

Supplementary Table S3. Standardized dinner the evening prior to the testing day.

Item	Amount	kcal	Fat(g)	CH(g)	Protein (g)
<i>Bread</i>	2 slices , 50 g each	241	2.7	45	7.5
<i>Cheese</i>	Slices à 17g	321	24	0.3	26
<i>Salami</i>	Slices à 18g	306	25	1	19
<i>Butter</i>	16.7 g	743	82	0.6	0.7
<i>Tomato</i>	2 small tomatoes				
<i>Cucumber</i>	5 slices				
<i>Fruit</i>					
<i>Yoghurt</i>	1 yoghurt à 150g	143	4.2	21.8	4.5
<i>Fruit</i>	1 small Apple	55	0.60	11	0.3
<i>Drinks</i>	Water at free disposal				

Note. Kcal, fat, CH, protein content per 100g are displayed, CH = Carbohydrates