

Table S1. Nutritional values of the eight commercial PJs.

Samples *	Fats	Saturated fats	Sugars	Simple sugars	Proteins	Fibers	Salt
	(%)	(%)	(%)	(% of sugars)	(g)	(g)	(g)
ICPJ1	<0.5	<0.1	14	14	<0.5	<0.5	0.02
INCPJ2	0.0	0.0	12.29	8.9	0	0	0
SNCPJ3	0.29	0.08	13.3	13.7	0.15	0.1	0.001
INCPJ4	1.2	0.3	13.7	12.3	1.9	2	<0.03
SCPJ5	<0.5	<0.1	12	12	<0.5	<0.5	<0.01
SCPJ6	<0.5	<0.1	11	9.4	<0.5	<0.5	<0.01
ICPJ7	<0.5	0.0	12	12	0	1.3	0.02
INCPJ8	2.0	0.1	16	16	0.5	2.2	0.0175

* All samples were no added sugars, acidifiers and preservatives.