

Supplementary Material - Table 1. Macro-nutrient content and mean sensory attributes (SEM) for the 47 food items

Food Item	kcal/100g	Protein (g/100g)	CHO (g/100g)	Fat (g/100g)	Sodium (mg/100g)	Fibres (g/100g)	Water (g/100g)	Sweetness (mm)	Saltiness (mm)	Flavour intensity (mm)	Crunchiness (mm)	Chewiness	Firmness (mm)	Liking (mm)	Familiarity (mm)
Apple puree	41.0	0.2	10.8	0.2	0.0	1.7	88.6	36.4 (10.5)	2.1 (1.0)	77.7 (4.9)	0.8 (0.4)	1.3 (0.6)	1.7 (0.8)	47.1 (9.0)	31.5 (9.0)
Apple raw	52.0	0.3	13.8	0.2	1.0	2.4	85.6	62.2 (5.8)	3.8 (1.9)	62.2 (5.0)	76.3 (2.7)	23.4 (5.3)	71.1 (5.2)	85.6 (3.3)	94.7 (2.8)
Baguette	289.0	11.8	56.4	1.8	650.0	2.4	27.8	5.5 (2.0)	7.7 (1.8)	15.3 (5.2)	7.0 (3.4)	75.6 (7.1)	64.9 (7.3)	29.3 (5.5)	73.7 (7.1)
Baked chicken breast	152.4	29.0	0.0	3.9	46.0	0.0	67.6	13.5 (4.3)	30.8 (6.4)	42.3 (7.4)	3.8 (1.9)	41.1 (8.4)	49.8 (5.4)	68.4 (6.1)	87.4 (5.2)
Baked tofu puffs	259.0	23.5	3.5	17.6	4.0	1.2	2.3	4.8 (2.0)	11.4 (4.4)	23.0 (8.3)	7.5 (2.8)	55.3 (7.3)	29.1 (6.2)	24.7 (5.4)	66.2 (8.7)
Bakkwa	401.0	26.7	42.7	13.7	976.0	0.0	16.4	50.4 (8.0)	37.6 (7.9)	75.4 (6.9)	8.2 (3.6)	67.0 (5.8)	67.7 (5.6)	64.8 (6.8)	79.6 (6.9)
Bok Choy	12.0	1.6	1.8	0.2	34.0	1.0	95.6	5.4 (2.1)	5.5 (1.8)	20.4 (9.0)	11.5 (3.1)	19.3 (4.8)	11.2 (4.6)	28.8 (10.2)	66.1 (10.7)
Brown rice	119.0	3.1	24.8	0.8	3.0	1.5	66.8	12.6 (5.2)	3.1 (1.3)	20.2 (7.8)	11.3 (3.6)	35.7 (6.8)	21.4 (4.3)	54.7 (7.8)	64.1 (11.1)
Chicken ball	180.0	13.5	10.6	9.4	717.0	2.0	64.5	14.6 (6.7)	54.8 (6.1)	67.0 (6.5)	23.7 (7.4)	50.7 (6.8)	52.8 (6.7)	58.3 (6.9)	78.4 (4.9)
Chicken nugget	288.0	13.9	20.8	16.7	649.0	0.3	46.6	9.9 (4.6)	56.4 (5.8)	70.8 (5.3)	13.6 (6.2)	23.4 (6.3)	19.3 (4.5)	65.6 (7.1)	83.8(4.3)
Chicken wings	454.0	20.4	0.0	40.7	65.0	0.0	40.3	15.1 (5.3)	34.8 (6.2)	58.0 (6.7)	4.1 (1.8)	36.1 (7.9)	41.3 (5.9)	71.8 (5.0)	76.8 (7.2)
Cooked carrot	45.0	1.1	10.5	0.2	66.0	3.3	87.4	60.3 (5.1)	3.8 (1.7)	57.8 (6.8)	24.3 (7.4)	24.4 (6.8)	40.4 (6.3)	67.0 (7.0)	79.9 (6.7)
Egg mayo	195.0	10.7	4.2	15.2	238.4	0.0	68.6	17.4 (5.3)	28.6 (5.4)	58.6 (6.4)	7.2 (3.2)	20.2 (5.1)	18.3 (4.2)	69.2 (6.1)	81.5 (4.9)
Fish fillet	111.0	20.2	0.0	3.3	297.0	0.2	74.9	9.9 (4.9)	24.5 (5.9)	42.4 (7.5)	2.9 (1.5)	16.0 (5.0)	11.9 (4.5)	69.2 (9.1)	76.2 (8.9)
Fishball	66.2	9.9	4.6	0.9	658.0	0.1	82.0	16.0 (5.3)	39.5 (7.6)	62.3 (5.6)	10.4 (3.2)	40.4 (7.8)	41.3 (6.4)	65.2 (8.2)	87.5 (3.3)
Glutinous rice	170.5	2.8	39.0	0.4	172.0	0.3	57.9	7.8 (3.7)	3.9 (1.6)	18.1 (8.5)	3.3 (1.6)	62.8 (7.1)	52.2 (8.1)	27.9 (7.7)	60.6 (10.0)
Ham slice (THICK)	111.0	16.7	3.1	3.5	1248.0	0.0	72.7	11.3 (4.4)	70.4 (6.2)	69.8 (6.2)	25.4 (6.0)	45.1 (6.6)	62.0 (7.8)	58.9 (6.3)	77.5 (5.4)
Ham slice (THIN)	96.0	12.0	1.1	4.8	1154.0	0.0	71.0	8.3 (3.8)	74.2 (6.2)	63.1 (7.5)	10.8 (4.3)	24.2 (8.0)	24.8 (6.0)	58.8 (7.2)	78.0 (7.5)
Hard-boiled egg	151.0	13.2	0.3	10.9	123.0	0.0	74.3	4.2 (2.0)	11.2 (4.0)	37.0 (9.4)	7.2 (3.0)	18.3 (4.9)	54.8 (8.9)	60.2 (8.3)	89.8 (3.2)
Jell-o	69.0	1.3	16.2	0.0	93.0	0.0	82.2	70.9 (4.2)	2.0 (1.0)	67.1 (5.0)	2.4 (1.0)	9.0 (5.3)	9.2 (4.0)	56.6 (8.2)	63.2 (8.5)
Kailan	22.0	1.1	3.8	0.7	7.0	2.5	93.5	13.5 (3.4)	30.8 (5.7)	53.3 (5.7)	51.8 (7.6)	34.3 (5.5)	46.3 (5.1)	68.3 (5.4)	79.6 (6.8)
Kueh	173.9	0.6	31.3	5.1	104.3	0.3	53.3	69.0 (3.7)	5.9 (2.5)	67.7 (4.8)	5.3 (2.8)	47.7 (8.4)	27.3 (6.7)	65.9 (6.6)	79.6 (7.7)
Mashed potatoes	86.0	1.7	20.0	0.1	5.0	1.8	77.5	20.8 (7.5)	8.7 (2.7)	34.4 (6.9)	4.7 (2.6)	12.7 (5.4)	11.2 (3.9)	60.8 (7.9)	72.7 (8.9)
Minced beef	182.6	23.6	0.0	9.8	57.0	0.0	66.3	6.7 (2.7)	16.3 (6.0)	41.2 (9.6)	9.3 (4.1)	47.2 (8.2)	47.5 (6.0)	55.8 (7.3)	64.4 (9.0)
Oven chips	284.0	4.8	44.5	8.1	60.0	4.6	36.4	12.6 (5.4)	15.6 (4.3)	33.0 (7.1)	41.4 (8.6)	34.9 (6.9)	44.3 (7.7)	44.8 (7.5)	74.2 (6.6)
Papaya slices	34.0	0.4	6.9	0.1	7.0	2.3	89.3	67.7 (5.0)	6.9 (4.5)	65.9 (5.0)	21.5 (7.1)	21.7 (6.9)	42.9 (7.3)	75.0 (7.0)	91.5 (3.4)
Plain porridge	38.0	1.2	7.7	0.3	70.0	0.4	90.6	27.8 (6.4)	23.7 (4.9)	40.5 (8.0)	3.1 (1.6)	4.8 (2.2)	3.8 (1.9)	64.6 (8.9)	73.4 (8.6)
Potato chips	463.0	6.0	53.4	25.1	547.0	3.3	2.6	10.0 (4.7)	76.1 (4.0)	74.7 (3.2)	88.0 (2.9)	13.1 (3.6)	51.0 (9.7)	73.4 (6.6)	90.5 (3.1)
Prata	271.0	8.5	32.5	11.9	434.0	2.2	28.7	29.9 (6.8)	23.7 (5.2)	42.7 (7.2)	10.0 (3.3)	54.9 (7.4)	38.4 (6.1)	49.6 (7.1)	83.0 (4.9)
Raw carrot	31.6	0.8	5.0	0.1	40.0	3.9	88.6	48.8 (6.2)	2.7 (1.4)	46.8 (7.0)	85.9 (5.1)	34.8 (8.3)	91.3 (3.1)	49.3 (8.3)	73.4 (9.5)
Roasted peanuts	623.0	25.0	11.5	53.0	420.0	6.4	2.0	10.2 (3.0)	34.4 (7.2)	58.3 (6.9)	76.0 (7.9)	39.5 (8.5)	77.2 (6.9)	65.4 (5.9)	86.2 (4.8)
Roasted pork belly	387.4	23.9	0.9	31.9	443.0	0.0	40.0	13.3 (4.1)	63.0 (5.7)	77.1 (5.2)	40.8 (10.5)	57.4 (5.6)	55.2 (4.4)	69.0 (7.9)	76.2 (8.3)
Sandwich Hard	217.8	13.8	35.1	2.5	889.2	1.4	45.8	20.4 (6.8)	62.4 (5.4)	62.1 (6.3)	33.8 (6.6)	63.6 (5.6)	75.4 (4.1)	49.4 (7.3)	78.0 (5.3)
Sandwich Soft	188.4	10.8	27.0	4.1	687.2	2.2	49.2	8.8 (3.1)	44.5 (6.4)	48.8 (7.5)	8.9 (4.1)	39.3 (7.1)	31.4 (7.1)	56.3 (5.3)	84.5 (4.6)
Shredded green papaya	27.0	0.9	5.2	0.1	15.0	2.0	92.1	8.6 (4.0)	3.0 (1.5)	17.7 (5.9)	55.7 (7.8)	27.4 (8.1)	36.3 (6.5)	29.3 (7.7)	27.3 (8.2)
Silken tofu	43.0	4.8	0.8	2.4	2.0	0.2	91.4	14.7 (5.1)	29.4 (7.0)	34.8 (6.2)	5.5 (3.1)	10.1 (5.3)	21.1 (7.7)	63.1 (8.0)	77.8 (7.1)
Sotong	92.0	15.6	3.1	1.4	44.0	0.0	78.4	2.8 (1.2)	4.7 (1.8)	17.8 (8.2)	21.6 (7.3)	53.4 (8.2)	38.6 (6.8)	25.2 (5.4)	75.6 (8.4)
Spaghetti	158.0	5.8	30.9	0.9	1.0	1.8	62.1	5.8 (2.0)	7.1 (2.3)	17.9 (5.6)	6.5 (2.8)	24.2 (6.0)	29.1 (6.5)	37.0 (9.0)	73.7 (8.4)
Steak	326.0	28.1	0.0	22.8	70.0	0.0	48.4	9.8 (3.5)	65.3 (6.7)	73.2 (4.2)	8.1 (2.9)	79.4 (4.1)	69.8 (5.5)	64.3 (6.5)	64.2 (9.7)
Tang hoon	109.0	0.9	24.9	0.2	19.0	0.5	73.8	15.0 (4.9)	33.3 (5.8)	37.0 (6.7)	16.7 (6.8)	33.3 (6.0)	33.4 (5.7)	57.3 (7.1)	75.3 (6.9)
Tok	151.0	3.3	33.3	0.5	425.0	0.3	54.7	14.3 (5.0)	33.3 (6.0)	51.8 (6.5)	7.0 (2.6)	83.0 (4.0)	65.7 (6.9)	41.8 (8.7)	36.3 (9.2)
Tortilla chips	489.0	7.8	60.3	23.4	421.0	5.3	1.9	16.9 (5.2)	35.8 (6.8)	44.4 (7.6)	90.4 (2.4)	21.5 (5.6)	61.6 (7.0)	67.1 (8.4)	86.7 (3.8)
Udon noodle	135.0	2.6	30.7	0.1	147.0	0.8	66.1	16.8 (7.2)	39.9 (6.7)	39.8 (7.0)	9.7 (3.5)	44.2 (8.2)	37.7 (7.4)	55.2 (7.7)	72.1 (5.7)
Vanilla ice cream	227.0	4.3	22.6	13.3	63.0	0.3	59.0	67.2 (5.2)	2.0 (1.2)	73.6 (3.2)	2.6 (1.3)	6.0 (3.0)	9.0 (4.6)	74.3 (5.5)	84.7 (4.8)
White bread	250.0	10.0	44.3	3.6	376.0	3.7	34.6	28.9 (5.8)	3.2 (1.1)	22.7 (4.9)	5.9 (2.5)	38.1 (7.9)	16.3 (4.8)	43.3 (7.0)	88.1 (5.2)
White rice	140.0	2.8	31.1	0.5	5.0	0.0	65.4	22.2 (7.3)	2.7 (1.8)	15.5 (8.4)	10.1 (4.8)	35.1 (7.4)	31.8 (7.6)	38.1 (8.9)	95.2 (2.8)
Whole potatoes	86.0	1.7	20.0	0.1	5.0	1.8	77.5	14.8 (5.7)	8.2 (4.2)	23.0 (5.9)	42.8 (8.5)	21.0 (3.6)	65.6 (6.4)	54.9 (7.3)	71.5 (8.1)

^a Based on package information and the Singapore Health Promotion Board Energy and Nutrient Composition of Food (online version 2011)

^b Rated on a 100 mmVAS scale