

## Supplemental Material 2: Product Nutritional Information

Table 1: Proposed energy and nutrient composition of the intervention products

	Control		Reformulation	
<b>Cake with fruit filling</b>	Per 100g	Per portion (85g/ 3 cakes)	Per 100g	Per portion (85g/ 3 cakes)
Energy (kcal)	391	332	343	292
Energy (kJ)	1638	1392	1427	1213
Fats (g)	16.6	14.1	16.5	14.0
Sat. fats (g)	1.7	1.4	1.7	1.4
Carbs (g)	56.8	48.2	57.0	48.4
Sugars (g)	28.3	24.1	1.3	1.1
Polyols (g)	3.7	3.1	28.4	24.1
Fibre (g)	1.4	1.2	1.3	1.1
Proteins (g)	5.7	4.8	5.7	4.8
Salt (mg)	0.4	0.3	0.4	0.3
<b>Biscuit</b>	Per 100g	Per portion (3 biscuits)	Per 100g	Per portion (3 biscuits)
Energy (kcal)	423	360	384	326
Energy (kJ)	1783	1516	1609	1368
Fats (g)	11.2	9.5	11.5	9.8
Sat. fats (g)	7.11	6.0	7.33	6.2
Carbs (g)	75.9	64.5	76.2	64.8
Sugars (g)	24.7	21.0	1.8	1.5
Polyols (g)	3.7	3.1	22.7	19.3
Fibre (g)	0.7	0.6	2.4	2.0
Proteins (g)	6.5	5.5	6.6	5.6
Salt (mg)	0.7	0.6	0.7	0.6
<b>Creamy yoghurt</b>	Per 100g	Per portion (135g 1 serving)	Per 100g	Per portion (135g 1 serving)
Energy (kcal)	226	305	180	242
Energy (kJ)	943	1286	750	1013
Fats (g)	18.5	25.0	16.3	22.0
Sat. fats (g)	8.3	18.7	8.3	18.7
Carbs (g)	8.12	10.96	1.71	2.31
Sugars (g)	8.12	10.96	1.71	2.31
Polyols (g)	0.00	0.00	0.00	0.00
Fibre (g)	0.00	0.00	0.00	0.00
Proteins (g)	6.50	8.78	6.50	8.78
Salt (mg)	0.14	0.32	0.14	0.32
<b>Chocolate</b>	Per 100g	Per portion (60g 1 bar)	Per 100g	Per portion (60g 1 bar)
Energy (kcal)	500	325	477	310
Energy (kJ)	2098	1364	2004	1303
Fats (g)	31	20	31	20
Sat. fats (g)	18	12	18	12
Carbs (g)	46	30	46	30
Sugars (g)	45	29	31	20
Polyols (g)	0	0	12	8
Fibre (g)	8	5	8	5
Proteins (g)	5	3	5	3
Salt (mg)	5	3	8	5
<b>Honey ball breakfast cereal</b>	Per 100g	Per portion (60 g of cereals + 125 ml (121 g) of milk)	Per 100g	Per portion (60 g of cereals + 125 ml (121 g) of milk)
Energy (kcal)	173	320	153	283
Energy (kJ)	731.2	1353.8	641.7	1187.2
Fats (g)	3.26	6.03	3.16	5.84
Sat. fats (g)	1.64	3.04	1.63	3.01
Carbs (g)	31.17	57.66	25.59	47.33

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Sugars (g)	12.03	22.26	5.02	9.28
Polyols (g)	0	0	4.86	9.00
Fibre (g)	0.86	1.60	6.64	12.28
Proteins (g)	4.38	8.11	4.21	7.79
Salt (mg)	0.35	0.64	0.33	0.60