

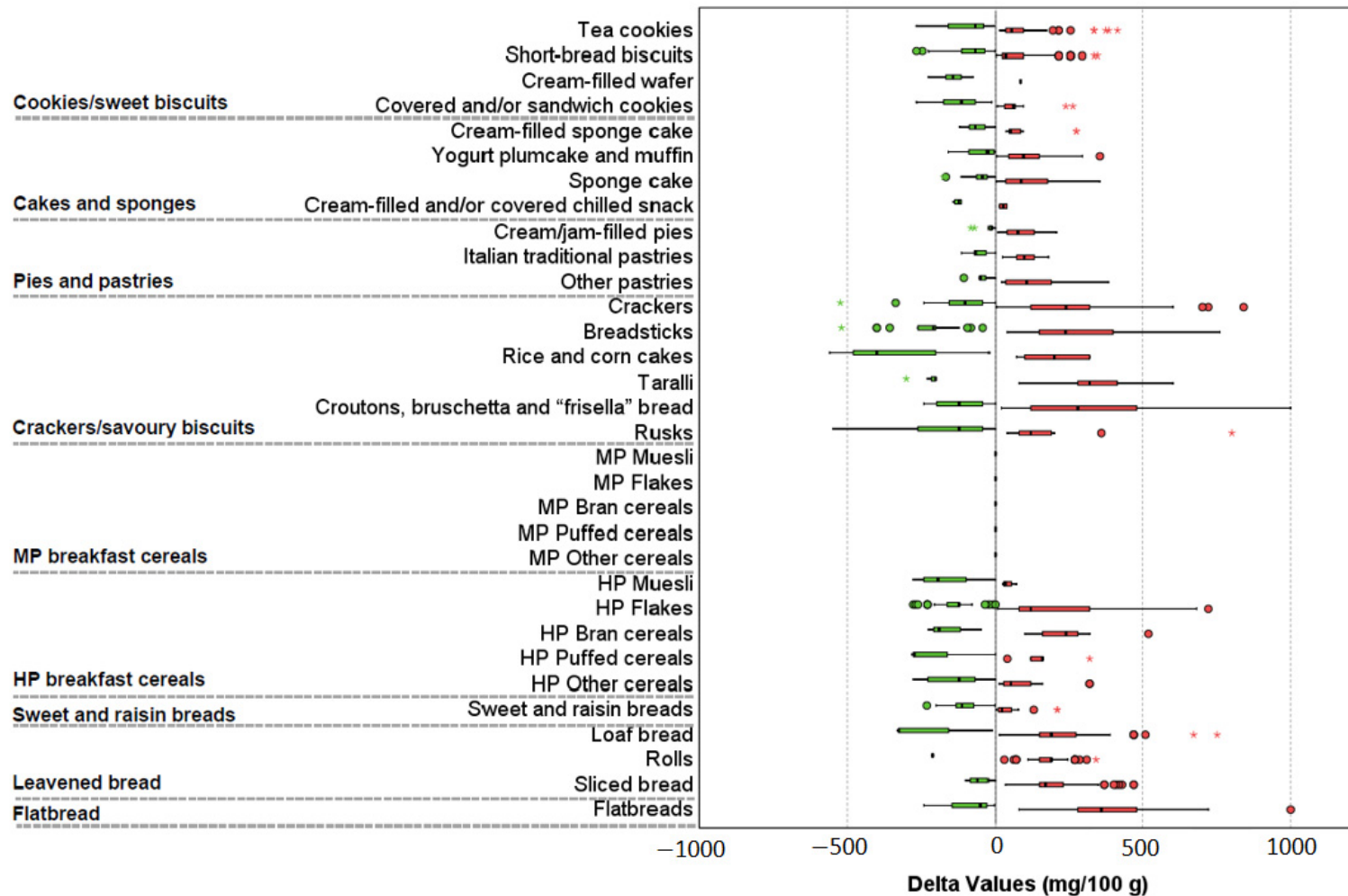


Figure S1. Box-plot representation of the delta sodium content from the related benchmarks in the different types of cereal-based products. Legend: HP: highly processed; MP: minimally-processed. Dots and asterisks represent mild and extreme outliers, respectively.