | 6 | 8 | 1 | 47 | 19 | 55 | 4 | Salt/umami/fat | 12.0 | 23 |  |  |  | Meat, meat products and poultry |
| 2340 | Pork schnitzel breaded  (pan-fried) | 5 | 1 | 1 | 37 | 10 | 46 | 4 | Salt/umami/fat | 16.4 | 23 |  |  |  | Meat, meat products and poultry |
| 2363 | Minced meat w ham and cheese  (pan-fried) | 4 | 6 | 1 | 41 | 29 | 55 | 4 | Salt/umami/fat | 12.6 | 23 |  |  |  | Meat, meat products and poultry |
| 2364 | Chicken schnitzel  (pan-fried) | 6 | 2 | 1 | 35 | 13 | 42 | 4 | Salt/umami/fat | 14.6 | 23 |  |  |  | Meat, meat products and poultry |
| 2365 | Chicken cordon bleu  (pan-fried) | 5 | 7 | 1 | 46 | 28 | 60 | 4 | Salt/umami/fat | 16.6 | 23 |  |  |  | Meat, meat products and poultry |
| 2654 | Sandwich meat chicken | 4 | 6 | 1 | 37 | 17 | 26 | 4 | Salt/umami/fat | 21.4 | 23 |  |  |  | Meat, meat products and poultry |
| 2768 | Sausage raw beef | 5 | 13 | 3 | 42 | 21 | 64 | 4 | Salt/umami/fat | 19.6 | 23 |  |  |  | Meat, meat products and poultry |
| 2997 | Sausage grill | 6 | 8 | 0 | 39 | 21 | 63 | 4 | Salt/umami/fat | 18.3 | 23 |  |  |  | Meat, meat products and poultry |
| 3025 | Bacon lean smoked  (pan-fried) | 6 | 6 | 0 | 67 | 15 | 61 | 4 | Salt/umami/fat | 31.0 | 23 |  |  |  | Meat, meat products and poultry |
| 3027 | Pork shoarma seasoning  (pan-fried) | 11 | 3 | 0 | 50 | 32 | 59 | 4 | Salt/umami/fat | 19.5 | 23 |  |  |  | Meat, meat products and poultry |
| 3030 | Sausage beef Braadworst  (pan-fried) | 5 | 4 | 1 | 48 | 19 | 58 | 4 | Salt/umami/fat | 15.9 | 23 |  |  |  | Meat, meat products and poultry |
| 3031 | Pork sparerib (oven) | 15 | 2 | 0 | 38 | 29 | 53 | 4 | Salt/umami/fat | 14.2 | 23 |  |  |  | Meat, meat products and poultry |
| 463 | Fruit drink concentrate undiluted | 70 | 15 | 1 | 2 | 0 | 5 | 5 | Sweet/fat | 39.7 | 2 | 11 | 4 | 0 | Non-alcoholic beverages |
| 497 | Fruit drink concentrate fruitmix | 65 | 18 | 0 | 0 | 0 | 5 | 5 | Sweet/fat | 38.9 | 2 | 11 | 4 | 0 | Non-alcoholic beverages |
| 2355 | Bread white w sugar Suikerbrood | 51 | 3 | 1 | 12 | 0 | 37 | 5 | Sweet/fat | 4.9 | 3 |  |  |  | Bread |
| 33 | Raisins dried | 51 | 11 | 0 | 2 | 1 | 13 | 5 | Sweet/fat | 26.2 | 6 |  |  |  | Fruit |
| 1887 | Dates fresh | 46 | 3 | 0 | 2 | 1 | 19 | 5 | Sweet/fat | 20.4 | 6 |  |  |  | Fruit |
| 2379 | Raisins soaked in water | 48 | 15 | 0 | 3 | 1 | 17 | 5 | Sweet/fat | 23.8 | 6 |  |  |  | Fruit |
| 240 | Cake Dutch spiced Ontbijtkoek | 42 | 2 | 5 | 8 | 1 | 22 | 5 | Sweet/fat | 18.0 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 251 | Apple pie Dutch w shortbread w marg | 54 | 14 | 1 | 11 | 2 | 47 | 5 | Sweet/fat | 14.2 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 254 | Cake sponge Dutch Eierkoek | 38 | 1 | 1 | 7 | 1 | 18 | 5 | Sweet/fat | 23.6 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 255 | Gateau with whipped cream | 48 | 3 | 0 | 7 | 1 | 51 | 5 | Sweet/fat | 14.4 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 257 | Almond paste filled tarts average | 56 | 1 | 2 | 9 | 1 | 37 | 5 | Sweet/fat | 6.8 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 259 | Macaroons | 58 | 1 | 1 | 9 | 1 | 28 | 5 | Sweet/fat | 12.8 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 260 | Biscuit sponge fingers | 51 | 0 | 0 | 7 | 0 | 11 | 5 | Sweet/fat | 27.1 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 261 | Biscuit spiced Speculaas | 39 | 1 | 1 | 11 | 1 | 13 | 5 | Sweet/fat | 27.6 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 262 | Biscuit Dutch shortbread spritsstukken | 38 | 1 | 1 | 15 | 0 | 27 | 5 | Sweet/fat | 18.3 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 468 | Cream slice Dutch Tompouce | 54 | 2 | 0 | 4 | 1 | 40 | 5 | Sweet/fat | 7.5 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 480 | Biscuit chocolate coated Chocoprins | 59 | 1 | 4 | 13 | 1 | 41 | 5 | Sweet/fat | 11.0 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 481 | Biscuit shortbread Bastogne | 51 | 0 | 3 | 11 | 2 | 23 | 5 | Sweet/fat | 15.5 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 486 | Flan with fruit filling | 46 | 32 | 1 | 11 | 0 | 35 | 5 | Sweet/fat | 27.9 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 489 | Flan filled with rice pudding | 35 | 1 | 0 | 13 | 2 | 44 | 5 | Sweet/fat | 18.4 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 633 | Meringue cake Bokkenpootje | 57 | 1 | 5 | 8 | 0 | 40 | 5 | Sweet/fat | 8.1 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 635 | Biscuits Dutch krakeling | 53 | 0 | 0 | 11 | 0 | 24 | 5 | Sweet/fat | 15.1 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 713 | Waffle syrup average | 56 | 1 | 1 | 8 | 1 | 30 | 5 | Sweet/fat | 10.2 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 789 | Cake butter Dutch Boterkoek | 52 | 2 | 0 | 18 | 0 | 58 | 5 | Sweet/fat | 23.3 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 854 | Gateau fatless sponge w fruit & cream | 46 | 13 | 1 | 7 | 0 | 45 | 5 | Sweet/fat | 12.4 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 855 | Biscuit spiced Speculaas w almnd paste | 60 | 1 | 3 | 15 | 0 | 47 | 5 | Sweet/fat | 15.5 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 925 | Cake Dutch spiced Ontbijtkoek wholemeal | 41 | 1 | 2 | 9 | 1 | 17 | 5 | Sweet/fat | 23.0 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 1471 | Biscuit chocolate | 35 | 1 | 8 | 13 | 0 | 23 | 5 | Sweet/fat | 22.6 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 1473 | Doughnuts plain | 44 | 1 | 1 | 12 | 1 | 49 | 5 | Sweet/fat | 14.6 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 1475 | Eclair with whipped cream filling | 44 | 1 | 0 | 8 | 1 | 47 | 5 | Sweet/fat | 12.7 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 1965 | Biscuit fortified Liga Milkbreak | 36 | 2 | 1 | 14 | 1 | 20 | 5 | Sweet/fat | 23.8 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 2227 | Biscuit filled Prince | 47 | 1 | 0 | 13 | 0 | 24 | 5 | Sweet/fat | 15.6 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 2233 | Cake Dutch spiced Ontbijtkoek w raisin | 45 | 6 | 5 | 10 | 1 | 31 | 5 | Sweet/fat | 8.9 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 2393 | Cake raisins- | 46 | 1 | 0 | 11 | 0 | 44 | 5 | Sweet/fat | 10.0 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 2395 | Chocolate eclair | 56 | 3 | 5 | 9 | 1 | 62 | 5 | Sweet/fat | 25.3 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 2398 | Cake Dutchspiced Ontbijtkoek w rockcandy | 52 | 1 | 3 | 11 | 3 | 21 | 5 | Sweet/fat | 17.3 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 2401 | Tarts filled with jam | 61 | 10 | 2 | 11 | 1 | 41 | 5 | Sweet/fat | 12.5 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 2403 | Cup cake iced | 70 | 2 | 1 | 8 | 0 | 38 | 5 | Sweet/fat | 19.7 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 2405 | Chocolate chip cookie | 47 | 0 | 4 | 13 | 0 | 29 | 5 | Sweet/fat | 11.5 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 2413 | Cake wrapped in marzipan and chocolate | 70 | 2 | 6 | 5 | 1 | 56 | 5 | Sweet/fat | 27.3 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 2560 | Apple turnover | 62 | 6 | 1 | 12 | 1 | 33 | 5 | Sweet/fat | 13.0 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 2661 | Waffle Luikse | 47 | 1 | 0 | 8 | 0 | 24 | 5 | Sweet/fat | 14.8 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 2662 | Waffle soft-/sugar-/flash- | 49 | 1 | 0 | 9 | 0 | 28 | 5 | Sweet/fat | 10.9 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 2696 | Biscuit Dutch Amaretti Bitterkoekjes | 50 | 1 | 12 | 10 | 1 | 27 | 5 | Sweet/fat | 14.2 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 2698 | Cake chocolate made wo butter | 39 | 1 | 3 | 7 | 1 | 29 | 5 | Sweet/fat | 14.9 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 2776 | Flan apple and crumble topping | 49 | 15 | 1 | 11 | 0 | 42 | 5 | Sweet/fat | 11.9 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 2832 | Cake chocolate made w butter | 44 | 1 | 9 | 11 | 0 | 40 | 5 | Sweet/fat | 10.3 | 7 |  |  |  | Pastry, Cakes and Biscuits |
| 2002 | Breakfast prod Coco Pops Kellogg's | 41 | 1 | 5 | 12 | 0 | 13 | 5 | Sweet/fat | 26.9 | 8 |  |  |  | Cereals and cereal products |
| 2676 | Muesli crunchy w chocolate | 45 | 0 | 3 | 12 | 0 | 17 | 5 | Sweet/fat | 22.1 | 8 |  |  |  | Cereals and cereal products |
| 272 | Milk chocolate-flavoured full fat | 37 | 2 | 7 | 6 | 0 | 39 | 5 | Sweet/fat | 14.7 | 13 | 5 | 2 |  | Milk beverages |
| 276 | Custard chocolate full fat | 34 | 1 | 6 | 4 | 1 | 40 | 5 | Sweet/fat | 18.0 | 13 | 5 | 6 |  | Cream desserts and puddings |
| 282 | Custard vanilla full fat | 33 | 3 | 1 | 2 | 1 | 39 | 5 | Sweet/fat | 19.0 | 13 | 5 | 6 |  | Cream desserts and puddings |
| 284 | Yoghurt low fat with fruit | 42 | 24 | 1 | 2 | 1 | 33 | 5 | Sweet/fat | 22.5 | 13 | 5 | 3 |  | Yogurt |
| 736 | Pudding vanilla | 48 | 2 | 0 | 4 | 0 | 51 | 5 | Sweet/fat | 15.2 | 13 | 5 | 6 |  | Cream desserts and puddings |
| 767 | Mousse chocolate | 46 | 1 | 14 | 3 | 1 | 49 | 5 | Sweet/fat | 17.6 | 13 | 5 | 6 |  | Cream desserts and puddings |
| 863 | Yoghurt full fat with fruit | 40 | 28 | 1 | 4 | 1 | 42 | 5 | Sweet/fat | 26.3 | 13 | 5 | 3 |  | Yogurt |
| 915 | Chocolate pudding with sauce | 42 | 1 | 9 | 5 | 0 | 48 | 5 | Sweet/fat | 15.6 | 13 | 5 | 6 |  | Cream desserts and puddings |
| 917 | Fromage frais half fat w fruit | 48 | 22 | 1 | 3 | 1 | 45 | 5 | Sweet/fat | 19.8 | 13 | 5 | 4 |  | Fromage blanc and petits suisses |
| 938 | Pudding semolina with red currant sauce | 46 | 10 | 2 | 6 | 3 | 46 | 5 | Sweet/fat | 11.5 | 13 | 5 | 6 |  | Cream desserts and puddings |
| 1464 | Milk chocolate-flavoured semi-skimmed | 42 | 4 | 7 | 5 | 1 | 35 | 5 | Sweet/fat | 10.2 | 13 | 5 | 2 |  | Milk beverages |
| 1720 | Custard several flavours full fat | 36 | 3 | 8 | 4 | 1 | 42 | 5 | Sweet/fat | 16.7 | 13 | 5 | 6 |  | Cream desserts and puddings |
| 1916 | Cream whipped with added sugar | 49 | 2 | 0 | 2 | 1 | 51 | 5 | Sweet/fat | 15.7 | 13 | 5 | 7 | 1 | Milk and milk products |
| 1970 | Milk chocolate-flavoured Chocomel light | 40 | 1 | 8 | 6 | 1 | 35 | 5 | Sweet/fat | 12.6 | 13 | 5 | 2 |  | Milk beverages |
| 2244 | Yoghurt cream- with fruit | 40 | 27 | 1 | 2 | 1 | 44 | 5 | Sweet/fat | 26.3 | 13 | 5 | 3 |  | Yogurt |
| 2278 | Yoghurt full fat w fruit/muesli Activia | 34 | 20 | 2 | 4 | 1 | 37 | 5 | Sweet/fat | 22.9 | 13 | 5 | 3 |  | Yogurt |
| 2496 | Dairy drink Campina fruitmilk | 35 | 1 | 0 | 4 | 2 | 18 | 5 | Sweet/fat | 25.8 | 13 | 5 | 2 |  | Milk beverages |
| 2520 | Pudding airy average | 63 | 9 | 2 | 8 | 5 | 55 | 5 | Sweet/fat | 22.3 | 13 | 5 | 6 |  | Cream desserts and puddings |
| 2539 | Custard soft & airy Campina | 42 | 0 | 0 | 4 | 1 | 49 | 5 | Sweet/fat | 16.2 | 13 | 5 | 6 |  | Cream desserts and puddings |
| 2760 | Hot chocolate from vending machine | 48 | 2 | 8 | 5 | 0 | 14 | 5 | Sweet/fat | 24.4 | 13 | 5 | 2 |  | Milk beverages |
| 2823 | Yoghurt full fat stracciatella | 31 | 25 | 5 | 5 | 1 | 43 | 5 | Sweet/fat | 28.9 | 13 | 5 | 3 |  | Yogurt |
| 2345 | Peanuts sugar coated | 42 | 1 | 4 | 11 | 2 | 41 | 5 | Sweet/fat | 10.6 | 15 | 4 | 2 |  | Nuts and seeds |
| 2387 | Popcorn sweet puffed | 43 | 2 | 1 | 8 | 1 | 21 | 5 | Sweet/fat | 18.5 | 15 |  |  |  | Nuts, seeds and savoury snacks |
| 303 | Ice cream dairy cream based | 48 | 2 | 0 | 5 | 0 | 52 | 5 | Sweet/fat | 15.8 | 20 | 11 | 5 | 1 | Ice cream |
| 427 | Syrup apple | 64 | 29 | 3 | 6 | 1 | 28 | 5 | Sweet/fat | 29.3 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 431 | Chocolate milk | 55 | 1 | 5 | 7 | 0 | 66 | 5 | Sweet/fat | 29.2 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 432 | Chocolate plain | 44 | 6 | 39 | 4 | 1 | 58 | 5 | Sweet/fat | 41.9 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 433 | Chocolate flakes milk | 60 | 1 | 6 | 3 | 0 | 34 | 5 | Sweet/fat | 12.2 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 435 | Chocolate flakes plain | 52 | 0 | 10 | 6 | 0 | 37 | 5 | Sweet/fat | 8.6 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 436 | Spread chocolate hazelnut | 63 | 1 | 3 | 9 | 3 | 69 | 5 | Sweet/fat | 34.2 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 442 | Coloured confetti fruit-flavoured | 69 | 3 | 0 | 3 | 0 | 12 | 5 | Sweet/fat | 32.0 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 443 | Honey | 76 | 1 | 3 | 4 | 0 | 29 | 5 | Sweet/fat | 27.3 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 444 | Spread chocolade plain | 66 | 1 | 8 | 9 | 0 | 69 | 5 | Sweet/fat | 35.6 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 445 | Jam | 74 | 19 | 1 | 3 | 0 | 27 | 5 | Sweet/fat | 29.8 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 453 | Peppermint | 44 | 0 | 1 | 5 | 0 | 2 | 5 | Sweet/fat | 36.6 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 461 | Toffees | 66 | 1 | 1 | 11 | 0 | 47 | 5 | Sweet/fat | 18.9 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 484 | Jam reduced sugar | 58 | 19 | 1 | 4 | 0 | 26 | 5 | Sweet/fat | 20.2 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 485 | Ice cream dairy cornet | 47 | 4 | 4 | 7 | 1 | 50 | 5 | Sweet/fat | 13.2 | 20 | 11 | 5 | 1 | Ice cream |
| 487 | Candybar Mars | 64 | 3 | 4 | 10 | 1 | 57 | 5 | Sweet/fat | 23.9 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 520 | Liquorice Dutch type salted | 40 | 6 | 1 | 42 | 6 | 28 | 5 | Sweet/fat | 37.1 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 522 | Liquorice Dutch type sweet | 33 | 2 | 4 | 19 | 1 | 22 | 5 | Sweet/fat | 26.0 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 524 | M&M's chocolate | 57 | 2 | 3 | 7 | 2 | 28 | 5 | Sweet/fat | 11.8 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 525 | Candybar Milky Way | 67 | 3 | 4 | 10 | 0 | 65 | 5 | Sweet/fat | 32.2 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 528 | Candybar Snickers | 62 | 1 | 2 | 15 | 2 | 60 | 5 | Sweet/fat | 26.5 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 717 | Chocolate bar milk with nuts | 65 | 2 | 3 | 11 | 5 | 64 | 5 | Sweet/fat | 30.8 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 750 | Marsh mellows | 65 | 2 | 0 | 2 | 0 | 33 | 5 | Sweet/fat | 16.9 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 751 | Liquorice allsorts | 65 | 1 | 1 | 10 | 0 | 24 | 5 | Sweet/fat | 20.3 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 752 | Wine gums | 49 | 21 | 0 | 4 | 0 | 22 | 5 | Sweet/fat | 23.1 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 845 | Candybar Twix | 64 | 0 | 2 | 10 | 0 | 47 | 5 | Sweet/fat | 17.3 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 1508 | Chocolates filled/Belguim chocolate | 64 | 1 | 7 | 6 | 0 | 66 | 5 | Sweet/fat | 32.1 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 1962 | Chocolate confetti milk | 60 | 1 | 3 | 6 | 0 | 34 | 5 | Sweet/fat | 10.9 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 1963 | Chocolate confetti plain | 54 | 1 | 6 | 6 | 0 | 35 | 5 | Sweet/fat | 6.7 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 1964 | Spread chocolate milk | 62 | 1 | 6 | 10 | 2 | 65 | 5 | Sweet/fat | 30.3 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 2251 | Ice cream dairy w chocolate coating | 40 | 1 | 3 | 4 | 1 | 55 | 5 | Sweet/fat | 21.3 | 20 | 11 | 5 | 1 | Ice cream |
| 2375 | Chocolate plain w nuts | 38 | 1 | 31 | 8 | 2 | 57 | 5 | Sweet/fat | 36.3 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 2380 | Toffee w chocolate | 68 | 1 | 3 | 10 | 0 | 64 | 5 | Sweet/fat | 32.0 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 2416 | Ice cream stracciatella- | 47 | 1 | 4 | 7 | 1 | 47 | 5 | Sweet/fat | 11.0 | 20 | 11 | 5 | 1 | Ice cream |
| 2533 | Wine gum w liquorice | 48 | 7 | 1 | 26 | 0 | 21 | 5 | Sweet/fat | 24.6 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 2595 | Candybar KitKat | 59 | 1 | 3 | 12 | 0 | 47 | 5 | Sweet/fat | 13.8 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 2656 | Chocolate confetti mix white and plain | 56 | 1 | 4 | 6 | 0 | 37 | 5 | Sweet/fat | 7.0 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 2666 | Spread chocolate Duo Penotti hazelnut | 66 | 1 | 2 | 9 | 2 | 70 | 5 | Sweet/fat | 36.3 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 2870 | Candybar Lion | 59 | 1 | 2 | 13 | 0 | 42 | 5 | Sweet/fat | 11.5 | 20 |  |  |  | Sugar, sweets, sweet spreads and sweet sauces |
| 390 | Beer pilsner | 6 | 17 | 55 | 1 | 1 | 1 | 6 | Bitter | 12.4 | 2 | 14 | 3 |  | Beer and cider |
| 414 | Soft drink tonic | 24 | 22 | 38 | 2 | 0 | 1 | 6 | Bitter | 18.4 | 2 | 13 | 2 |  | Non-alcoholic beverages |
| 421 | Whisky | 22 | 13 | 25 | 2 | 1 | 4 | 6 | Bitter | 23.6 | 2 | 14 | 4 |  | Spirits and brandy |
| 422 | Wine red | 8 | 46 | 38 | 1 | 2 | 2 | 6 | Bitter | 35.6 | 2 | 14 | 1 |  | Wine |
| 644 | Coffee prepared | 2 | 9 | 63 | 3 | 1 | 4 | 6 | Bitter | 19.7 | 2 | 13 | 3 | 1 | Coffee |
| 1468 | Beer >7 vol% alcohol | 7 | 20 | 53 | 2 | 2 | 1 | 6 | Bitter | 12.4 | 2 | 14 | 3 |  | Beer and cider |
| 1519 | Beer alcohol free <0,1 vol% | 9 | 13 | 49 | 2 | 0 | 2 | 6 | Bitter | 5.0 | 2 | 14 | 3 |  | Beer and cider |
| 2477 | Coffee cappuccino instant prepared | 8 | 9 | 44 | 2 | 1 | 8 | 6 | Bitter | 6.1 | 2 | 13 | 3 | 1 | Coffee |
| 2647 | Coffee w sugar and milk vending machine | 26 | 10 | 36 | 3 | 1 | 18 | 6 | Bitter | 22.2 | 2 | 13 | 3 | 1 | Coffee |
| 274644 | Coffee with coffee creamer powder | 3 | 5 | 59 | 2 | 0 | 7 | 6 | Bitter | 17.1 | 2 | 13 | 3 | 1 | Coffee |
| 280644 | Coffee with coffee creamer full fat | 6 | 8 | 54 | 2 | 1 | 7 | 6 | Bitter | 10.7 | 2 | 13 | 3 | 1 | Coffee |
| 285644 | Coffee with coffee creamer half fat | 4 | 6 | 60 | 3 | 1 | 7 | 6 | Bitter | 17.0 | 2 | 13 | 3 | 1 | Coffee |
| 377644 | Coffee with sugar | 25 | 5 | 43 | 1 | 1 | 3 | 6 | Bitter | 15.3 | 2 | 13 | 3 | 1 | Coffee |
| 1088644 | Coffee with sweetener p tablet Natrena | 17 | 2 | 46 | 1 | 0 | 4 | 6 | Bitter | 11.1 | 2 | 13 | 3 | 1 | Coffee |
| 1593644 | Coffee with sweetener aspartame/acesulfa | 10 | 2 | 51 | 2 | 1 | 3 | 6 | Bitter | 11.0 | 2 | 13 | 3 | 1 | Coffee |
| 10002-644 | Coffee with stevia | 8 | 2 | 50 | 1 | 0 | 4 | 6 | Bitter | 11.1 | 2 | 13 | 3 | 1 | Coffee |
| 63 | Onions raw | 9 | 8 | 31 | 3 | 3 | 3 | 6 | Bitter | 16.1 | 9 |  |  |  | Vegetables |

**SUPPLEMENTAL TABLE 4.** Percentage of total energy intake (mean±SD) from each taste group based on cluster analyses stratified by gender, age, BMI and educational level, and averaged over 2 days of 24h recalls in the Dutch National Food Consumption Survey and for tested foods only1.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | **Percentage of energy from taste clusters** | | | | | | | | | | | |
|  | | | |  | |  |  |  | |  | |  | |  | | |  | |
|  | | | | Fat | | Sweet/  sour | Neutral | | Sweet/  fat | | Bitter | | Salt/  umami/fat | |
| **Men (n=687)** | | | | 11±7 | | 10±8\*¥ | 38±12\*¥ | | 11±9\*¥ | | 8±10\*¥ | | 23±11\*¥ | |
|  | | | |  | |  |  | |  | |  | |  | |
| Age (years) | | | |  | |  |  | |  | |  | |  | |
|  | 19-30 (N=343) | | | 11±7 | | 11±8a | 37±13 | | 10±9a | | 7±10 | | 24±11a | |
|  | 30-50 (N=344) | | | 10±7 | | 9±7b‡ | 39±11 | | 12±9b† | | 8±9 | | 21±11b‡ | |
| BMI (kg/m2) | | | |  | |  |  | |  | |  | |  | |  | | |
|  | 18.5-25.0 (normal, N=363) | | | 11±7 | | 11±8 | 38±12 | | 12±9 | | 8±10 | | 21±11a | |
|  | 25-30 (overweight, N=244) | | | 10±7 | | 10±7 | 37±12 | | 11±9 | | 8±10 | | 24±11b‡ | |
|  | >30 (obese, N=80) | | | 10±6 | | 9±7 | 40±12 | | 9±8 | | 5±9 | | 26±11b‡ | |
| Education (highest) | | | |  | |  |  | |  | |  | |  | |  | | |
|  | Low (1-3, N=186) | | | 10±8 | | 10±8 | 37±12 | | 12±9 | | 7±9 | | 24±13 | |
|  | Medium (4-5, N=351) | | | 11±7 | | 10±8 | 37±12 | | 11±9 | | 9±11 | | 23±10 | |
|  | High (6-7, N=150) | | | 10±6 | | 11±7 | 40±12 | | 11±9 | | 6±8 | | 22±11 | |
|  |  |  |  | |
| **Women (n=664)** | | | | 10±6 | | 13±9\*¥ | 41±13\*¥ | | 14±10\*¥ | | 3±6\*¥ | | 20±11\*¥ | |
|  | | | |  | |  |  | |  | |  | |  | |
| Age (years) | | | |  | |  |  | |  | |  | |  | |
|  | 19-30 (N=323) | | | 9±6 | | 14±10a | 40±13 | | 13±11 | | 3±6 | | 21±11 | |
|  | 30-50 (N=341) | | | 10±6 | | 12±9b‡ | 41±12 | | 14±10 | | 3±6 | | 20±11 | |
| BMI (kg/m2) | | | |  | |  |  | |  | |  | |  | |  | | |
|  | 18.5-25.0 (normal, N=351) | | | 10±7 | | 14±9a‡ | 40±13 | | 14±10 | | 3±6 | | 19±11a | |
|  | 25-30 (overweight, N=173) | | | 9±6 | | 13±9a† | 41±13 | | 13±10 | | 3±5 | | 21±12ab | |
|  | >30 (obese, N=140) | | | 10±7 | | 11±9b | 42±12 | | 13±10 | | 3±8 | | 23±10b‡ | |
| Education (highest) | | | |  | |  |  | |  | |  | |  | |  | | |
|  | Low (1-3, N=183) | | | 10±6 | | 13±9 | 39±13 | | 14±11 | | 3±7 | | 21±11 | |
|  | Medium (4-5, N=336) | | | 10±6 | | 13±9 | 41±13 | | 13±10 | | 3±6 | | 20±11 | |
|  | High (6-7, N=145) | | | 10±6 | | 13±9 | 42±12 | | 14±10 | | 3±6 | | 20±10 | |

1 MANCOVA, multivariate ANCOVA was performed including all tastes and subgroups. If the overall effect was significant (p<0.05), ANCOVA was used to compare subgroups within each taste group (p<0.05, Bonferroni~~Tukey~~ corrected). For age and gender, independent samples t-tests were used (p<0.05, Bonferroni corrected). Models for gender were adjusted for age, BMI and education; models for age were adjusted for BMI and education; models for BMI were adjusted for age and education; models for education were adjusted for age and BMI. a,b Superscript letters indicate significant differences, same letters indicate no significant difference between mean values. \* Indicates significant difference between men and women. † p<0.05, ‡ p<0.01, ¥ p<0.001.

**SUPPLEMENTAL TABLE 5.** Percentage of total energy intake (mean±SD) from each taste group based on cluster analyses stratified by gender, age, BMI and educational level, and averaged over 2 days of 24h recalls in the NQplus study and for tested foods only1.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | **Percentage of energy from taste clusters** | | | | | | | | | |
|  | | | |  | |  |  |  | |  | |  | |
|  | | | | Fat | | Sweet/  sour | Neutral | | Sweet/fat | | Bitter | | Salt/  umami/  fat |
| **Men (n=498)** | | | | 10±7 | | 11±7\*¥ | 40±13 | | 14±10\*‡ | | 9±9\*¥ | | 17±10 |
|  | | | |  | |  |  | |  | |  | |  |
| Age (years) | | | |  | |  |  | |  | |  | |  |
|  | 20-30 (N=19) | | | 10±10 | | 11±8 | 41±12 | | 10±7 | | 8±10ab | | 20±12 |
|  | 30-50 (N=127) | | | 10±7 | | 11±8 | 42±13 | | 13±10 | | 7±8a | | 18±10 |
|  | 51+ (N=352) | | | 10±6 | | 11±7 | 39±13 | | 14±10 | | 10±10b‡ | | 16±10 |
| BMI (kg/m2) | | | |  | |  |  | |  | |  | |  |
|  | 18.5-25.0 (normal, N=185) | | | 9±6 | | 11±7 | 40±12 | | 15±10a | | 9±8 | | 16±9 |
|  | 25-30 (overweight, N=243) | | | 10±7 | | 11±8 | 39±13 | | 13±10ab | | 10±9 | | 17±11 |
|  | >30 (obese, N=70) | | | 11±6 | | 10±7 | 41±13 | | 11±8b‡ | | 8±10 | | 19±10 |
| Education (highest) | | | |  | |  |  | |  | |  | |  |
|  | Low (1-3, N=30) | | | 9±6 | | 9±6 | 42±13 | | 15±8 | | 9±9 | | 17±9 |
|  | Medium (4-5, N=134) | | | 9±6 | | 12±8 | 40±13 | | 14±10 | | 8±9 | | 17±11 |
|  | High (6-7, N=334) | | | 10±7 | | 11±7 | 40±12 | | 13±10 | | 9±9 | | 17±10 |
|  |  |  |  | |
| **Women (n=449)** | | | | 11±7 | | 13±8\*¥ | 40±13 | | 16±11\*‡ | | 4±5\*¥ | | 16±11 |
|  | | | |  | |  |  | |  | |  | |  |
| Age (years) | | | |  | |  |  | |  | |  | |  |
|  | 20-30 (N=48) | | | 9±7 | | 13±7 | 41±13 | | 18±13 | | 2±3a‡ | | 17±11 |
|  | 30-50 (N=159) | | | 11±7 | | 12±9 | 41±13 | | 18±12 | | 3±4a¥ | | 16±11 |
|  | 51+ (n=242) | | | 11±7 | | 14±8 | 39±12 | | 15±11 | | 5±6b | | 16±10 |
| BMI (kg/m2) | | | |  | |  |  | |  | |  | |  |
|  | 18.5-25.0 (normal, N=245) | | | 11±8a | | 13±8 | 40±12 | | 17±12 | | 4±5 | | 15±11a |
|  | 25-30 (overweight, N=144) | | | 9±6b† | | 14±9 | 40±13 | | 16±11 | | 4±5 | | 16±10ab |
|  | >30 (obese, N=60) | | | 10±6 | | 12±9 | 39±13 | | 16±12 | | 3±5 | | 20±12b‡ |
| Education (highest) | | | |  | |  |  | |  | |  | |  |
|  | Low (1-3, N=25) | | | 10±8 | | 12±8 | 43±15 | | 17±12 | | 3±5 | | 16±13 |
|  | Medium (4-5, N=147) | | | 11±7 | | 14±9 | 40±13 | | 17±11 | | 3±4 | | 16±11 |
|  | High (6-7, N=277) | | | 11±7 | | 13±8 | 39±12 | | 16±12 | | 4±6 | | 16±10 |

1 MANCOVA, multivariate ANCOVA was performed including all tastes and subgroups. If the overall effect was significant (p<0.05), ANCOVA was used to compare subgroups within each taste group (p<0.05, Bonferroni~~Tukey~~ corrected). For gender independent samples t-tests were used (p<0.05, Bonferroni corrected). Models for gender were adjusted for age, BMI and education; models for age were adjusted for BMI and education; models for BMI were adjusted for age and education; models for education were adjusted for age and BMI. a,b Superscript letters indicate significant differences, same letters indicate no significant difference between mean values. \* Indicates significant difference between men and women. † p<0.05, ‡ p<0.01, ¥ p<0.001.

**SUPPLEMENTAL TABLE 6.** Percentage of total energy intake (mean±SD) from each taste group based on cluster analyses stratified by gender, age, BMI and educational level, and averaged over 2 days of 24h recalls in the Dutch National Food Consumption Survey and for accurate and high energy reporters only1.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | **Percentage of energy from taste clusters** | | | | | | | | | |
|  | | | |  |  |  |  | |  | |  | |  | |
|  | | | | Fat | Sweet/  sour | Neutral | | Sweet/  fat | | Bitter | | Salt/  umami/fat |
| **Men (n=381)** | | | | 11±6 | 10±7\*¥ | 33±10\*† | | 13±9\*¥ | | 9±9\*¥ | | 24±9\*‡ |
|  | | | |  |  |  | |  | |  | |  |
| Age (years) | | | |  |  |  | |  | |  | |  |
|  | 19-30 (N=201) | | | 11±6 | 11±8a | 32±11 | | 12±9 | | 8±9 | | 24±9 |
|  | 30-50 (N=180) | | | 11±6 | 9±6b‡ | 33±9 | | 15±8 | | 9±8 | | 23±9 |
| BMI (kg/m2) | | | |  |  |  | |  | |  | |  |  | | |
|  | 18.5-25.0 (normal, N=243) | | | 11±6 | 10±7 | 33±10 | | 14±9 | | 8±8 | | 23±9a |
|  | >25 (overweight/obese, N=138) | | | 11±6 | 9±6 | 32±11 | | 12±9 | | 10±9 | | 25±9b† |
| Education (highest) | | | |  |  |  | |  | |  | |  |  | | |
|  | Low (1-3, N=110) | | | 11±7 | 10±8 | 33±10 | | 13±9 | | 8±9 | | 24±10 |
|  | Medium (4-5, N=201) | | | 11±6 | 10±7 | 32±10 | | 14±9 | | 9±9 | | 24±9 |
|  | High (6-7, N=70) | | | 11±5 | 10±5 | 34±10 | | 14±9 | | 8±9 | | 22±10 |
|  |  |  |
| **Women (n=309)** | | | | 11±6 | 13±8\*¥ | 35±10\*† | | 17±10\*¥ | | 3±5\*¥ | | 21±9\*‡ |
|  | | | |  |  |  | |  | |  | |  |
| Age (years) | | | |  |  |  | |  | |  | |  |
|  | 19-30 (N=141) | | | 11±6 | 14±8a | 33±10a | | 17±10 | | 3±5a | | 22±9 |
|  | 30-50 (N=168) | | | 11±6 | 12±8b‡ | 36±10b† | | 16±10 | | 4±6b† | | 21±9 |
| BMI (kg/m2) | | | |  |  |  | |  | |  | |  |  | |
|  | 18.5-25.0 (normal, N=200) | | | 11±6 | 13±8 | 35±11 | | 17±10 | | 3±6 | | 20±9a |
|  | >25 (overweight/obese, N=109) | | | 11±6 | 12±8 | 33±8 | | 16±9 | | 3±5 | | 24±9b¥ |
| Education (highest) | | | |  |  |  | |  | |  | |  |  | |
|  | Low (1-3, N=82) | | | 11±6 | 13±8 | 33±10 | | 18±11 | | 4±5 | | 22±9 |
|  | Medium (4-5, N=157) | | | 11±7 | 13±8 | 35±10 | | 16±9 | | 4±5 | | 21±9 |
|  | High (6-7, N=70) | | | 11±5 | 12±7 | 36±10 | | 18±9 | | 3±5 | | 21±9 |

1 MANCOVA, multivariate ANCOVA was performed including all tastes and subgroups. If the overall effect was significant (p<0.05), ANCOVA was used to compare subgroups within each taste group (p<0.05, Bonferroni~~Tukey~~ corrected). For age, BMI and gender, independent samples t-tests were used (p<0.05, Bonferroni corrected). Models for gender were adjusted for age, BMI and education; models for age were adjusted for BMI and education; models for BMI were adjusted for age and education; models for education were adjusted for age and BMI. a,b Superscript letters indicate significant differences, same letters indicate no significant difference between mean values. \* Indicates significant difference between men and women. † p<0.05, ‡ p<0.01, ¥ p<0.001.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | **Percentage of energy from taste clusters** | | | | | | | | | | |
|  | | | |  | |  |  |  | |  | |  | |
|  | | | | Fat | | Sweet/  sour | Neutral | | Sweet/fat | | Bitter | | Salt/  umami/  fat | |
| **Men (n=197~~218~~)** | | | | 8±4 | | 10±6\*‡ | 38±9 | | 15±9 | | 7±6\*¥ | | 22±9 | |
|  | | | |  | |  |  | |  | |  | |  | |
| Age (years) | | | |  | |  |  | |  | |  | |  | |
|  | 20-30 (N=12) | | | 10±7 | | 9±6 | 34±8 | | 14±8 | | 8±9 | | 25±13 | |
|  | 30-50 (N=47) | | | 9±5 | | 11±7 | 40±8 | | 13±7 | | 5±5 | | 23±7 | |
|  | 51+ (N=138~~159~~) | | | 8±4 | | 10±5 | 38±9 | | 15±9 | | 7±6 | | 22±9 | |
| BMI (kg/m2) | | | |  | |  |  | |  | |  | |  | |
|  | 18.5-25.0 (normal, N=104~~114~~) | | | 8±4 | | 10±6 | 39±8 | | 15±9 | | 6±6 | | 22±8 | |
|  | >25 (overweight/obese, N=93~~104~~) | | | 9±5 | | 10±5 | 37±9 | | 14±9 | | 8±6 | | 24±10 | |
| Education (highest) | | | |  | |  |  | |  | |  | |  | |
|  | Low (1-3, N=12~~13~~) | | | 8±5 | | 8±5 | 39±9 | | 16±8 | | 5±5 | | 24±10 | |
|  | Medium (4-5, N=53~~6~~) | | | 8±4 | | 10±6 | 38±8 | | 15±9 | | 6±7 | | 23±8 | |
|  | High (6-7, N=132~~49~~) | | | 8±4 | | 10±5 | 38±9 | | 14±9 | | 7±6 | | 22±9 | |
|  |  |  |  | |
| **Women (n=227~~30~~)** | | | | 9±5 | | 12±6\*‡ | 38±10 | | 16±9 | | 4±4\*¥ | | 21±10 | |
|  | | | |  | |  |  | |  | |  | |  | |
| Age (years) | | | |  | |  |  | |  | |  | |  | |
|  | 20-30 (N=27) | | | 8±5 | | 11±5ab | 42±11 | | 16±8 | | 2±2a | | 22±9 | |
|  | 30-50 (N=79~~8~~) | | | 9±5 | | 10±5a | 39±9 | | 18±9 | | 3±4ab | | 21±10 | |
|  | 51+ (n=121~~5~~) | | | 9±5 | | 13±6b¥ | 38±10 | | 16±9 | | 4±4b† | | 21±9 | |
| BMI (kg/m2) | | | |  | |  |  | |  | |  | |  | |
|  | 18.5-25.0 (normal, N=160~~3~~) | | | 9±5 | | 12±5 | 40±10 | | 16±9 | | 3±4a | | 20±10a | |
|  | >25 (overweight/obese, N=67) | | | 8±4 | | 12±6 | 37±10 | | 16±9 | | 4±4b† | | 23±9b† | |
| Education (highest) | | | |  | |  |  | |  | |  | |  | |
|  | Low (1-3, N=12) | | | 7±4 | | 11±6 | 44±9a† | | 17±10 | | 2±4 | | 19±7ab | |
|  | Medium (4-5, N=56~~8~~) | | | 10±6 | | 12±6 | 36±9b | | 16±8 | | 3±4 | | 25±10a | |
|  | High (6-7, N=159~~60~~) | | | 9±5 | | 12±5 | 39±10a† | | 16±9 | | 4±4 | | 20±9b‡ | |

**SUPPLEMENTAL TABLE 7.** Percentage of total energy intake (mean±SD) from each taste group based on cluster analyses stratified by gender, age, BMI and educational level, and averaged over 2 days of 24h recalls in the NQplus study and for accurate and high energy reporters only1.

1 MANCOVA, multivariate ANCOVA was performed including all tastes and subgroups. If the overall effect was significant (p<0.05), ANCOVA was used to compare subgroups within each taste group (p<0.05, Bonferroni~~Tukey~~ corrected). For gender independent samples t-tests were used (p<0.05, Bonferroni corrected). Models for gender were adjusted for age, BMI and education; models for age were adjusted for BMI and education; models for BMI were adjusted for age and education; models for education were adjusted for age and BMI. a,b Superscript letters indicate significant differences, same letters indicate no significant difference between mean values. \* Indicates significant difference between men and women. † p<0.05, ‡ p<0.01, ¥ p<0.001.

**SUPPLEMENTAL TABLE 8.** Percentage of total energy intake (mean±SD) from each taste group based on cluster analyses stratified by gender, age, BMI and educational level, and averaged over 2 days of 24h recalls in the Dutch National Food Consumption Survey excluding low and high energy reporters at the individual level1.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | **Percentage of energy from taste clusters** | | | | | | | | | | | |
|  | | | |  | |  | |  | |  | |  |  | | |
|  | | | | Fat | | Sweet/  sour | | Neutral | | Sweet/  Fat | | Bitter | | | Salt/  umami/fat |
| **Men (n=617)** | | | | 11±6\*‡ | | 10±7\*¥ | | 34±10\*¥ | 13±9\*¥ | | 8±8\*¥ | | | 24±9\*¥ | |
|  | | | |  | |  | |  |  | |  | | |  | |
| Age (years) | | | |  | |  | |  |  | |  | | |  | |
|  | 19-30 (n=312) | | | 11±6 | | 11±7a | | 34±11 | 12±9a | | 7±8a | | | 25±9a | |
|  | 30-50 (n=305) | | | 11±6 | | 9±6b¥ | | 35±9 | 14±8b† | | 9±8b‡ | | | 23±9b† | |
| BMI (kg/m2) | | | |  | |  | |  |  | |  | | |  | |
|  | 18.5-25.0 (normal, n=340) | | | 11±6 | | 10±7 | | 35±10 | 14±9 | | 8±8 | | | 23±9a | |
|  | 25-30 (overweight, n=219) | | | 11±6 | | 10±7 | | 34±10 | 13±8 | | 8±8 | | | 25±9ab | |
|  | >30 (obese n=58) | | | 11±6 | | 9±6 | | 35±10 | 11±8 | | 6±8 | | | 26±10b† | |
| Education (highest) | | | |  | |  | |  |  | |  | | |  | |
|  | Low (1-3, n=165) | | | 11±7 | | 10±7 | | 34±10 | 13±9 | | 7±8 | | | 24±10 | |
|  | Medium (4-5, n=319) | | | 11±6 | | 10±7 | | 34±10 | 13±9 | | 8±9 | | | 24±9 | |
|  | High (6-7, n=133) | | | 11±5 | | 11±6 | | 36±9 | 13±9 | | 6±7 | | | 23±10 | |
|  |  |  |  | |  | |
| **Women (n=570)** | | | | 10±6\*‡ | | 12±8\*¥ | | 37±11\*¥ | 16±10\*¥ | | 3±5\*¥ | | | 21±10\*¥ | |
|  | | | |  | |  | |  |  | |  | | |  | |
| Age (years) | | | |  | |  | |  |  | |  | | |  | |
|  | 19-30 (n=265) | | | 10±6 | | 13±8a | | 36±11 | 16±10 | | 3±5a | | | 21±10 | |
|  | 30-50 (n=305) | | | 10±6 | | 11±8b‡ | | 37±11 | 16±9 | | 4±6b† | | | 21±9 | |
| BMI (kg/m2) | | | |  | |  | |  |  | |  | | |  | |
|  | 18.5-25.0 (normal, n=328) | | | 10±6 | | 13±8a | | 37±11 | 17±10 | | 4±5 | | | 20±10a | |
|  | 25-30 (overweight, n=144) | | | 10±5 | | 13±8a | | 36±10 | 15±9 | | 3±5 | | | 23±10b† | |
|  | >30 (obese, n=98) | | | 11±6 | | 10±7b† | | 38±11 | 16±10 | | 3±5 | | | 23±8ab | |
| Education (highest) | | | |  | |  | |  |  | |  | | |  | |
|  | Low (1-3, n=157) | | | 11±6 | | 12±8 | | 35±11 | 16±10 | | 4±6 | | | 23±10 | |
|  | Medium (4-5, n=283) | | | 10±6 | | 13±8 | | 37±11 | 16±10 | | 3±5 | | | 21±10 | |
|  | High (6-7, n=130) | | | 10±6 | | 12±7 | | 38±11 | 17±10 | | 3±4 | | | 20±9 | |

1 MANCOVA, multivariate ANCOVA was performed including all tastes and subgroups. If the overall effect was significant (p<0.05), ANCOVA was used to compare subgroups within each taste group (p<0.05, Bonferroni~~Tukey~~ corrected). For age and gender, independent samples t-tests were used (p<0.05, Bonferroni corrected). Models for gender were adjusted for age, BMI and education; models for age were adjusted for BMI and education; models for BMI were adjusted for age and education; models for education were adjusted for age and BMI. a,b Superscript letters indicate significant differences, same letters indicate no significant difference between mean values. \* Indicates significant difference between men and women. † p<0.05, ‡ p<0.01, ¥ p<0.001.

**SUPPLEMENTAL TABLE 9.** Percentage of total energy intake (mean±SD) from each taste group based on cluster analyses stratified by gender, age, BMI and educational level, and averaged over 2 days of 24h recalls in the NQplus study excluding low and high energy reporters at the individual level1.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | **Percentage of energy from taste clusters** | | | | | | | | | | |
|  | | | |  | |  |  |  | |  | |  | |
|  | | | | Fat | | Sweet/  sour | Neutral | | Sweet/fat | | Bitter | | Salt/  umami/  fat | |
| **Men (n=431)** | | | | 8±4 | | 10±6\*¥ | 39±9 | | 13±8\*‡ | | 7±6\*¥ | | 23±9\*† | |
|  | | | |  | |  |  | |  | |  | |  | |
| Age (years) | | | |  | |  |  | |  | |  | |  | |
|  | 20-30 (n=19) | | | 8±6 | | 11±6 | 36±7 | | 11±7 | | 6±8ab | | 27±11 | |
|  | 30-50 (n=107) | | | 8±5 | | 9±6 | 39±8 | | 13±8 | | 6±5a | | 24±9 | |
|  | 51+ (n=305) | | | 8±4 | | 10±6 | 38±10 | | 13±9 | | 8±7b‡ | | 22±9 | |
| BMI (kg/m2) | | | |  | |  |  | |  | |  | |  | |
|  | 18.5-25.0 (normal, n=175) | | | 8±4 | | 10±6 | 40±9a | | 14±9 | | 7±6 | | 21±9a | |
|  | 25-30 (overweight, n=206) | | | 8±5 | | 10±6 | 37±10b‡ | | 13±8 | | 8±7 | | 24±10b† | |
|  | >30 (obese, n=50) | | | 9±4 | | 9±6 | 36±9b† | | 10±6 | | 8±6 | | 27±8b¥ | |
| Education (highest) | | | |  | |  |  | |  | |  | |  | |
|  | Low (1-3, n=23) | | | 8±4 | | 7±4 | 38±9 | | 15±7 | | 7±7 | | 25±9 | |
|  | Medium (4-5, n=115) | | | 8±4 | | 10±6 | 38±9 | | 13±8 | | 7±6 | | 24±9 | |
|  | High (6-7, n=293) | | | 8±4 | | 10±6 | 38±10 | | 13±8 | | 8±6 | | 23±9 | |
|  |  |  |  | |
| **Women (n=391)** | | | | 8±5 | | 12±6\*¥ | 39±10 | | 15±9\*‡ | | 4±4\*¥ | | 22±10\*‡ | |
|  | | | |  | |  |  | |  | |  | |  | |
| Age (years) | | | |  | |  |  | |  | |  | |  | |
|  | 20-30 (n=38) | | | 7±5 | | 12±5 | 41±10 | | 15±8 | | 1±2a¥ | | 24±9 | |
|  | 30-50 (n=135) | | | 8±5 | | 11±7 | 40±9 | | 17±10 | | 3±4a‡ | | 21±9 | |
|  | 51+ (n=218) | | | 9±5 | | 13±6 | 38±10 | | 14±8 | | 4±4b | | 22±10 | |
| BMI (kg/m2) | | | |  | |  |  | |  | |  | |  | |
|  | 18.5-25.0 (normal, n=231) | | | 9±5a | | 12±6 | 40±10 | | 15±9 | | 3±4 | | 20±10a | |
|  | 25-30 (overweight, n=115) | | | 7±4b† | | 12±6 | 38±10 | | 16±9 | | 4±4 | | 23±9b† | |
|  | >30 (obese, n=45) | | | 9±4ab | | 12±6 | 37±8 | | 16±9 | | 4±5 | | 24±9ab | |
| Education (highest) | | | |  | |  |  | |  | |  | |  | |
|  | Low (1-3, n=20) | | | 8±5 | | 11±6 | 43±10 | | 14±9 | | 2±4 | | 22±9 | |
|  | Medium (4-5, n=125) | | | 9±5 | | 12±7 | 38±10 | | 16±9 | | 3±3 | | 22±10 | |
|  | High (6-7, n=246) | | | 8±5 | | 12±6 | 39±9 | | 15±9 | | 4±4 | | 21±9 | |

1 MANCOVA, multivariate ANCOVA was performed including all tastes and subgroups. If the overall effect was significant (p<0.05), ANCOVA was used to compare subgroups within each taste group (p<0.05, Bonferroni~~Tukey~~ corrected). For gender independent samples t-tests were used (p<0.05, Bonferroni corrected). Models for gender were adjusted for age, BMI and education; models for age were adjusted for BMI and education; models for BMI were adjusted for age and education; models for education were adjusted for age and BMI. a,b Superscript letters indicate significant differences, same letters indicate no significant difference between mean values. \* Indicates significant difference between men and women. † p<0.05, ‡ p<0.01, ¥ p<0.001.

**SUPPLEMENTAL FIGURE 1.** Decision tree for assigning mean taste intensity values to untested foods. The level of sensory homogeneity was defined using cluster analyses on tested foods’ taste intensity values.

**SUPPLEMENTAL FIGURE 2**. Mean (and SD) percentage of energy from each taste cluster for main meals1 and snacking occasions2 separately, shown for the NQplus study (Ntotal=944).

1Breakfast, n=938; lunch, n=932; dinner, n=943. 2During the morning, n=907; during the afternoon, n=919; during the evening, n=905.