**Supplemental Table 1** Micronutrient composition of commercial GF cookies, breakfast and sweet products. Values are expressed per 100 g of product.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| FOOD | Fe  mg | Ca  mg | Na  mg | K  mg | P  mg | Zn  mg | Vitamin D  µg | Vitamin E  mg | Retinol  µg | *β*-Carotene equivalents  µg | Thiamin  mg | Riboflavin  mg | Niacin  mg | Folate  µg | Vitamin C  mg |
| *Cookies* | | | | | | | | | | | | | | | |
| Chocolate biscuits | 2 | 34 | 250 | 290 | 104 | 1 | 0 | 5 | 44 | 117 | 0.1 | 0.1 | 1 | 5 | 0 |
| Biscuits filled with chocolate | 2 | 81 | 200 | 216 | 107 | 1 | 0 | 4 | 48 | 81 | 0.1 | 0.1 | 0 | 4 | 0 |
| Biscuits plain | 1 | 20 | 140 | 105 | 60 | 0 | 0 | 5 | 23 | 107 | 0.1 | 0.1 | 1 | 2 | 0 |
| Chocolate coated biscuits | 2 | 68 | 213 | 284 | 105 | 1 | 0 | 3 | 31 | 84 | 0.1 | 0.1 | 0 | 5 | 0 |
| Ladyfinger biscuits | 1 | 23 | 92 | 66 | 90 | 1 | 0 | 0 | 66 | 26 | 0.1 | 0.1 | 0 | 9 | 0 |
| Breakfast cookies | 1 | 37 | 313 | 157 | 78 | 1 | 0 | 4 | 48 | 124 | 0.1 | 0.1 | 1 | 8 | 0 |
| Whole-meal biscuits | 1 | 7 | 164 | 52 | 40 | 0 | 0 | 7 | 0 | 47 | 0.0 | 0.0 | 1 | 1 | 0 |
| *Breakfast products* | | | | | | | | | | | | | | | |
| Melba toast | 0 | 13 | 513 | 390 | 33 | 0 | 0 | 3 | 0 | 0 | 0.0 | 0.1 | 0 | 23 | 0 |
| Muesli | 3 | 95 | 131 | 731 | 204 | 0 | 0 | 2 | 0 | 43 | 0.4 | 0.3 | 3 | 136 | 1 |
| *Sweet products* | | | | | | | | | | | | | | | |
| Margherita cake | 1 | 21 | 230 | 370 | 84 | 1 | 1 | 7 | 66 | 26 | 0.0 | 0.1 | 0 | 14 | 0 |
| Sponge cake | 1 | 17 | 160 | 65 | 81 | 1 | 0 | 8 | 55 | 58 | 0.1 | 0.1 | 0 | 7 | 0 |
| Panettone cake | 2 | 115 | 282 | 538 | 186 | 1 | 1 | 1 | 150 | 68 | 0.1 | 0.3 | 1 | 55 | 0 |
| Pandoro cake | 2 | 104 | 157 | 475 | 210 | 1 | 1 | 1 | 192 | 80 | 0.1 | 0.2 | 1 | 52 | 0 |
| Tiramisu cake | 2 | 21 | 77 | 58 | 69 | 0 | 0 | 2 | 65 | 32 | 0.0 | 0.1 | 0 | 8 | 0 |
| Plum cake | 1 | 22 | 250 | 156 | 80 | 1 | 0 | 6 | 58 | 29 | 0.0 | 0.1 | 0 | 10 | 0 |
| Plum cake with chocolate | 2 | 25 | 264 | 208 | 100 | 1 | 0 | 6 | 51 | 28 | 0.0 | 0.1 | 0 | 9 | 0 |
| Brioche bread | 0 | 10 | 331 | 45 | 47 | 0 | 0 | 2 | 19 | 8 | 0.0 | 0.1 | 0 | 9 | 0 |
| Brioches | 0 | 9 | 514 | 37 | 32 | 0 | 0 | 7 | 9 | 4 | 0.0 | 0.1 | 0 | 26 | 0 |
| Croissant with jam | 0 | 9 | 335 | 56 | 25 | 0 | 0 | 6 | 4 | 57 | 0.0 | 0.0 | 0 | 13 | 1 |
| Croissant with chocolate | 1 | 20 | 418 | 73 | 48 | 0 | 0 | 6 | 4 | 5 | 0.0 | 0.1 | 0 | 23 | 0 |
| Pastry with chocolate filling | 1 | 66 | 190 | 191 | 110 | 1 | 0 | 4 | 37 | 20 | 0.0 | 0.1 | 0 | 7 | 0 |
| Pastry with jam filling | 1 | 20 | 158 | 72 | 69 | 0 | 0 | 4 | 42 | 61 | 0.0 | 0.1 | 0 | 6 | 2 |
| Pastry with cream filling | 0 | 7 | 43 | 45 | 35 | 0 | 0 | 6 | 0 | 0 | 0.0 | 0.0 | 0 | 1 | 0 |
| Cereal bars | 3 | 75 | 338 | 162 | 101 | 1 | 0 | 2 | 5 | 5 | 0.3 | 0.7 | 6 | 52 | 0 |
| Muffin | 1 | 17 | 236 | 67 | 82 | 1 | 0 | 4 | 51 | 20 | 0.0 | 0.1 | 0 | 7 | 0 |
| Puff pastry | 0 | 4 | 265 | 16 | 17 | 0 | 0 | 11 | 0 | 0 | 0.0 | 0.0 | 0 | 0 | 0 |
| Chocolate  ice cream | 1 | 84 | 53 | 144 | 84 | 0 | 0 | 3 | 25 | 20 | 0.0 | 0.1 | 0 | 3 | 0 |

**Supplemental Table 2** Micronutrient composition of commercial GF breads, pizzas, snacks and flours. Values are expressed per 100 g of product.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| FOOD | Fe  mg | Ca  mg | Na  mg | K  mg | P  mg | Zn  mg | Vitamin D  µg | Vitamin E  mg | Retinol  µg | *β*-Carotene equivalents µg | Thiamin  mg | Riboflavin  mg | Niacin  mg | Folate  µg | Vitamin C  mg |
| *Breads* | | | | | | | | | | | | | | | |
| Sliced white bread (sandwich-type) | 0 | 5 | 706 | 86 | 34 | 0 | 0 | 2 | 0 | 0 | 0.0 | 0.1 | 1 | 25 | 0 |
| Bread prepared with olives | 0 | 10 | 539 | 158 | 31 | 0 | 0 | 2 | 0 | 28 | 0.0 | 0.1 | 1 | 21 | 1 |
| Bread white  (loaf 250g) | 0 | 6 | 514 | 89 | 36 | 0 | 0 | 1 | 0 | 0 | 0.1 | 0.0 | 1 | 16 | 0 |
| Breadcrumbs | 1 | 15 | 504 | 204 | 55 | 0 | 0 | 3 | 4 | 3 | 0.1 | 0.1 | 1 | 25 | 0 |
| Whole-meal bread | 1 | 14 | 515 | 116 | 46 | 0 | 0 | 2 | 0 | 1 | 0.1 | 0.0 | 0. | 16 | 0 |
| Bread white  (loaf 50g) | 0 | 8 | 498 | 129 | 40 | 0 | 0 | 0 | 0 | 0 | 0.0 | 0.1 | 1 | 27 | 0 |
| Bread  prepared with oil | 0 | 9 | 573 | 41 | 32 | 0 | 0 | 2 | 0 | 0 | 0.0 | 0.0 | 0 | 14 | 0 |
| Ciabatta bread | 0 | 6 | 437 | 46 | 36 | 0 | 0 | 1 | 0 | 18 | 0.0 | 0.1 | 1 | 18 | 0 |
| Piadina | 0 | 52 | 415 | 111 | 73 | 0 | 0 | 3 | 11 | 7 | 0.1 | 0.1 | 1 | 3 | 0 |
| *Pizzas* | | | | | | | | | | | | | | | |
| Focaccia | 1 | 20 | 590 | 51 | 35 | 0 | 0 | 2 | 0 | 21 | 0.0 | 0.1 | 1 | 17 | 0 |
| Pizza with tomato | 0 | 6 | 594 | 95 | 30 | 0 | 0 | 1 | 0 | 178 | 0.0 | 0.0 | 1 | 11 | 4 |
| Pizza with tomato and mozzarella | 1 | 85 | 710 | 249 | 83 | 1 | 0 | 2 | 25 | 201 | 0.0 | 0.2 | 1 | 25 | 5 |
| Calzone | 1 | 97 | 351 | 61 | 79 | 1 | 0 | 2 | 29 | 197 | 0.1 | 0.1 | 1 | 12 | 4 |
| Pizza dough | 0 | 10 | 462 | 103 | 36 | 0 | 0 | 1 | 0 | 0 | 0.1 | 0.0 | 1 | 28 | 0 |
| Frozen pastry pockets with cheese | 2 | 123 | 1021 | 161 | 63 | 1 | 0 | 2 | 21 | 366 | 0.0 | 0.1 | 1 | 6 | 4 |
| *Savory Snacks* | | | | | | | | | | | | | | | |
| Salted crackers | 1 | 15 | 1067 | 269 | 41 | 0 | 0 | 3 | 4 | 22 | 0.1 | 0.0 | 1 | 15 | 1 |
| Cracotte (crisp bread) | 1 | 6 | 790 | 201 | 79 | 1 | 0 | 0 | 0 | 130 | 0.1 | 0.0 | 1 | 5 | 0 |
| Saltine crackers | 0 | 9 | 1190 | 352 | 12 | 0 | 0 | 7 | 0 | 0 | 0.0 | 0.0 | 0 | 12 | 0 |
| Bread sticks | 1 | 27 | 716 | 267 | 66 | 1 | 0 | 4 | 8 | 18 | 0.1 | 0.1 | 1 | 72 | 0 |
| *Flours* | | | | | | | | | | | | | | | |
| Mixed flours | 0 | 26 | 17 | 271 | 34 | 0 | 0 | 0 | 2 | 33 | 0.1 | 0.0 | 0 | 8 | 0 |
| Flour for cake | 0 | 7 | 8 | 153 | 27 | 0 | 0 | 0 | 0 | 40 | 0.1 | 0.0 | 0 | 5 | 0 |
| Flour for bread | 0 | 45 | 290 | 216 | 55 | 0 | 0 | 0 | 5 | 3 | 0.1 | 0.1 | 0 | 9 | 0 |

**Supplemental Table 3** Micronutrient composition of commercial GF pasta dishes. Values are expressed per 100 g of product.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| FOOD | Fe  mg | Ca  mg | Na  mg | K  mg | P  mg | Zn  mg | Vitamin D  µg | Vitamin E  mg | Retinol  µg | *β*-Carotene equivalents  µg | Thiamin  mg | Riboflavin  mg | Niacin  mg | Folate  µg | Vitamin C  mg |
| Egg pasta (fresh) | 1 | 13 | 26 | 74 | 75 | 1 | 0 | 0 | 28 | 84 | 0.1 | 0.1 | 1 | 4 | 0 |
| Egg pasta  (dry) | 1 | 38 | 97 | 115 | 79 | 1 | 0 | 0 | 46 | 111 | 0.1 | 0.1 | 0 | 7 | 0 |
| Whole-meal pasta | 2 | 12 | 9 | 303 | 354 | 3 | 0 | 0 | 0 | 0 | 0.3 | 0.1 | 6 | 8 | 0 |
| Pasta made with different flours | 1 | 7 | 5 | 241 | 69 | 1 | 0 | 0 | 0 | 171 | 0.1 | 0 | 1 | 3 | 0 |
| Corn pasta | 2 | 6 | 1 | 120 | 91 | 1 | 0 | 0 | 0 | 333 | 0.2 | 0.1 | 2 | 0 | 0 |
| Rice pasta | 0 | 6 | 4 | 95 | 82 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 2 | 0 |
| Pasta for broth | 1 | 7 | 5 | 241 | 69 | 1 | 0 | 0 | 0 | 171 | 0.1 | 0 | 1 | 3 | 0 |
| Pasta filled  with meat | 1 | 151 | 483 | 115 | 111 | 1 | 0 | 1 | 70 | 132 | 0 | 0.1 | 0 | 5 | 1 |
| Pasta filled  with vegetables | 1 | 94 | 985 | 155 | 156 | 2 | 0 | 1 | 35 | 56 | 0.1 | 0.1 | 1 | 6 | 0 |
| Gnocchi | 1 | 24 | 482 | 440 | 65 | 0 | 0 | 0 | 4 | 1 | 0 | 0 | 1 | 3 | 2 |
| Cous cous | 2 | 6 | 1 | 121 | 92 | 1 | 0 | 0 | 0 | 374 | 0.3 | 0.1 | 2 | 0 | 0 |