SUPPLEMENTARY MATERIAL

Title: Omega-3 fatty acids and plant sterols as cardioprotective ingredients in beef patties: composition and relevance of nutritional information on sensory characterization

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Question 1:
Do you think that marketed beef patties are unhealthy food? If yes, please choose the reason/reasons between these options:
1) Beef patties are products with a high fat content,
2) Beef patties are products with unhealthy fat,
3) Beef patties are products with undesirable ingredients, and
4) Beef patties are considered processed food and they are rejected by the World Health Organization (WHO)

Question 2:
Are you familiar with plant sterols? If yes, please select the health claim related to plant sterols between these options:
1) it contributes to the maintenance of normal vision
2) it contributes to the normal function of the heart
3) it helps maintain normal platelet aggregation, which contributes to healthy blood
4) it contributes to the normal function of the immune system
5) it lowers/reduces blood cholesterol
6) none
7) not sure

Question 3:
Are you familiar with alpha linolenic acid? If yes, please select the health claim related to alpha linolenic acid between these options:
1) it contributes to normal energy-yielding metabolism
2) it contributes to the normal function of the immune system
3) it contributes to the maintenance of normal blood cholesterol levels and the normal growth and development of children
4) it contributes to the maintenance of normal vision
5) it contributes to the normal function of the heart
6) none
7) not sure

TS1. Questionnaire about the opinion on beef patties, and the knowledge about health aspects of plant sterols and alpha linolenic acid.