

***Target values of phytonutrients in a healthy diet:  
perspectives for updating dietary recommendations in France***

**Authors**

Marie-Josèphe Amiot,<sup>1</sup> Christian Latgé,<sup>2</sup> Laurence Plumey,<sup>3</sup> Sylvie Raynal<sup>4</sup>

**Affiliations**

1 INRAE, MoISA, University of Montpellier, CIHEAM-IAMM, CIRAD, INRAE, Institut Agro, IRD, 2 place Pierre Viala, 34000 Montpellier, France

2 Pierre Fabre Laboratories, 5 Rue Saint-Pantaléon, 31000 Toulouse, France

3 EPM Nutrition School, 11 avenue des Vignes, 92210 St Cloud, France

4 Naturactive, Pierre Fabre Laboratories, 29 avenue du Sidobre, 81106 Castres, France

**Corresponding author**

Marie-Josèphe Amiot

MoISA

University of Montpellier

2 place Pierre Viala

34000 Montpellier

France

Email: [marie-josephe.amiot-carlin@inrae.fr](mailto:marie-josephe.amiot-carlin@inrae.fr)

Telephone: +33 (0)4 99 61 22 16

## Supplementary Materials

**Table S1.** Summer menu

Day	Breakfast	Lunch	Dinner	No. of portions
<b>Monday</b>	<p>Tea</p> <p>Two slices of wholemeal bread with honey (= 1 carbohydrate)</p> <p>One peach</p>	<p>Tomato salad (= 1 tomato)</p> <p>Moussaka (= 2 aubergines)</p> <p>Strawberries (1 portion)</p>	<p>Green salad (= 0.5 portions)</p> <p>Wild rice with vegetables (= 1 wholegrain rice + 1 red pepper)</p> <p>Apricot compote</p> <p>Red wine (1 glass)</p>	<p>Herbs: 1</p> <p>Carbohydrates: 2</p> <p>Orange: 2</p> <p>Red: 3</p> <p>Tea: 1</p> <p>Green: 0.5</p> <p>Red wine: 1</p> <p>Purple: 2</p>
<b>Tuesday</b>	<p>Coffee</p> <p>Two slices of wholemeal bread with honey (= 1 carbohydrate)</p> <p>One apricot</p>	<p>Asparagus with vinaigrette (= 1 portion)</p> <p>Sautéed runner beans and cauliflower (= 1 runner beans + 1 cauliflower + 0.5 shallot)</p> <p>Half a grapefruit (= 1 portion)</p>	<p>Chick pea stew with tomatoes and onions (= 1 portion of pulses + 1 tomato + 0.5 onion)</p> <p>One slice of bread</p> <p>One banana</p>	<p>Garlic and onion: 0.5</p> <p>Herbs: 1</p> <p>White: 1</p> <p>Filter coffee: 1</p> <p>Carbohydrates: 2</p> <p>Yellow: 1</p> <p>Orange: 1</p> <p>Pulses: 1</p> <p>Red: 2.5</p> <p>Green: 2</p>

Day	Breakfast	Lunch	Dinner	No. of portions
<b>Wednesday</b>	<p>Tea</p> <p>Two slices of wholemeal bread with honey (= 1 carbohydrate)</p> <p>One apricot</p>	<p>Greek-style mushrooms (= 1 portion)</p> <p>Braised fennel (= 2 portions)</p> <p>Blackberries (1 portion)</p>	<p>Lamb's lettuce salad (= 0.5 portions)</p> <p>Green beans (= 2 portions)</p> <p>One slice of bread</p> <p>One fig</p>	<p>Herbs: 1</p> <p>White: 1</p> <p>White/green: 2</p> <p>Carbohydrates: 2</p> <p>Orange: 1</p> <p>Red: 1</p> <p>Tea: 1</p> <p>Green: 2.5</p> <p>Purple: 1</p>
<b>Thursday</b>	<p>Coffee</p> <p>Two slices of wholemeal bread with honey (= 1 carbohydrate)</p> <p>One nectarine</p>	<p>Cucumber with vinaigrette (= 1 portion)</p> <p>Courgettes with parsley (= 2 portions)</p> <p>Blackcurrants (1 portion)</p>	<p>Cod en papillote with carrots and olive oil (= 2 portions)</p> <p>One slice of bread</p> <p>One peach</p>	<p>Herbs: 2</p> <p>Filter coffee: 1</p> <p>Carbohydrates: 2</p> <p>Orange: 2</p> <p>Orange vegetable: 1</p> <p>Green: 2</p> <p>Purple: 1</p>
<b>Friday</b>	<p>Tea</p> <p>Two slices of wholemeal bread with honey (= 1 carbohydrate)</p> <p>Melon (1 portion)</p>	<p>Grated carrots with vinaigrette (= 1 portion carrots)</p> <p>Oven-baked mackerel with tomatoes, onions, white beans, white wine (= 1 pulses + 1 tomato + 0.5 onion)</p> <p>Half a grapefruit (= 1 portion)</p>	<p>Lentil tabbouleh with vegetables (= 1 portion of lentils + 1 radish + 1 yellow pepper + 0.5 onion)</p> <p>One slice of bread</p> <p>Pineapple (1 portion)</p> <p>Red wine (1 glass)</p>	<p>Garlic and onion: 0.5</p> <p>Herbs: 1</p> <p>Carbohydrates: 3</p> <p>Yellow: 2</p> <p>Orange: 1</p> <p>Orange vegetable: 1</p> <p>Pulses: 1</p> <p>Radish: 1</p> <p>Red: 2</p> <p>Tea: 1</p> <p>Red wine: 1</p>

Day	Breakfast	Lunch	Dinner	No. of portions
<b>Saturday</b>	Two slices of wholemeal bread with honey (= 1 carbohydrate)  Raspberries (1 portion)	Tomato salad  Sautéed potatoes (= 1 carbohydrate)  Cherries (1 portion)	Warm goat's cheese salad with nuts and bacon lardons (= 1 portion salad + 1 tomato + 0.5 onion)  One slice of bread  Peach compote	Garlic and onion: 0.5 Herbs: 2 Carbohydrates: 3 Orange: 1 Red: 3 Green: 1
<b>Sunday</b>	Tea  Two slices of wholemeal bread with honey (= 1 carbohydrate)  One fig	Black radish salad (= 1 black radish)  Green beans with parsley (= 2 portions)  Strawberries (1 portion)	Wild rice (= 1 portion of wholegrain rice)  Tuna with tomato sauce (= 0.5 tomato + 0.5 onion)  Blueberries (1 portion)	Garlic and onion: 0.5 Herbs: 2 Carbohydrates: 2 Radish: 1 Red: 1.5 Tea: 1 Green: 2 Red wine: 1 Purple: 1

**Table S2.** Winter menu

Day	Breakfast	Lunch	Dinner	No. of portions
<b>Monday</b>	<p>Tea</p> <p>Two slices of wholemeal bread with honey (= 1 carbohydrate)</p> <p>One orange</p>	<p>Chick pea salad</p> <p>Sweet potato parmentier (= 2 portions of sweet potato)</p> <p>One kiwifruit</p>	<p>Green salad (= 0.5 portions of green salad leaves)</p> <p>Wild rice with vegetables (= 1 wholegrain rice + 1 leek)</p> <p>Sugar-free compote (= 1 apple)</p>	<p>Herbs: 1</p> <p>White: 1</p> <p>White/green: 1</p> <p>Carbohydrates: 3</p> <p>Yellow/orange: 1</p> <p>Orange vegetable: 2</p> <p>Tea: 1</p> <p>Green: 1.5</p>
<b>Tuesday</b>	<p>Coffee</p> <p>Two slices of wholemeal bread with honey (= 1 carbohydrate)</p> <p>One apple</p>	<p>Chicory with vinaigrette (= 1 chicory)</p> <p>One slice of bread</p> <p>Salsify (= 2 portions)</p> <p>Half a grapefruit (= 1 portion)</p>	<p>Chick pea stew with carrot (= 1 carbohydrate + 1 carrot + 0.5 onion)</p> <p>One orange</p>	<p>Garlic and onion: 0.5</p> <p>Herbs: 1</p> <p>White: 4</p> <p>Filter coffee: 1</p> <p>Carbohydrates: 2</p> <p>Yellow/orange: 1</p> <p>Orange vegetable: 1</p> <p>Pulses: 1</p> <p>Red: 1</p>
<b>Wednesday</b>	<p>Tea</p> <p>Two slices of wholemeal bread with honey (= 1 carbohydrate)</p> <p>One pear</p>	<p>Beetroot with vinaigrette (= 1 portion)</p> <p>One slice of bread</p> <p>Cauliflower (= 1 portion)</p> <p>One apple</p>	<p>Lamb's lettuce salad (= 0.5 portion)</p> <p>Squash gratin (= 2 portions)</p> <p>One banana</p>	<p>Herbs: 1</p> <p>White: 2</p> <p>Carbohydrates: 2</p> <p>Yellow: 1</p> <p>Orange vegetable: 2</p> <p>Red: 1</p> <p>Tea: 1</p> <p>Green: 0.5</p> <p>Cabbage: 1</p>

Day	Breakfast	Lunch	Dinner	No. of portions
<b>Thursday</b>	<p>Coffee</p> <p>Two slices of wholemeal bread with honey (= 1 carbohydrate)</p> <p>One persimmon</p>	<p>Greek-style mushrooms (= 1 portion)</p> <p>White beans with spinach (= 1 portion of greens + 1 portion of pulses)</p> <p>One pear</p>	<p>Cod en papillote with celery and olive oil (= 2 portions celery)</p> <p>One slice of bread</p> <p>One orange</p>	<p>Herbs: 2</p> <p>White: 2</p> <p>White/green: 2</p> <p>Filter coffee: 1</p> <p>Carbohydrates: 2</p> <p>Yellow/orange: 1</p> <p>Orange: 1</p> <p>Green: 2</p>
<b>Friday</b>	<p>Tea</p> <p>Two slices of wholemeal bread with honey (= 1 carbohydrate)</p> <p>Red grapes (1 portion)</p>	<p>Rocket salad (= 0.5 portion)</p> <p>Steamed broccoli with onions and potatoes (= 1 portion carbohydrates + 0.5 onion)</p> <p>Half a grapefruit (= 1 portion)</p>	<p>Red bean soup with onions and sweetcorn (= 1 portion of pulses + 1 portion of sweetcorn + 0.5 onion)</p> <p>Baked apple (= 1 apple)</p> <p>Red wine (1 glass)</p>	<p>Garlic and onion: 1</p> <p>Herbs: 1</p> <p>White: 1</p> <p>Carbohydrates: 3</p> <p>Pulses: 1</p> <p>Red: 1</p> <p>Tea: 1</p> <p>Green: 0.5</p> <p>Red wine: 1</p> <p>Purple: 1</p>
<b>Saturday</b>	<p>Two slices of wholemeal bread with honey (= 1 carbohydrate)</p> <p>One kiwi</p>	<p>White cabbage salad (= 1 portion)</p> <p>One slice of bread</p> <p>Sautéed potatoes (= 1 carbohydrate)</p> <p>One apple</p>	<p>Warm goat's cheese salad with sesame seeds and bacon lardons (= 1 portion of salad, 1 portion of sesame seeds + 0.5 onion)</p> <p>Quince compote (= 1 quince)</p>	<p>Garlic and onion: 0.5</p> <p>Herbs: 2</p> <p>White: 2</p> <p>Carbohydrates: 3</p> <p>Oil: 1</p> <p>Green: 1</p> <p>Cabbage: 1</p>

Day	Breakfast	Lunch	Dinner	No. of portions
Sunday	<p>Tea</p> <p>Two slices of wholemeal bread with honey (= 1 carbohydrate)</p> <p>One mandarin</p>	<p>Red chicory salad (= 1 portion)</p> <p>Peas (= 2 portions)</p> <p>Red grapes (1 portion)</p>	<p>Wild rice (= 1 wholegrain rice)</p> <p>Jerusalem artichoke (= 1 portion)</p> <p>One pear</p> <p>Red wine (1 glass)</p>	<p>Herbs: 1</p> <p>White: 1</p> <p>Carbohydrates: 3</p> <p>Yellow/orange: 1</p> <p>Tea: 1</p> <p>Green: 2</p> <p>Red wine: 1</p> <p>Purple: 2</p>