**Supplementary File 1. Composition of food served in test meals**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Food** | **Brand** | | **Served quantities** | **Energy** (kJ.100 g-1) | **Carbohydrate**  (g.100 g-1) | **Fat**  (g.100 g-1) | **Protein**  (g.100 g-1) |
| **Dinner** | | | | | | | |
| **Tabbouleh with turkey meat\*** | | Zapetti | ~900 | 586 | 7.2 | 7.5 | 11.0 |
| ***Tuna ginger salad\**** | | *Maison Larzul* | *~900* | *762* | *14.0* | *9.6* | *10.0* |
| **Beef raviolis\*\*** | | Maison Larzul | ~900 | 511 | 16.0 | 4.7 | 4.0 |
| ***Rice and salmon\*\**** | | *Peny* | *~900* | *599* | *9.4* | *7.4* | *9.8* |
| **Bread** | | La Boulangère | ~150 | 1256 | 51.0 | 6.5 | 9.5 |
| **Rice pudding\*** | | Mont Blanc | ~400 | 605 | 23.0 | 4.7 | 2.6 |
| **Breakfast** | | | | | | | |
| **Sweet cottage cheese\*** | | Auchan | ~500 | 486 | 5.2 | 7.6 | 6.8 |
| **Chocolate madeleines** | | LeSter | ~200 | 1836 | 54.0 | 22.0 | 6.3 |
| **Orange juice\*** | | Auchan | ~500 | 198 | 10.0 | 0.5 | 0.7 |
| **Lunch** | | | | | | | |
| **Tuna and potato salad\*** | | Peny | ~900 | 509 | 5.8 | 6.5 | 10.0 |
| **Pork and mushroom risotto\*\*** | | Maison Larzul | ~900 | 740 | 13.0 | 9.0 | 11.0 |
| ***Rice tuna with coconut milk\*\**** | | *Peny* | *~900* | *575* | *11.0* | *5.5* | *11.0* |
| **Bread** | | La Boulangère | ~150 | 1256 | 51.0 | 6.5 | 9.5 |
| **Chocolate cream dessert\*** | | Mont Blanc | ~400 | 512 | 19.0 | 3.6 | 3.5 |

Food in grey italics were used as spare solutions if a participant could not eat the former item. \* served cold, \*\* served hot, other foods were served at room temperature.