**SUPPLEMENTARY MATERIAL**

**Definition of type of cereals**

|  |  |  |
| --- | --- | --- |
| **Type of cereals** | **Granola** | Muesli containing crispy nuggets (the grains are cooked) and ingredients other than grain (e.g. nuts, dried fruit, chocolate).  |
| **Sweetened** | Caramel, honey or other sweet flavored. |
| **Plain** | Corn flakes and other unsweetened cereals. May have flavors (e.g., cinnamon, vanilla) except chocolate. |
| **Muesli** | Muesli without crispy nuggets (the grains are not cooked) and containing ingredients other than cereal grains (e.g., nuts, dried fruit, chocolate).  |
| **Chocolate** | Chocolate flavored. |
| **Bitesize** | Unsweetened wheat, corn or whole rice shaped in bites. |
| **Light** | Aimed in particular at people wishing to manage their weight. |
| **Fibre** | Rich in fibre including the addition of psyllium. |