

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

Authors: Marta Alejandre¹, Icíar Astiasarán¹, Diana Ansorena^{1*}

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.