

**Table S1. Source of added fat, as stated on the packaging of the product, for each meat substitute included in the study**

<b>Product name</b>	<b>Added fat</b>
Cheese patties 1	Sunflower oil
Cheese patties 2	Sunflower and rapeseed oil
Chick pea falafel 1	Rapeseed oil
Chick pea falafel 2	Rapeseed oil
Farm bean sausage	Sunflower oil
Mycoprotein bites	No added fat
Mycoprotein burger	Coconut, shea or palm and rapeseed
Mycoprotein filets	No added fat
Mycoprotein mince	No added fat
Mycoprotein schnitzel	Sunflower and rapeseed oil
Oat and bean bites	Rapeseed oil
Pea balls 1	Rapeseed oil
Pea balls 2	Rapeseed oil
Pea burger 1	Coconut, shea or palm and rapeseed
Pea burger 2	Coconut and sunflower oil
Pea mince	Rapeseed oil
Pea nuggets 1	Rapeseed oil
Pea patties	Rapeseed oil
Pea sausage 1	Coconut, shea or palm and rapeseed
Pea sausage 2	Coconut, shea or palm and rapeseed
Pea sausage 3	Sunflower oil
Pea sausage 4	Rapeseed oil
Pea schnitzel	Rapeseed oil
Soy and wheat bacon	Sunflower oil
Soy and wheat balls 1	Sunflower and rapeseed oil
Soy and wheat balls 2	Rapeseed oil
Soy and wheat balls 3	Sunflower oil
Soy and wheat burger	Sunflower and rapeseed oil
Soy and wheat nuggets	Rapeseed oil
Soy and wheat sausage	Sunflower and rapeseed oil
Soy and wheat schnitzel	Sunflower oil
Soy balls	Rapeseed oil
Soy burger	Rapeseed oil
Soy mince 1	Rapeseed oil
Soy mince 2	Rapeseed oil
Soy nuggets	Sunflower and rapeseed oil
Soy sausage 1	Rapeseed oil
Soy sausage 2	Coconut, shea or palm and rapeseed
Soy schnitzel 2	Sunflower oil
Soy schnitzel 3	Rapeseed oil
Tempeh Burger	Rapeseed oil
Wheat and pea nuggets	Rapeseed oil
Wheat fish sticks	Rapeseed oil
White bean balls	Rapeseed oil