

Supplementary Table 1: Study meals' composition, energy and nutrient content

Meal	Dinner (consisted of one of the options below)		Test meal (Oat porridge and weetabix)		Light lunch (consisted of one of the three soup options and one of the two jelly options)				
Commercial name	<u>Superior fish pie</u>	<u>Chicken and herb pie</u>	<u>Flahavan's Organic Oats Pot - Original</u>	<u>Weetabix</u>	<u>Vegetable soup</u>	<u>Tomato & Basil</u>	<u>Honey carrot coriander</u>	<u>Chivers Strawberry jelly pot</u>	<u>Chivers Raspberry jelly pot</u>
Ingredients	Potato (38%), Milk, Pollock (Fish) (12%), Smoked Salmon (7.5%) (Smoked Salmon (Fish), Salt, Brown Sugar), Smoked Haddock (6%) (Haddock (Fish), Salt), Onion, Double Cream (Milk), Butter (Milk), Single Cream (Milk), Water, Cornflour, Lemon Concentrate, Chives, Salt, White Pepper, Dill, Parsley	Potato (34%), Chicken Breast Pieces (24%) (Chicken, Water, Cornflour), Water, Double Cream (Milk), Onion, Butter (Milk), Mushroom (3.1%), Single Cream (Milk), Cornflour, Chicken Stock (Chicken, Yeast Extract, Salt, Chicken Fat, Water, Lemon Juice Concentrate, Muscovado Sugar, Onion Powder, Leek Powder, Natural Black Pepper Flavours, Sage Oil), Salt, Lemon Juice, Parsley (0.18%), Chives (0.14%), Garlic Puree, White Pepper, Black Pepper, Thyme (0.02%)	Organic Wholegrain Rolled Oats (92%) Organic Skimmed Milk Powder.	Wholegrain Wheat (95%), Malted Barley Extract, Sugar, Salt, Niacin, Iron, Thiamin (B1), Riboflavin (B2), Folic Acid	Water, Carrot (21%), Potato (11%), Onion (8%), Leek (5%), Cream (Milk), Salted Butter (Milk), Celery (2.5%), Concentrated Crushed Tomato, Vegetable Stock [Salt Yeast Extract, Rice Flour, Vegetables (Onion, Celery Carrot), Sunflower Oil, Turmeric, Parsley], Sugar, Fresh Parsley, Salt, Black Pepper, Thyme	Water, Concentrated Crushed Tomato (22%), Onion, Cream (Milk) (8%), Salted Butter (Milk), Sugar, Vegetable Stock [Salt, Yeast Extract, Rice Flour, Vegetables (Onion, Celery Carrot), Sunflower Oil, Turmeric, Parsley], Salt, Fresh Basil, Black Pepper	Carrot (42%), Water, Onion, Salted Butter (Milk), Honey (1.5%), Vegetable Stock [Salt, Yeast Extract, Rice Flour, Vegetables (Onion, Celery, Carrot), Sunflower Oil, Turmeric, Parsley], Salt, Fresh Coriander, Black Pepper	Water, Gelling Agents (Locust Bean Gum, Xanthan Gum, Gellan Gum), Acid (Citric Acid), Colours (Carmines, Anthocyanins), Flavours, Sweeteners (Aspartame, Acesulphame K), Acidity Regulator (Potassium Citrates)	Water, Gelling Agents (Locust Bean Gum, Xanthan Gum, Gellan Gum), Acid (Citric Acid), Colour (Carmines), Flavouring, Sweeteners (Aspartame, Acesulphame K), Acidity Regulator (Potassium Citrates)
Manufacturer	Cully & Sully Cork, Ireland	Cully & Sully Cork, Ireland	E. Flahavan & Sons Limited Waterford, Ireland	Weetabix Limited Iorhamptonshire, U	Cully & Sully Cork, Ireland	Cully & Sully Cork, Ireland	Cully & Sully Cork, Ireland	Chivers Meath, Ireland	Chivers Meath, Ireland
Energy and nutrient content per 100g									
Energy (KJ)	514	498	1603	1531	291	335	181	25	25
(Kcal)	123	119	383	362	70	81	43	6	6
Fat (g)	6.1	6.3	5.0	2.0g	4.9	6.3	1.8	0.0	0.0
(of which saturates) (g)	3.9	4.2	1.0	0.6g	3.0	3.9	1.0	0.0	0.0
Carbohydrate (g)	5.5	4.4	72.5	69g	5.1	4.5	5.4	0.8	0.8
(of which sugars) (g)	0.7	1.1	5.3	4.2g	2.9	3.9	5.0	0.0	0.0
Fibre (g)	1.4	0.8	5.5	10g	1.4	1.0	2.0	0.0	0.0
Protein (g)	10.9	10.8	13.0	12g	0.7	1.0	0.4	0.1	0.1
Salt (g)	0.5	0.6	0.1	0.28g	0.6	0.6	0.5	0.0	0.0
Servings in the study meals	400g	400g	80g	1 biscuit (18-19g)	400g	400g	400g	150g	150g

