

## Supplementary materials

Products	Protein (g)	Fat (g)	Carbohydrate (g)	Fibre (g)	Total carbohydrate (g)	Protein ratio (%)	Fat ratio (%)	Total carbohydrate ratio (%)	Fibre in total carbohydrates (%)
Instant Porridges									
Quaker Oat So Simple Original <sup>1</sup>	11	7.7	59	9	68	12.69	8.88	78.43	13.24
Quaker Oat So Simple Golden Syrup <sup>2</sup>	9	6.5	67	7.3	74.3	10.02	7.24	82.74	9.83
Quaker Oat So Simple Apple & Blueberry Porridge <sup>3</sup>	8.6	6.2	68	7.2	75.2	9.56	6.89	83.56	9.57
Quaker Oat So Simple Sultanas & Raisins Porridge <sup>4</sup>	8.3	5.7	68	6.9	74.9	9.34	6.41	84.25	9.21
Quaker Oat So Simple Banana Porridge <sup>5</sup>	8.9	6.4	67	7.2	74.2	9.94	7.15	82.91	9.70
Quaker Oat So Simple Velvety Chocolate <sup>6</sup>	9.8	7.6	65	8	73	10.84	8.41	80.75	10.96
Quaker Oat So Simple Sweet Cinnamon <sup>7</sup>	9	6.6	67	7.4	74.4	10.00	7.33	82.67	9.95
Quaker Oat So Simple Protein Original Porridge <sup>8</sup>	22	7.6	53	7.2	60.2	24.50	8.46	67.04	11.96

Quaker Oat So Simple Protein Golden Syrup <sup>9</sup>	22	5.8	56	5.9	61.9	24.53	6.47	69.01	9.53
Moma Jumbo Oat Porridge Peanut Butter & Maple Syrup <sup>10</sup>	13.2	13.4	49.8	8.3	58.1	15.58	15.82	68.60	14.29
Moma Porridge Raspberry Chia & Pumpkin Seeds <sup>11</sup>	13	11.1	51.8	9.9	61.7	15.15	12.94	71.91	16.05
Morrisons Syrup Oat <sup>12</sup>	8.5	5.8	71.3	5.4	76.7	9.34	6.37	84.29	7.04
Morrisons Original Oat <sup>13</sup>	11.1	8.1	60	8.6	68.6	12.64	9.23	78.13	12.54
南方黑芝麻糊 (Nangfang Black Sesame Porridge) <sup>14</sup>	2.6	4	28	N/A	28	7.51	11.56	80.92	0.00
南方黑芝麻 低糖早餐黑芝麻糊 (Nanfang Black Sesame Porridge Low Sugar Breakfast) <sup>15</sup>	3.2	4.8	27	N/A	27	9.14	13.71	77.14	0.00
北京同仁堂 黑芝麻糊 黑芝麻核桃桑葚粉 (Beijing Tongrentang Black Sesame, Black Bean, Walnut & Mulberry Porridge) <sup>16</sup>	11.6	8.8	71.3	N/A	71.3	12.65	9.60	77.75	0.00
南方 高山玉米糊	4	4	80	N/A	80	4.55	4.55	90.91	0.00

(Nanfang Corn Porridge) <sup>17</sup>										
捷氏 山药葛根玉米羹 (Jesitte Yam, Kudzu & Corn Porridge) <sup>18</sup>	5.7	0	85.7	N/A	85.7	6.24	0.00	93.76	0.00	
蕴青堂南京同仁堂 山药葛根玉米羹 (Yunqing Yam, Kudzu & Corn Porridge) <sup>19</sup>	6	0	84.5	N/A	84.5	6.63	0.00	93.37	0.00	
江中猴姑养胃米稀 (JZSL Rice Porridge) <sup>20</sup>	9.6	4.5	81.7	N/A	81.7	10.02	4.70	85.28	0.00	
五谷磨房黑之养核桃芝麻黑豆粉 (Walnut Sesame & Black Bean Porridge) <sup>21</sup>	6	8.3	9.8	3.4	13.2	21.82	30.18	48.00	25.76	
五谷磨房 益元八珍粉黑芝麻核桃粉 (Nutritious Grain Porridge) <sup>22</sup>	16.1	16.2	50.4	8.2	58.6	17.71	17.82	64.47	13.99	
张宝山 铁棍山药粉 600g (Zhangbaoshan Yam Porridge) <sup>23</sup>	4.9	8.6	76.8	N/A	76.8	5.43	9.52	85.05	0.00	
维维豆奶粉 (Weiwei Soymilk) <sup>24</sup>	16.8	13.2	59.2	4.3	63.5	17.97	14.12	67.91	6.77	
九阳豆浆黑豆纯豆浆粉	40	24.4	12	9	21	46.84	28.57	24.59	42.86	

(Yoyoung Soymilk) <sup>25</sup>									
德富祥 五仁咸油茶 (Defuxiang Wheat Flour Gruel) <sup>26</sup>	2.1	1.7	24.6	N/A	24.6	7.39	5.99	86.62	0.00
谷旗 纯杏仁粉 (Guki Almond Milk) <sup>27</sup>	24.2	60.9	1.9	10.2	12.1	24.90	62.65	12.45	84.30
Holland & Barrett Slimexpert Golden Syrup Flavour Porridge <sup>28</sup>	8.1	1.5	14	4.6	18.6	28.72	5.32	65.96	24.73
Grace Instant Green Banana Porridge <sup>29</sup>	4	3.5	43	2	45	7.62	6.67	85.71	4.44
Grace Instant Cornmeal Porridge <sup>30</sup>	7.7	4.4	86.4	2.6	89	7.62	4.35	88.03	2.92
Brave Ape Blueberry & Cinnamon Instant Keto Porridge <sup>31</sup>	18	33	19	22	41	19.57	35.87	44.57	53.66
He Brave Ape Co. Original Keto Porridge <sup>32</sup>	19	38	13	22	35	20.65	41.30	38.04	62.86
Instant Coffee Mixes									
Nescafe Gold Cappuccino Unsweetened Instant Coffee <sup>33</sup>	13.2	13.9	49	5.8	54.8	16.12	16.97	66.91	10.58

Nescafe Gold Cappuccino Instant Coffee <sup>34</sup>	8.8	8.1	66.4	4.2	70.6	10.06	9.26	80.69	5.95
Nescafe Gold Cappuccino Decaf Unsweetened Instant Coffee <sup>35</sup>	13.3	15.2	48.3	5.3	53.6	16.20	18.51	65.29	9.89
Nescafe Gold Cappuccino Instant Coffee <sup>36</sup>	8.8	8.1	66.4	4.2	70.6	10.06	9.26	80.69	5.95
Nescafe Gold Caramel Latte Instant Coffee <sup>37</sup>	8.8	10.1	67.6	2.6	70.2	9.88	11.34	78.79	3.70
Nescafe Gold Latte Instant Coffee <sup>38</sup>	18.3	10.8	50.8	4.2	55	21.76	12.84	65.40	7.64
Nescafe Gold Double Choc Mocha <sup>39</sup>	0.9	0.9	5.8	0.6	6.4	10.98	10.98	78.05	9.38
Nescafe Original 3in1 Instant Coffee <sup>40</sup>	2	11.6	68.3	7.5	75.8	2.24	12.98	84.79	9.89
Nescafe Gold Skinny Latte Instant Coffee <sup>41</sup>	21.3	5.5	58	3.4	61.4	24.15	6.24	69.61	5.54
Kenco Instant Cappucino Unsweetened <sup>42</sup>	17	17	47	2.9	49.9	20.26	20.26	59.48	5.81
Kenco 3in1 Instant Coffee Sachets With Milk & Sugars <sup>43</sup>	2.6	11	78	0	78	2.84	12.01	85.15	0.00

Kenco 2in1 Instant Coffee Sachets With Milk <sup>44</sup>	7.1	9	73	0	73	7.97	10.10	81.93	0.00
Starbucks Premium Instant Caramel Latte <sup>45</sup>	1.7	1.2	7.6	0.3	7.9	15.74	11.11	73.15	3.80
Starbucks Premium Instant Cinnamon Dolce Latte <sup>46</sup>	1.7	1.2	7.8	0.3	8.1	15.45	10.91	73.64	3.70
Instant Hot Chocolates									
Galaxy Instant Hot Chocolate <sup>47</sup>	5	8.9	70	N/A	70	5.96	10.61	83.43	0.00
Galaxy Light Instant Hot Chocolate <sup>48</sup>	8.9	13	53	N/A	53	11.88	17.36	70.76	0.00
Cadbury Instant Chocolate Break Hot Chocolate <sup>49</sup>	8.9	8.6	70	5.9	75.9	9.53	9.21	81.26	7.77
Options Belgian Chocolate <sup>50</sup>	8.9	7.3	59	N/A	59	11.84	9.71	78.46	0.00
Options Belgian Choc Mint <sup>51</sup>	8.9	7.2	53	N/A	53	12.88	10.42	76.70	0.00
Morrisons Instant Hot Chocolate <sup>52</sup>	0.9	0.7	9.6	0.3	9.9	7.83	6.09	86.09	3.03
Morrisons Instant Hot Chocolate <sup>53</sup>	0.9	0.7	9.6	0.3	9.9	7.83	6.09	86.09	3.03

Tassimo Hot Chocolate Salted Caramel <sup>54</sup>	1.6	1	9.1	0.4	9.5	13.22	8.26	78.51	4.21
Nestle Hot Chocolate Mix <sup>55</sup>	1	2	15	0	15	5.56	11.11	83.33	0.00
Swiss Miss Marshmallow Hot Cocoa Mix <sup>56</sup>	1	2.5	34	0	34	2.67	6.67	90.67	0.00
Ghirardelli Double Chocolate Hot <sup>57</sup>	1	1	22	0	22	4.17	4.17	91.67	0.00
Ovaltine Chocolate Powder <sup>58</sup>	2.1	1.7	24.6	N/A	24.6	7.39	5.99	86.62	0.00
Milkshakes									
Nesquik Banana Flavour Milkshake Mix <sup>59</sup>	3.5	1.7	9	0	9	24.65	11.97	63.38	0.00
Nesquik Choco-Caramel Flavour Milkshake Mix <sup>60</sup>	3.7	1.9	8.1	0.3	8.4	26.43	13.57	60.00	3.57
Nesquik Mix <sup>61</sup>	8.4	4.1	74.4	8.1	82.5	8.84	4.32	86.84	9.82
Nesquik Chocolate Flavour Milkshake Mix <sup>62</sup>	3.7	1.9	8.1	0.3	8.4	26.43	13.57	60.00	3.57
Honey Monster Banana Milkshake Wheat Puffs <sup>63</sup>	9.4	1.8	73.1	6.9	80	10.31	1.97	87.72	8.63
Carnation Breakfast Essentials High Protein Powder Drink Mix <sup>64</sup>	10	1	21	0	21	31.25	3.13	65.63	0.00

Carnation Breakfast Essentials® Original Nutritional Powder Drink Mix <sup>65</sup>	5	1	27	0	27	15.15	3.03	81.82	0.00
Carnation Malted Milk, Original <sup>66</sup>	2	1.5	16	0	16	10.26	7.69	82.05	0.00
Instant Desserts									
Angel Delight Butterscotch Flavour Instant Dessert <sup>67</sup>	3.5	4.3	16.2	0.5	16.7	14.29	17.55	68.16	2.99
Angel Delight Strawberry Flavour No Added Sugar Instant Dessert <sup>68</sup>	3.6	3.8	13	0.5	13.5	17.22	18.18	64.59	3.70
Angel Delight Butterscotch Flavour No Added Sugar Instant Dessert <sup>69</sup>	3.6	4.7	12.3	0.5	12.8	17.06	22.27	60.66	3.91
Angel Delight Chocolate Flavour Instant Dessert <sup>70</sup>	3.7	3.9	15.8	0.5	16.3	15.48	16.32	68.20	3.07
Morrison's Savers Instant Custard Powder <sup>71</sup>	0.5	1.5	14.1	0	14.1	3.11	9.32	87.58	0.00
Morrison's Instant Custard <sup>72</sup>	1	2.1	12.7	0.1	12.8	6.29	13.21	80.50	0.78



南国 纯椰子粉 (Nanguo Coconut Powder) <sup>73</sup>	2.4	34.9	57.9	N/A	57.9	2.52	36.66	60.82	0.00
Instant Soups									
Ainsley Harriot Aromatic Thai Chicken & Lemongrass Cup Soup <sup>74</sup>	0.3	1.2	7.5	0.1	7.6	3.30	13.19	83.52	1.32
Batchelors Cup A Soup Hot & Sour <sup>75</sup>	0.5	0.5	6.7	0.5	7.2	6.10	6.10	87.80	6.94
Batchelors Cup A Soup Broccoli & Cauliflower <sup>76</sup>	0.6	2	5.3	0.5	5.8	7.14	23.81	69.05	8.62
Batchelors Cup A Soup Chicken & Lemongrass <sup>77</sup>	0.7	1.6	5	0.5	5.5	8.97	20.51	70.51	9.09
Batchelors Cup A Soup Potato & Leek 4 Sachets <sup>78</sup>	0.8	1.7	5.9	0.5	6.4	8.99	19.10	71.91	7.81
Heinz Cream Of Tomato Cup Soup <sup>79</sup>	0.5	0.6	7.1	0.2	7.3	5.95	7.14	86.90	2.74
Heinz Cream Of Chicken Cup Soup <sup>80</sup>	0.6	1.1	4.9	0.1	5	8.96	16.42	74.63	2.00
Heinz Vegetable Cup Soup <sup>81</sup>	0.5	0.3	6.3	0.3	6.6	6.76	4.05	89.19	4.55
Heinz Minestrone Cup Soup <sup>82</sup>	0.6	0.4	5	0.3	5.3	9.52	6.35	84.13	5.66

Bear Creek Soup Mix, Cheddar Broccoli <sup>83</sup>	2	6	24	0	24	6.25	18.75	75.00	0.00
Bear Creek Cheddar Potato Soup Mix <sup>84</sup>	2	6	26	0	27	5.71	17.14	77.14	3.70
Bear Creek Creamy Potato Soup Mix <sup>85</sup>	2	3.5	24	0	26	6.35	11.11	82.54	7.69
Bear Creek Creamy Chicken Soup Mix <sup>86</sup>	2	6	25	0	25	6.06	18.18	75.76	0.00
Fitwise Cream Of Mushroom <sup>87</sup>	15	1	5	0	5	71.43	4.76	23.81	0.00
Augason Farms Creamy Potato Soup Mix <sup>88</sup>	4	8	33	0	33	8.89	17.78	73.33	0.00
Potage Of Mushrooms Of Knorr Cup Soup Milk Tailoring <sup>89</sup>	2	1	8	N/A	8	18.18	9.09	72.73	0.00
Continental Creamy Chicken & Croutons <sup>90</sup>	1.4	5.9	17.9	N/A	17.9	5.56	23.41	71.03	0.00
Milk Powder									
Nestle Nido Milk Powder <sup>91</sup>	25.7	28.2	36.5	0	36.5	28.43	31.19	40.38	0.00
Kendamil 3 Toddler Milk Formula Powder From 1 To 3 Years <sup>92</sup>	13	20.4	58	1.5	59.5	13.99	21.96	64.05	2.52

Kendamil 1 First Baby Infant Milk Formula Powder From Birth <sup>93</sup>	10.1	28	56	1.9	57.9	10.52	29.17	60.31	3.28
Hipp Organic 2 Follow On Baby Milk Powder From 6 Months <sup>94</sup>	1.3	3.7	7.2	0.5	7.7	10.24	29.13	60.63	6.49
Hipp 3 Growing Up Baby Milk Powder From 1 Year Onwards <sup>95</sup>	1.4	3.3	6	0.5	6.5	12.50	29.46	58.04	7.69
S M A Soya Infant Formula From Birth <sup>96</sup>	1.8	3.6	6.8		6.8	14.75	29.51	55.74	0.00
Swiss Miss Powder Milk <sup>97</sup>	8	0	12	0	12	40.00	0.00	60.00	0.00
Peak Instant Full-Cream Dry Whole Milk Powder <sup>98</sup>	24	28	39	N/A	39	26.37	30.77	42.86	0.00
Maxigenes Full Cream Instant Milk Powder <sup>99</sup>	8.33	9.94	14.21	0	14.21	25.65	30.60	43.75	0.00
伊利中老年高钙低脂奶粉 (Milk Powder) <sup>100</sup>	21	3	61.5	6.5	68	22.83	3.26	73.91	9.56
蒙牛中老年高钙益生菌成人奶粉 (Milk Powder With Probiotics) <sup>101</sup>	19.4	13	57.3	1	58.3	21.39	14.33	64.28	1.72
Devondale Instant Milk	3.5	4	5.6	N/A	5.6	26.72	30.53	42.75	0.00

Powder <sup>102</sup>									
Meal Replacements									
Morrison's In Shape Strawberry Meal Replacement Drink <sup>103</sup>	5.5	1.1	9.4	1.3	10.7	31.79	6.36	61.85	12.15
Complan Meal Replacement Strawberry <sup>104</sup>	15.4	14.8	62.4	0.1	62.5	16.61	15.97	67.42	0.16
Complan Meal Replacement Chocolate <sup>105</sup>	15.6	14.5	60.8	1.6	62.4	16.86	15.68	67.46	2.56
Slimfast Meal Shake Powder Strawberry <sup>106</sup>	5.3	1	12	1.4	13.4	26.90	5.08	68.02	10.45
Slimfast Meal Shake Powder Chocolate <sup>107</sup>	5.3	1.2	11	1.7	12.7	27.60	6.25	66.15	13.39
Slimfast Vitality Chocolate Intensity <sup>108</sup>	6	1.2	7	1.9	8.9	37.27	7.45	55.28	21.35
Slimfast Advanced Keto Fuel Shake Powder Rich Chocolate <sup>109</sup>	4	6.6	1.6	1.3	2.9	29.63	48.89	21.48	44.83
Slimfast Advanced Keto Fuel Shake Powder Creamy Vanilla <sup>110</sup>	4.7	7.5	1.8	0.3	2.1	32.87	52.45	14.69	14.29

Nu26 Nutritionally Complete Real Food Chocolate Shake <sup>111</sup>	36	13	30	8.2	38.2	41.28	14.91	43.81	21.47
Yfood Classic Choco Powder <sup>112</sup>	6.3	4.6	7.5	1.5	9	31.66	23.12	45.23	16.67
Yfood Smooth Vanilla Powder <sup>113</sup>	6.3	4.6	7.5	1.5	9	31.66	23.12	45.23	16.67
Form Superblend Chocolate Salted Caramel Protein <sup>114</sup>	50	12.3	10.8	20.3	31.1	53.53	13.17	33.30	65.27
Holland & Barrett Slimexpert Golden Syrup Flavour Porridge <sup>115</sup>	8.1	1.5	14	4.6	18.6	28.72	5.32	65.96	24.73
Usn Diet Fuel Vegan Meal Replacement Shake Strawberry <sup>116</sup>	48	5.8	34	1.3	35.3	53.87	6.51	39.62	3.68
Usn Diet Fuel Vegan Meal Replacement Shake Chocolate <sup>117</sup>	47	6.3	33	1.9	34.9	53.29	7.14	39.57	5.44
Phd Nutrition Diet Whey Lean Meal Replacement Shake Double Chocolate Flavour <sup>118</sup>	48	6.5	29	6.8	35.8	53.16	7.20	39.65	18.99
Forza Shake It Slim Starter Pack <sup>119</sup>	26	6.4	48.4	6.7	55.1	29.71	7.31	62.97	12.16

Usn Diet Fuel Meal Replacement Shake Strawberry <sup>120</sup>	25	2	16	0	21	52.08	4.17	43.75	23.81
Usn Diet Fuel Meal Replacement Shake Vanilla <sup>121</sup>	25	2.7	17	3.4	20.4	51.98	5.61	42.41	16.67
Protein World Slender Blend Strawberry <sup>122</sup>	56.9	4.8	19.7	7.6	27.3	63.93	5.39	30.67	27.84
Wonderslim Meal Replacement Shake <sup>123</sup>	15	1.5	7	0	7	63.83	6.38	29.79	0.00
Holland & Barrett Slimexpert Meal Replacement Shake Vanilla Flavour <sup>124</sup>	16	6.4	19	4.5	23.5	34.86	13.94	51.20	19.15
Holland & Barrett Slimexpert Meal Replacement Shake Chocolate Flavour <sup>125</sup>	16	6.4	19	4.5	23.5	34.86	13.94	51.20	19.15
Protein Shakes									
Phd Diet Whey Vanilla <sup>126</sup>	68	5	12	1	13	79.07	5.81	15.12	7.69
Phd Diet Plant Strawberries & Cream <sup>127</sup>	77	3.2	7	2.6	9.6	85.75	3.56	10.69	27.08
Tribe Cocoa & Sea Salt	53	2.2	29	4.3	33.3	59.89	2.49	37.63	12.91

Protein Shake Pouch <sup>128</sup>									
Optimum Nutrition Gold Standard 100% Whey Delicious Strawberry <sup>129</sup>	80	4.2	4.5	N/A	4.5	90.19	4.74	5.07	0.00
Optimum Nutrition Serious Mass Powder Vanilla <sup>130</sup>	15	1.4	77	N/A	77	16.06	1.50	82.44	0.00
Optimum Nutrition Gold Standard 100% Plant Vanilla <sup>131</sup>	68	6.1	14	2.1	16.1	75.39	6.76	17.85	13.04
Usn Blue Lab Whey Caramel Chocolate <sup>132</sup>	73	6	8.2	4.8	13	79.35	6.52	14.13	36.92
Usn Blue Lab Whey Vanilla <sup>133</sup>	76	5.8	7.6	2.6	10.2	82.61	6.30	11.09	25.49
USN Muscle Fuel Anabolic All-In-Oneshake Chocolate <sup>134</sup>	36	2.2	51	2.4	53.4	39.30	2.40	58.30	4.49
Bio-Synergy Chocolate Whey Better Protein Powder <sup>135</sup>	90.6	0	0	N/A	0	100.00	0.00	0.00	0.00
Bio-Synergy Whey Hey Brazilian Coffee Protein Powder <sup>136</sup>	61.3	5.02	20.64	0	20.64	70.49	5.77	23.74	0.00
Phd Nutrition Chocolate	68	5.5	11	0	14	77.71	6.29	16.00	21.43

Peanut Diet Whey Powder <sup>137</sup>									
Phd Nutrition Diet Plant Salted Caramel <sup>138</sup>	81	3.2	5	2	7	88.82	3.51	7.68	28.57
Applied Nutrition Collagen Peptides <sup>139</sup>	90	0	0	0	0	100.00	0.00	0.00	0.00
Pe Nutrition Performance Whey Vanilla <sup>140</sup>	21.5	1.2	2.5	0.21	2.71	84.61	4.72	10.67	7.75
Pe Nutrition Performance Whey Chocolate <sup>141</sup>	20.5	1.1	1.4	0.24	1.64	88.21	4.73	7.06	14.63
Pe Nutrition Performance Lean Vanilla <sup>142</sup>	12	1.7	7.2	3	10.2	50.21	7.11	42.68	29.41
Pulsin Soya Protein <sup>143</sup>	9	0.05	0.1	0.05	0.15	97.83	0.54	1.63	33.33
Pulsin Rice Protein Powder <sup>144</sup>	80	1	10	8	18	80.81	1.01	18.18	44.44
Pulsin Supersshake Immunity Red Berry <sup>145</sup>	19.6	2.5	1.2	0.9	2.1	80.99	10.33	8.68	42.86



## Reference

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