

Supplementary Table 1: Energy, macronutrients, and salt across the considered subcategories of products.

| Subcategory | | Number | Energy | Total fats | Saturates | Total Carbohydrates | Sugars | Protein | Salt |
|---------------------------------|--------------|----------|------------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| | | of Items | (kcal/100 g or 100 mL) | (g/100 g or 100 mL) | (g/100 g or 100 mL) | (g/100 g or 100 mL) | (g/100 g or 100 mL) | (g/100 g or 100 mL) | (g/100 g or 100 mL) |
| <i>Sweet cereal based-foods</i> | | | | | | | | | |
| Cookies | Conventional | 13 | 449 (427–460) | 16.0 (10.8–18.0) | 2.2 (1.7–3.4) | 68.8 (63.1–76.0) | 23.0 (21.0–24.0) | 8.0 (7.1–8.9) | 0.7 (0.6–0.8) |
| | Organic | 13 | 453 (439–470) | 16.0 (11.0–19.7) | 2.4 (2.0–6.9) | 65.0 (61.7–74.5) | 21.0 (19.0–27.0) | 8.4 (7.8–9.0) | 0.6 (0.5–0.8) |
| Breakfast cereals | Conventional | 9 | 373 (371–415) | 1.0 (0.9–14.0) | 0.3 (0.3–6.0) | 81.0 (65.0–82.0) | 7.0 (6.0–21.0) | 7.3 (7.2–8.0) | 0.5 (0.4–1.5) |
| | Organic | 9 | 375 (371–385) | 1.0 (1.0–5.6) | 0.3 (0.3–1.2) | 81.0 (63.0–83.0) | 6.1 (6.0–16.0) | 8.0 (7.9–9.2) | 0.1 (0.1–1.9) |
| Snacks | Conventional | 6 | 383 (356–386) | 14.0 (13.3–14.0) | 2.5 (2.4–3.1) | 59.2 (57.9–64.5) | 33.5 (32.0–34.0) | 5.4 (5.1–5.5) | 0.6 (0.6–0.8) |
| | Organic | 6 | 393 (381–403) | 14.5 (12.8–15.2) | 2.6 (2.6–3.1) | 58.8 (55.1–64.1) | 32.1 (31.0–35.0) | 6.0 (5.9–6.1) | 0.6 (0.6–0.8) |
| <i>Bread and substitutes</i> | | | | | | | | | |
| Wraps | Conventional | 11 | 304 (303–326) | 8.6 (8.6–9.6) | 1.5 (1.5–2.4) | 47.1 (47.0–48.9) | 1.1 (1.1–1.5)b | 8.1 (7.9–8.1) | 1.6 (1.6–1.7)a |
| | Organic | 11 | 309 (305–311) | 9.2 (8.6–9.6) | 1.6 (0.8–1.9) | 47.0 (45.9–48.6) | 1.6 (1.2–2.1)a | 8.2 (7.9–8.7) | 1.5 (1.4–1.5)b |
| Crackers | Conventional | 10 | 429 (424–431) | 11.5 (11.0–12.3) | 1.4 (1.1–1.7) | 66.8 (65.5–69.9) | 2.0 (2.0–2.0)a | 11.1 (11.0–2.0) | 1.8 (1.8–2.0) |
| | Organic | 10 | 427 (426–438) | 12.2 (12.0–13.0) | 1.9 (1.9–2.1) | 65.1 (63.0–68.0) | 1.9 (1.6–2.0)b | 12.0 (11.1–13.0) | 2.0 (1.4–2.0) |
| Breadsticks | Conventional | 9 | 433 (415–451) | 12.5 (8.0–16.0) | 2.6 (1.3–4.1) | 67.0 (62.3–71.0) | 3.3 (1.9–3.5) | 12.7 (12.2–13.0) | 2.0 (1.8–2.1) |
| | Organic | 9 | 436 (416–467) | 11.6 (10.4–17.0) | 2.0 (1.8–2.6) | 65.0 (61.0–66.6) | 2.4 (2.1–2.6) | 13.0 (12.0–13.0) | 1.9 (1.6–2.1) |
| Bread | Conventional | 6 | 256 (252–268) | 3.9 (3.3–4.6) | 0.5 (0.4–0.7) | 42.3 (32.0–46.1) | 4.8 (4.6–4.9) | 8.3 (8.2–8.6) | 1.3 (1.2–1.5) |
| | Organic | 6 | 254 (206–267) | 4.2 (3.6–4.3) | 0.5 (0.4–0.6) | 44.8 (43.0–45.2) | 3.1 (2.1–4.9) | 9.0 (8.4–9.7) | 1.3 (1.2–1.5) |

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|---|--------------|----|----------------|------------------|------------------|-------------------|-----------------|-------------------|----------------|
| Rusks | Conventional | 6 | 399 (385–412) | 7.6 (5.0–8.0) | 1.0 (0.7–2.0) | 72.1 (67.2–73.0) | 7.0 (4.0–7.7) | 10.4 (10.0–11.0) | 1.2 (1.2–1.3) |
| | Organic | 6 | 395 (384–406) | 5.7 (4.0–6.8) | 0.8 (0.5–1.1) | 70.3 (67.0–72.0) | 5.5 (3.5–6.7) | 12.3 (11.7–12.5) | 1.3 (0.6–1.3) |
| <hr/> | | | | | | | | | |
| <i>Pasta, rice and other cereals</i> | | | | | | | | | |
| Pasta | Conventional | 77 | 354 (351–359)a | 1.5 (1.3–1.5) | 0.3 (0.3–0.4)b | 71.5 (69.2–73.1)a | 3.0 (2.9–3.2) | 12.7 (12.5–13.0)a | 0.0 (0.0–0.0)a |
| | Organic | 77 | 350 (347–354)b | 1.5 (1.3–2.0) | 0.4 (0.3–0.5)a | 71.0 (66.6–71.0)b | 3.2 (2.4–3.5) | 11.5 (11.0–12.0)b | 0.0 (0.0–0.0)b |
| Rice and other cereals | Conventional | 12 | 354 (349–358) | 1.2 (0.5–2.5) | 0.2 (0.1–0.5) | 70.5 (67.1–79.0) | 0.4 (0.2–1.2) | 9.3 (7.1–12.3) | 0.0 (0.0–0.1) |
| | Organic | 12 | 350 (344–354) | 1.5 (0.9–2.2) | 0.4 (0.3–0.5) | 75.0 (67.8–78.0) | 0.5 (0.2–1.1) | 7.5 (7.0–9.4) | 0.0 (0.0–0.0) |
| Flour | Conventional | 12 | 339 (339–344) | 1.0 (0.9–1.5) | 0.2 (0.2–0.3) | 72.0 (70.1–72.6) | 1.0 (0.6–1.2)b | 9.9 (9.0–10.8) | 0.0 (0.0–0.0) |
| | Organic | 12 | 345 (340–353) | 1.0 (0.7–1.1) | 0.2 (0.2–0.3) | 72.5 (71.0–73.0) | 1.7 (1.2–1.8)a | 10.8 (9.8–11.0) | 0.0 (0.0–0.0) |
| Gnocchi | Conventional | 3 | 151 (123–156) | 0.7 (0.4–1.4) | 0.2 (0.0–0.2) | 28.0 (24.5–32.6) | 1.0 (0.1–4.7) | 5.2 (3.5–5.4) | 1.3 (1.3–1.4) |
| | Organic | 3 | 126 (121–159) | 0.6 (0.6–2.0) | 0.2 (0.2–0.2) | 25.2 (24.0–29.0) | 4.0 (1.0–4.4) | 3.6 (3.5–5.3) | 1.3 (1.2–1.3) |
| <hr/> | | | | | | | | | |
| <i>Milk, dairy foods and plant-based drinks</i> | | | | | | | | | |
| Yogurt | Conventional | 46 | 96 (69–101) | 3.4 (3.0–3.7) | 2.4 (2.0–2.6) | 12.9 (5.5–13.8) | 12.0 (4.8–13.4) | 3.6 (3.4–3.9) | 0.1 (0.1–0.1)b |
| | Organic | 46 | 96 (71–103) | 3.3 (3.2–3.9) | 2.2 (2.1–2.6) | 12.1 (5.2–15.0) | 11.1 (4.5–14.0) | 3.6 (3.1–4.0) | 0.1 (0.1–0.1)a |
| Cheese | Conventional | 45 | 260 (216–285) | 23.0 (16.0–28.0) | 16.0 (11.1–18.7) | 1.9 (1.0–2.8) | 1.5 (0.3–2.3) | 13.0 (8.0–17.0) | 0.7 (0.6–0.8) |
| | Organic | 45 | 260 (232–289) | 22.0 (18.0–28.0) | 15.8 (12.0–18.7) | 2.0 (0.7–2.9) | 1.3 (0.2–2.3) | 14.0 (9.4–17.0) | 0.7 (0.5–0.8) |
| Milk | Conventional | 27 | 49 (47–65) | 1.60 (1.6–3.6) | 1.2 (1.1–2.6) | 4.9 (4.9–5.0) | 4.9 (4.9–5.0) | 3.3 (3.2–3.4) | 0.1 (0.1–0.1) |
| | Organic | 27 | 48 (47–65) | 1.60 (1.6–3.6) | 1.1 (1.0–2.5) | 4.9 (4.9–5.0) | 4.9 (4.9–5.0) | 3.2 (3.2–3.3) | 0.1 (0.1–0.1) |
| Plant-based drinks | Conventional | 5 | 44 (42–45)a | 2.0 (1.8–2.1) | 0.3 (0.3–0.4) | 3.0 (2.6–3.3)a | 2.5 (2.4–2.8)a | 3.3 (3.0–3.5) | 0.0 (0.0–0.1) |
| | Organic | 5 | 39 (38–40)b | 2.1 (2.0–2.1) | 0.3 (0.3–0.4) | 1.3 (0.9–1.6)b | 0.8 (0.7–1.3)b | 3.6 (3.5–3.8) | 0.0 (0.0–0.1) |

Juices, nectars and tea

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|---------------------------------|--------------|----|------------|---------------|---------------|------------------|------------------|---------------|---------------|
| Fruit juices and nectars | Conventional | 52 | 58 (54–60) | 0.0 (0.0–0.0) | 0.0 (0.0–0.0) | 13.7 (12.5–14.3) | 13.2 (10.7–14.0) | 0.2 (0.1–0.4) | 0.0 (0.0–0.0) |
| | Organic | 52 | 57 (54–59) | 0.0 (0.0–0.0) | 0.0 (0.0–0.0) | 13.3 (12.4–14.0) | 13.0 (12.2–13.9) | 0.2 (0.2–0.4) | 0.0 (0.0–0.0) |
| Ice tea | Conventional | 2 | 20 (19–20) | 0.0 (0.0–0.0) | 0.0 (0.0–0.0) | 4.7 (4.6–4.8) | 4.7 (4.6–4.8) | 0.0 (0.0–0.0) | 0.0 (0.0–0.0) |
| | Organic | 2 | 2 (1–2) | 0.0 (0.0–0.0) | 0.0 (0.0–0.0) | 0.1 (0.1–0.1) | 0.1 (0.0–0.1) | 0.0 (0.0–0.0) | 0.0 (0.0–0.0) |

Jams, chocolate spreads and honey

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|--------------------------|--------------|----|----------------|------------------|-----------------|-------------------|-------------------|----------------|---------------|
| Jam and jelly | Conventional | 44 | 190 (187–211)a | 0.1 (0.0–0.2) | 0.0 (0.0–0.0) | 45.0 (44.0–52.0)a | 44.0 (43.0–50.5)a | 0.4 (0.0–0.5)b | 0.1 (0.0–0.1) |
| | Organic | 44 | 166 (158–169)b | 0.1 (0.0–0.3) | 0.0 (0.0–0.0) | 39.0 (37.5–40.0)b | 36.0 (35.0–38.0)b | 0.5 (0.3–0.6)a | 0.1 (0.1–0.1) |
| Honey | Conventional | 14 | 321 (320–326) | 0.0 (0.0–0.0) | 0.0 (0.0–0.0) | 80.0 (80.0–80.0) | 80.0 (80.0–80.0) | 0.0 (0.0–0.4) | 0.0 (0.0–0.0) |
| | Organic | 14 | 322 (322–331) | 0.0 (0.0–0.0) | 0.0 (0.0–0.0) | 80.0 (80.0–80.0) | 80.0 (80.0–80.0) | 0.6 (0.0–0.6) | 0.0 (0.0–0.0) |
| Chocolate spreads | Conventional | 3 | 525 (522–528) | 29.0 (28.0–29.2) | 10.0 (5.1–10.0) | 59.0 (58.40–60.0) | 58.0 (57.0–59.0) | 5.4 (3.0–6.1) | 0.1 (0.1–0.1) |
| | Organic | 3 | 519 (519–542) | 27.0 (26.8–31.4) | 5.2 (5.2–8.6) | 58.7 (54.4–59.0) | 55.9 (51.6–56.0) | 8.7 (8.5–8.7) | 0.2 (0.2–0.2) |

Fruit and vegetable-based foods

| | | | | | | | | | |
|----------------------------|--------------|----|---------------|-----------------|---------------|-----------------|----------------|-----------------|---------------|
| Tomato based-sauces | Conventional | 21 | 30 (27–59) | 0.2 (0.1–2.7) | 0.0 (0.0–0.4) | 5.1 (4.3–6.0) | 4.0 (3.7–4.5) | 1.4 (1.2–1.7) | 0.4 (0.0–1.0) |
| | Organic | 21 | 31 (27–66) | 0.2 (0.1–3.4) | 0.0 (0.0–0.6) | 5.5 (4.5–6.3) | 3.9 (3.6–4.4) | 1.3 (1.2–1.6) | 0.1 (0.0–0.8) |
| Dried fruit | Conventional | 15 | 584 (328–614) | 48.0 (0.5–53.0) | 3.9 (0.0–5.6) | 12.0 (8.8–72.0) | 4.6 (3.9–59.2) | 18.1 (1.9–21.0) | 0.1 (0.0–0.1) |
| | Organic | 15 | 585 (340–627) | 48.0 (0.5–55.0) | 4.6 (0.1–5.5) | 12.0 (5.1–72.0) | 4.5 (3.7–59.0) | 18.0 (2.4–21.0) | 0.0 (0.0–0.0) |
| Frozen vegetables | Conventional | 15 | 38 (33–56) | 0.5 (0.3–0.7) | 0.1 (0.0–0.1) | 5.0 (2.9–8.2) | 1.7 (0.4–2.5) | 2.9 (2.7–3.5) | 0.1 (0.0–0.1) |
| | Organic | 15 | 35 (30–56) | 0.4 (0.3–0.7) | 0.0 (0.0–0.1) | 4.5 (2.8–7.6) | 0.5 (0.2–2.8) | 3.0 (2.2–3.4) | 0.1 (0.0–0.1) |

| <i>Legumes</i> | | | | | | | | | |
|---|--------------|----|---------------|------------------|------------------|------------------|----------------|------------------|---------------|
| Dried legumes | Conventional | 21 | 332 (309–347) | 1.6 (1.2–2.0) | 0.3 (0.1–0.4) | 46.9 (37.0–51.8) | 2.5 (1.8–3.7) | 22.0 (19.5–23.6) | 0.3 (0.2–0.5) |
| | Organic | 21 | 316 (292–355) | 1.6 (1.0–2.5) | 0.2 (0.1–0.5) | 45.4 (41.7–49.3) | 2.4 (1.3–3.5) | 21.0 (20.0–23.0) | 0.2 (0.1–0.3) |
| Canned and frozen legumes | Conventional | 34 | 95 (83–112) | 0.5 (0.5–1.8) | 0.1 (0.1–0.3) | 13.2 (12.1–15.8) | 0.7 (0.6–1.0) | 6.2 (5.5–7.0) | 0.8 (0.7–1.0) |
| | Organic | 34 | 92 (80–97) | 0.6 (0.4–1.7) | 0.1 (0.1–0.2) | 12.9 (10.8–14.2) | 0.7 (0.3–1.3) | 6.2 (5.4–6.9) | 0.7 (0.6–0.9) |
| <i>Oils, fats and dressings</i> | | | | | | | | | |
| Olive oil and other vegetable oils | Conventional | 32 | 824 (822–827) | 91.8 (91.6–92.0) | 13.5 (13.0–14.1) | 0.0 (0.0–0.0) | 0.0 (0.0–0.0) | 0.0 (0.0–0.0) | 0.0 (0.0–0.0) |
| | Organic | 32 | 824 (824–828) | 91.6 (91.6–92.0) | 13.9 (13.0–14.0) | 0.0 (0.0–0.0) | 0.0 (0.0–0.0) | 0.0 (0.0–0.0) | 0.0 (0.0–0.0) |
| Animal fats and margarine | Conventional | 10 | 752 (747–754) | 83.0 (83.0–83.0) | 57.6 (53.0–58.0) | 0.4 (0.0–0.7) | 0.3 (0.0–0.7) | 0.5 (0.0–0.6) | 0.0 (0.0–0.1) |
| | Organic | 10 | 750 (739–754) | 83.0 (82.0–83.0) | 58.0 (56.0–59.2) | 0.1 (0.0–0.7) | 0.1 (0.0–0.7) | 0.2 (0.0–0.6) | 0.0 (0.0–0.0) |
| Vinegar | Conventional | 9 | 25 (17–83) | 0.0 (0.0–0.0) | 0.0 (0.0–0.0) | 0.5 (0.5–16.0) | 0.5 (0.5–16.0) | 0.1 (0.1–0.1) | 0.0 (0.0–0.1) |
| | Organic | 9 | 25 (17–178) | 0.0 (0.0–0.0) | 0.0 (0.0–0.0) | 0.5 (0.1–39.0) | 0.5 (0.1–39.0) | 0.1 (0.1–0.1) | 0.0 (0.0–0.0) |

Values are expressed as median (25th–75th percentile). For each category, different letters in the same column indicate significant differences among conventional and organic products (Mann–Whitney non-parametric test for two independent samples), $p < 0.05$.