**Supplemental Tables**

**Table S1.** Dietary reference values of nutrients.

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| *Nutrients* | *Recommended Daily Values* |
| Protein (g) Δ | 50 |
| Fiber (g) Δ | 28 |
| MUFA (g) ξ | 20 |
| Linoleic acid (g) ξ | 10 |
| α-linolenic acid (g) ξ | 2 |
| Fish Fatty Acids (EPA + DHA) (mg) ξ | 250 |
| Vitamin A (RE) Δ | 900 |
| Vitamin C (mg) Δ | 90 |
| Vitamin D (mcg) Δ | 20,00 |
| Vitamin E (mg) Δ | 15 |
| Thiamin (mg) Δ | 1,2 |
| Riboflavin (mg) Δ | 1,3 |
| Pyrodoxin (mg) Δ | 1,700 |
| Cobalamin (mcg) Δ | 2,4 |
| Folate (mcg) Δ | 400 |
| Calcium (mg) Δ | 1300 |
| Iron (mg) Δ | 18 |
| Magnesium (mg) Δ | 420 |
| Potassium (mg) Δ | 4700 |
| Zinc (mg) Δ | 11 |
| *Nutrients to Limit* | *Maximum Daily Values* |
| Saturated fat (g) Δ | 20 |
| Added (total) sugars (g) Δ | 50 |
| Sodium (g) Δ | 2,3 |

*Abbreviat*ions: *DHA, docosahexanoic acid; EPA, eicosapentaenoic acid ; MUFA, monounsaturated fatty acid, RE, retinol equivalents*

Δ FDA, Reference Guide: Daily Value Changes for Nutrients.23

ξ EFSA Panel on Dietetic Products, Nutrition and Allergies.24