

Table S1. Supplementary material. Detailed composition of the diverse beverages analyzed, including beverage category (group), beverage name, health claims listed, main ingredients, ingredients percentage, added sugars and/or sweeteners, vitamins, minerals, stabilizers and thickeners used, energy, fat, carbohydrates, fibers, proteins, salt content and alcohol percentage.

Category	Name	Health claims	Main ingredients (not mentioned separately →)	%	Added sugar sweeteners	Vitamins*	µg per 100 mL	Minerals	mg per 100 mL	Stabilizers Thickeners	Energy (kcal per 100 mL)	Fats (g per 100 mL) (of which saturated)	Carbohydrates (g per 100 mL) (of which sugars)	Fibres (g per 100 mL)	Proteins (g per 100 mL)	Salt (g per 100 mL)	Alcohol (V/V%)
Fruit juices	Apple juice	100% fruit	Water Apple juice (concentrated)	100	/	Vit C	20000	/	/	/	47	0.0 (0.0)	11.3 (11.3)	/	0.0	0	0.0
	Orange juice	100% orange juice Unsweetened	Water Orange juice (concentrated)	100	/	Vit C	20000	/	/	/	47	0.0 (0.0)	11.3 (11.3)	/	0.7	0	0.0
	Pomegranate juice	Gluten-free Dairy-free Soy-free Egg-free** 100% fruit	Pomegranate juice	100	/	Vit C	?	/	/	/	51	0.0 (0.0)	12.3 (12.3)	0.0	0.3	0.0	0.0
	Tropical multifruit-carrot juice	Low energy (low-calorie) Source of vit A Source of vit C Source of vit E	Water Orange juice (and sauce) (concentrated) Pine apple juice (and sauce) (concentrated) Kiwi juice (and sauce) (concentrated) Banana juice (and sauce) (concentrated) Passion fruit juice (and sauce) (concentrated) Mango juice (and sauce) (concentrated) Lime juice (and sauce) (concentrated) Papaya juice (and sauce) (concentrated) Carrot juice (concentrated) Aromas Citric acid (acidic regulator)	19 18 3 3 5	Acesulfame K Sodium saccharin Natrium cyclamate	Vit C Vit E Provitamin A	40000 6000 400	/	/	/	18	0.0 (0.0)	4.0 (4.0)	0	0.3	0	0.0
	Fresh orange-banana juice	Source of fibre (3 g/100 g or 1.5 g/ 100 kcal) 100% fruit Freshly squeezed	Orange juice Banana	80 20	/	/	/	/	/	/	50	0.0 (0.0)	11.2 (11.2)	0.8	0.8	0	0.0
Vegetable juices	Tomato juice	/	Tomato juice (concentrated) Lemon juice (concentrated) Salt	>99	/	/	/	/	/	/	14	<0.2 (<0.1)	2.6 (2.6)	0.0	0.8	0.61	0.0
	Mixed vegetable juice (a)	Source of fibre (3 g/100 g or 1.5 g/ 100 kcal) Gluten-free Lactose-free No added sugars No preservatives No colorants 100% vegetal	Tomato juice (concentrated) Carrot juice (concentrated) Celery (concentrated) Beetroot juice (concentrated) Parsley (concentrated) Lettuce juice (concentrated) Watercress juice (concentrated) Spinach (concentrated) Salt Spice mix (contains celery)	86 13	/	/	/	/	/	/	18	0.1 (0.0)	3.0 (2.7)	0.9	0.9	0.68	0.0
	Mixed vegetable juice (b)	100% vegetal	Tomato juice (concentrated) Celery juice Carrot juice Lemon juice (concentrated) Onion juice Beetroot Salt Chervil Basil Spice mix Beet red (coloring agent) Pepper	79.8 19.2 0.2	/	/	/	/	/	/	25	0.0 (0.0)	5.9 (5.9)	0.3	0.5	0.75	0.0
	Beetroot juice	Organic (BE-BIO-O2 and O1 EU/non-EU)	Beetroot juice Acerola juice	99 1	/	/	/	/	/	/	37	0.1 (0.0)	7.9 (7.9)	0.2	1.1	0.08	0.0
	Carrot juice	Organic (BE-BIO-O2 and O1 EU/non-EU)	Carrot juice (concentrated) Lemon juice (concentrated)	99 1	/	/	/	/	/	/	22	0.0 (0.0)	4.7 (4.7)	0.3	0.6	0.17	0.0

* Some beverages do contain ascorbic acid as an antioxidant, but if the exact dose per 100 mL is not mentioned on the label it is not included here, only in the main ingredients list

** Does not contain: tree nuts, soybeans, peanuts, eggs, sulfite, mollusks, crustaceans, celery, lupines, milk, fish, mustard, sesame, gluten

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Plant-based milk alternatives	Coconut/rice	Low energy (low-calorie) Gluten-free Dairy-free Milk-free Lactose-free No added sugars 100% vegetal Source of vit B12 Naturally low in saturated fat Easy to digest	Water Coconut milk (coconut cream and water) Rice Tricalcium phosphate Salt (sea) Aromas	5.3 3.3	/	Vit B2 Vit D2	0.38 0.75	Ca	120	Carrageenan Guar gum Xanthan gum	20	0.9 (0.9)	2.7 (1.9)	0.0	0.1	0.13	0.0
	Rice	Vegetarian Source of calcium Source of vit B2 Source of vit B12 Source of vit D2 Extra <3	Water Rice Sunflower oil Calcium carbonate Salt	13.4	/	Vit B2 Vit B12 Vit D	210 0.38 0.75	Ca	120	Gellan gum	58	1.0 (0.1)	12.0 (2.9)	0.3	0.2	0.1	0.0
	Soy	Dairy-free Milk-free Gluten-free Lactose-free 100% vegetal Naturally low in saturated fat Low in fat No colorants Free of preservatives Source of protein Source of vit B12 Source of vit D Source of vit B2 Source of calcium Vegan Easy to digest	Water Soy beans (pealed) Tricalcium phosphate Monopotassium phosphate (acid regulator) Salt Aromas	5.9	Sugar	B2 Vit B12 Vit D2	210 0.38 0.75	Ca	120	Gellan gum	39	1.8 (0.3)	2.5 (2.5)	0.5	3.0	0.11	0.0
	Cashew	Dairy-free Gluten-free Low in fat Low in sugar Source of vit D Source of vit B2 Source of vit B12 Source of calcium	Water Cashew nuts Tricalcium phosphate Salt Sunflower lecithine (emulsifier)	3.1	Sugar	Vit B2 Vit B12 Vit D2 Vit E	210 0.38 0.75 1800	Ca	120	Locust bean gum Gellan gum	23	1.1 (0.2)	2.6 (2.0)	0.2	0.5	0.13	0.0
	Almond (a)	Dairy-free Gluten-free Low in fat Source of vit E Source of vit D	Water Almond Tricalcium phosphate Salt Sunflower lecithine (emulsifier)	2.1	Sugar	Vit B2 Vit B12 Vit E Vit D2	210 0.38 1800 0.75	Ca	120	Locust bean gum Gellan gum	24	1.1 (0.1)	3.0 (3.0)	0.2	0.5	0.14	0.0
	Almond (b)	Dairy-free Gluten-free No added sugars Source of vit E Source of vit D Source of vit B2 Source of vit B12 Source of calcium	Water Almond Tricalcium phosphate Salt Sunflower lecithine (emulsifier) Aromas	2.1	/	Vit B2 Vit B12 Vit D2 Vit E	210 0.38 0.75 1800	Ca	120	Locust bean gum Gellan gum	13	1.3 (0.1)	0.1 (0.1)	0.2	0.5	0.14	0.0
	Oat (a)	Natural ingredients No added sugars Soy-free Source of fibre (3 g/100 g or 1.5 g/ 100 kcal) Milk-free Lactose-free Source of calcium Source of vit B12 Source of vit D Vegan Vegetarian Low in fat Halal	Water Oats Sunflower oil Tricalcium phosphate Salt (sea)	16	/	vit D2 Vit B12	0.75 0.375	Ca	120	Acacia gum (gum arabic)	52	1.4 (0.3)	8.9 (5.9)	1.0	0.4	0.12	0.0
	Oat (b)	Milk-free Soy-free 100% vegetal Source of fibre (3 g/100 g or 1.5 g/ 100 kcal) 0.4 g beta-glucan/100 mL Doesn't contain coconut, rice or nuts	Water Oats Canola oil Calcium carbonate Tricalcium phosphate (and other) Salt	10	/	Vit D2 Riboflavine Vit B12	1.5 210 0.38	Ca	120	/	45	1.5 (0.2)	6.5 (4.0)	0.8	1.0	0.1	0.0
Gel	Aloë Vera	Gluten-free Vegan Vegetarian Halal Beneficial for maintaining a healthy digestive system	Stabilized Aloë Vera inner leaf gel Citric acid (acidic regulator) Ascorbic acid (antioxidant) Potassium benzoate (preservative) Tocopherol (antioxidant)	96	Sorbitol	/	/	/	/	Xanthan gum	17	0.0 (0.0)	5.0 (0.0)	/	0.0	0.25	0.0

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Sodas	Lemonade (orange)	With orange-juice	Orange juice (concentrated)	6	Sugar	/				Guar gum	48	0.0 (0.0)	11.7 (11.7)	/	0.0	0	0.0
			Citric acid (acidic regulator)														
			Sodium citrate														
			Potassium sorbate (preservative)														
			Aromas														
			Ascorbic acid (antioxidant)														
	Carrot juice (concentrated)																
	Biolemonade (a) (elderberry)	Gluten-free Biological origin Kosher Vegetarian Vegan No preservatives No colorants Non-alcoholic	Water		Sugar	/				/	22	<0.5 (<0.1)	5.0 (5.0)	/	<0.5	<0.1	0.0
			Barley malt														
			Elderberry juice (concentrated)	2													
			Carbondioxide														
			Aromas														
			Calcium carbonate														
	Magnesium carbonate																
	Biolemonade (b) (orange-ginger)	Organic (DE-OKO-003 EU/non-EU) Kosher Vegetarian Vegan No preservatives No colorants Gluten-free Non-alcoholic	Water		Sugar	/				/	19	<0.5 (<0.1)	4.3 (4.3)	/	<0.5	<0.01	0.0
			Barley malt														
			Elderberry juice (concentrated)	2													
			Carbondioxide														
			Aromas														
			Ginger extract														
	Orange juice (extract)	2															
	Calcium carbonate																
	Magnesium carbonate																
	Soda with plant extract (a)	/	Water (carbonated)		Sugar	/			/	not labeled	42	0.0 (0.0)	10.6 (10.6)	/	0.0	0.013	0.0
Caramel (E 150d)																	
Soda with plant extract (b) (stevia sweetened)	45% less sugar 45% less calories	Phosphoric acid		Sugar Steviolglycosides	/			/	not labeled	27	0.0 (0.0)	5.8 (5.8)	/	0.0	0	0.0	
		Aromas (plant extracts)															
		Caffeine	0.010														
		Water (carbonated)															
Soda with plant extract (c) (peach)	/	Caramel (E 150d)		Sugar	Vit B6	110		/	Acacia gum (gum arabic) Wood rosins	31	0.0 (0.0)	7.4 (7.4)	/	0.0	0.06	0.0	
		Phosphoric acid															
		Aromas (plant extracts)															
		Caffeine	0.008														
		Water															
		Citric acid (acidic regulator)															
		Carrot juice (concentrated)															
		Zwarte bessenconcentraat															
		Aromas															
		Salt															
Sodium citrate																	
Potassium phosphate																	
Calcium phosphate																	
Carotenes (coloring agent)																	
Teas	Tea infusion-based drink (a)	Low energy (low-calorie) Natural ingredients	Fruit tea extract (water and herbal mix)	5.1	Sugar (beetroot)	/			/	/	19	<0.1 (<0.1)	4.6 (4.5)	/	0.1	0.008	0.0
			Cranberry juice														
			Apple berry juice (concentrated)														
			Apple juice (concentrated)														
			Elderberry juice (concentrated)														
			citron juice (concentrated)														
	Tea infusion-based drink (b)	Low energy (low-calorie) No added sugars No preservatives No colorants No flavor-enhancers Natural ingredients	acerola juice (concentrated)		Not labeled	Vit C	1600		/	/	19	<0.5 (<0.1)	5.0 (5.0)	<0.5	<0.5	<0.01	0.0
			Carbonyl dioxide														
			Kombucha starter culture														
			Lactobacillus														
			Water														
			fruit extracts														
	Tea infusion-based drink (c)	No artificial flavours No colorants No preservatives made with real brewed tea	Lemon juice (concentrated)	2	Sugar Steviolglycosides	/			/	/	19	<0.5 (<0.1)	4.6 (4.5)	0.0	<0.5	<0.01	0.0
			Elder blossom (extract)	0.04													
			Tea-extract (rooibos)	0.28													
Iced tea (a)	No colorants Low energy (low-calorie)	Prune juice (concentrate)	0.2	Sugar (invert sugar) Fructose Steviolglycosides	/			/	/	20	<0.5 (< 0.1)	4.6 (4.5)	/	<0.5	0.11	0.0	
		Ascorbic acid (antioxidant)	0.003														
		passion flower extract															
		Water	95														
		Tea-extract (black tea)	0.1														
Iced tea (b)	/	Citric acid (acidic regulator)		Steviolglycosides Sugar Fructose	/			/	/	21	0.0 (0.0)	4.8 (4.8)	/	0.0	0.05	0.0	
		Sodium citrate (acidic regulator)															
		Tea-extracts															
		Potassium sorbate (preservative)															
		Aromas															

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Non-alcoholic malt drinks	Chinese grain drink	100% vegetal	Water Grain extract Malt extract (concentrate) Antioxidant (E300) Acidulant (E500)	45 0.15	/	/		/		/	0	0.0 (0.0)	0.0 (0.0)	/	0.0	0.017	0.0
	Icelandic malt drink	Non-alcoholic	Water Barley Hop Yeast Caramel (E150c) Licorice		Sugar	/		/		/	59	0.0 (0.0)	14.0 (8-11.4)	/	0.5-1	0.01	0.0
	Non-alcoholic lager (a)	Non-alcoholic	Water Barley malt Corn Hop Caramel (E150c)		/	/		/		/	26	0.0 (0.0)	6.1 (3.9)	/	0.3	< 0.1	<0.25
	Non-alcoholic lager (b)	Non-alcoholic	Water Barley malt Wheat malt Hop Hop extract		/	/		/		/	26	0.0 (0.0)	6.1 (6.1)	/	0.3	<0.1	0.4
	Non-alcoholic wheat beer (a)	Non-alcoholic	Water Barley malt Wheat Aromas Carbondioxide Citric acid (acidic regulator) Coriander Dried orange peels Hop Apple extract		Sugar	/		/		/	27	0.0 (0.0)	7.4 (3.7)	/	0.5	<0.1	0.0
	Non-alcoholic wheat beer (b)	Contains vit B12 Low energy (low-calorie) Contains fytacin Natural Isotonic Non-alcoholic	Water Barley malt Wheat malt Hop Yeast Carbondioxide		/	Folic acid/ vit B9 Vit B12	29.6 0.14	/		/	20	0.0 (0.0)	4.5 (1.3)	/	0.6	<0.1	<0.5
Beers	Lager (a)	/	Water Barley malt Corn Hop Caramel (E150c)		/	/		/		/	43	0.0 (0.0)	3.2 (0.1)	/	0.4	<0.1	5.2
	Lager (b)	/	Water Barley malt Hop Caramel (E150c)		/	/		/		/	/	/	/	/	/	<0.1	5.2
	Lager (c)	Reinheitsgebot	Water Barley malt Hop extract		/	/		/		/	32	0 (0)	2.0 (0.0)	/	0.3	<0.1	5.0
	Lager (d)	/	Water Barley malt Hop		Sugar	/		/		/	/	/	/	/	/	<0.1	4.9
	Wheat beer (a)	/	Water Barley malt Wheat	60 (rel.) 40 (rel.)	/	/		/		/	/	/	/	/	/	<0.01	5.0
	Wheat beer (b)	/	Water Barley malt Wheat Hop Coriander Dried orange peels		/	/		/		/	/	/	/	/	/	<0.1	4.9
	Wheat beer (c)	/	Water Barley malt Wheat		/	/		/		/	/	/	/	/	/	<0.1	4.5
	Wheat beer (d)	/	Water Barley malt Wheat malt Hop Coriander Orange peels		/	/		/		/	/	/	/	/	/	<0.1	4.7
	Ale (bottle fermented) (a)	/	Water Barley malt Hop Yeast	20	Sugar (refermentation)	/		/		/	/	<0.5 (0.0)	/	/	/	<0.01	7.8
	Ale (botle fermented) (b)	/	Water Barley malt Hop Hop extract Yeast		Glucose syrup Sugar	/		/		/	57	0 (0)	4.0 (0.0)	/	0.4	<0.01	7.0
	Ale (bottle fermented) (c)	/	Water Barley malt Hop Yeast		/	/		/		/	56	<0.5 (0.0)	/	/	/	<0.01	8.0
	Ale (bottle fermented) (d)	/	Water Barley malt Hop Yeast		Sugar (refermentation)	/		/		/	52	<0.5 (0.0)	3.8 (0.0)	/	<0.5	<0.01	8.5
	Ale (bottle fermented) (e)	/	Water Barley malt Hop Yeast		Sugar	/		/		/	58	<0.5 (0.0)	4.3 (<0.5)	/	0.5	<0.01	6.8

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