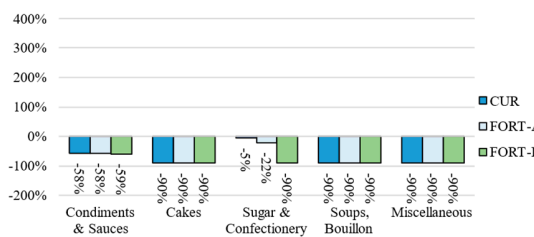
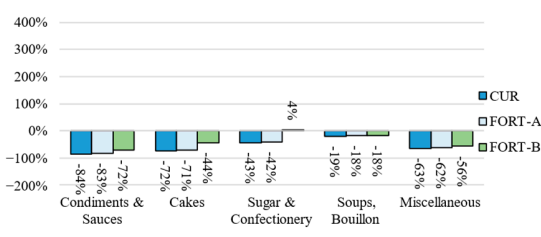
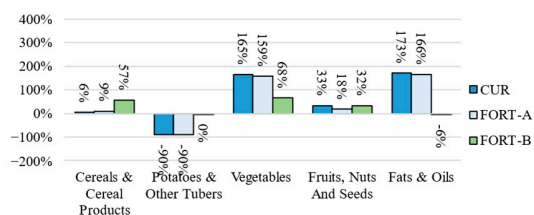
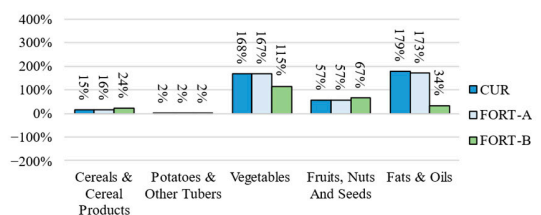
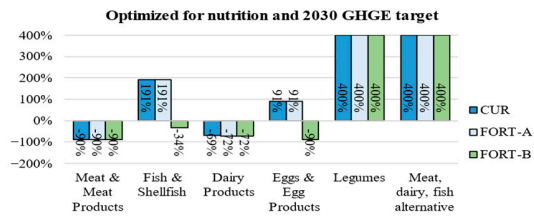
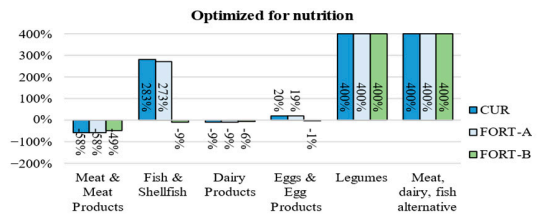


(b) Women



(b) Men

Supplementary Figure S1. Percent change in consumed quantity (g/d) of food groups, relative to baseline diet among Dutch women (**a**) and men (**b**) aged 19–30 years, for three fortification scenarios: current diet (CUR); CUR with fortified meat, dairy, and fish alternatives (FORT-A); FORT-A with fortified bread and oils (FORT-B), optimized for nutritional adequacy and 2030 greenhouse gas emission (GHGE) targets within acceptable boundaries on food groups of 10–500% of current intake.