

Table S1: Summary of information provided to participants on healthy/novel ingredients in three foods and their potential health benefits during informed sensory evaluation.

Food	Ingredient	Summary of Health Benefits
Lentil brownie	Lentil puree	<ul style="list-style-type: none"> • Contains protein, carbohydrates, fibre, vitamins, minerals and essential amino acids • Lowers cholesterol, risk of heart disease and incidence of certain cancers • Improves type 2 diabetes symptoms
	Olive oil as substitute for butter	<ul style="list-style-type: none"> • Healthier oil • Lowers cholesterol, blood sugar, inflammation and swelling • Antioxidants that protect organs from toxins • May improve cognition and reduce risk of dementia • Butter negatively impacts heart health and weight
Mulligatawny soup	Kale powder	<ul style="list-style-type: none"> • More concentrated and bioavailable nutrients in powder • Contains vitamins A, C, K and folate, potassium, calcium, magnesium, protein (for muscle mass) and fibre (for gut, heart and immune health) • Antioxidants to protect organs from toxins • May reduce risk of chronic disease
	Lentils	<ul style="list-style-type: none"> • Contains protein, carbohydrates, fibre, vitamins, minerals and essential amino acids • Lowers cholesterol, risk of heart disease and incidence of certain cancers • Improves type 2 diabetes symptoms
	Flax seeds	<ul style="list-style-type: none"> • Contains omega-3's and -6's for brain and heart health • Insoluble fibre for overall health • May help metabolize certain hormones and have antioxidants
	Chia seeds	<ul style="list-style-type: none"> • Lower weight, triglyceride levels and blood sugar • Contain omega-3's (for brain and heart health), protein/amino acids (muscle health) and fibre (overall health), and important minerals like calcium, phosphorus and zinc (bone health)
	Hemp seeds	<ul style="list-style-type: none"> • Contain protein (for muscle health), fibre (overall health), B-vitamins (energy, metabolism and brain function), minerals like magnesium, phosphorus and potassium (bone health) and omega-3's and -6's (brain and heart health)
	Turmeric	<ul style="list-style-type: none"> • Contains curcumin antioxidant to reduce inflammation • May increase short-term memory and prevent formation of brain tangles that cause dementia

	Cinnamon	<ul style="list-style-type: none"> • Contains polyphenols and cinnamaldehyde which prevent dementia • Polyphenols reduce inflammation and protect against toxins • Cinnamaldehyde prevents formation of brain tangles that cause dementia
	Low sodium broth	<ul style="list-style-type: none"> • Lowering sodium consumption helps with hypertension and reduces risk of stroke, heart disease, stomach cancer and osteoporosis • Older adults are at-risk group for problems relating to salt intake
Raspberry banana smoothie	Raspberries	<ul style="list-style-type: none"> • Antioxidants that protect against toxins and reduce inflammation that could damage muscles and organs
	Greek yogurt	<ul style="list-style-type: none"> • Contains probiotics (for digestive and immune health) and different nutrients (physical and mental health) • Lower risk of osteoporosis, muscle mass loss, frailty and depression
	Turmeric	<ul style="list-style-type: none"> • Contains curcumin antioxidant to reduce inflammation • May increase short-term memory and prevent formation of brain tangles that cause dementia
	Honey	<ul style="list-style-type: none"> • Some anti-bacterial and anti-viral properties • Antioxidants • May lower risk of heart disease and diabetes by lowering cholesterol, triglyceride levels and blood sugar levels
	Cinnamon	<ul style="list-style-type: none"> • Contains polyphenols and cinnamaldehyde which prevent dementia • Polyphenols reduce inflammation and protect against toxins • Cinnamaldehyde prevents formation of brain tangles that cause dementia
	Hemp oil	<ul style="list-style-type: none"> • Contains essential fatty acids and omega-3's (for brain and heart health) and important amino acids
	Skim milk powder	<ul style="list-style-type: none"> • Contains protein (muscle health) and calcium and vitamin D (bone health)
