

Supplementary Materials:

Table S1. Coverage of daily intake (%) for nutrients by energy and selected nutrients in adults per 100 ml of PB “milks alternatives” and AB milks according to Reference Intakes.

| | Almond milk | Oat milk | Soya milk | Whole milk | Semi-skimmed milk | Skimmed milk |
|----------------|------------------|------------------|------------------|------------------|-------------------|------------------|
| | N=80 | N=114 | N=119 | N=79 | N=75 | N=50 |
| Energy | 1.45 [1.15;2.20] | 2.40 [2.25;2.60] | 2.10 [1.73;2.33] | 3.15 [3.15;3.15] | 2.30 [2.25;2.30] | 1.75 [1.70;1.85] |
| Fats | 2.43 [1.71;3.14] | 1.29 [1.14;2.00] | 2.57 [2.43;2.86] | 5.14 [5.14;5.14] | 2.29 [2.21;2.29] | 0.43 [0.43;0.71] |
| Saturated fats | 1.00 [0.50;1.50] | 1.00 [0.50;1.00] | 1.50 [1.50;1.50] | 12.0 [11.5;12.5] | 5.00 [5.00;5.50] | 1.00 [0.96;1.00] |
| Carbs | 1.04 [0.12;1.96] | 3.19 [2.94;3.50] | 1.35 [0.62;1.62] | 1.77 [1.77;1.81] | 1.81 [1.81;1.85] | 1.85 [1.83;1.85] |
| Sugar | 2.50 [0.11;4.47] | 6.11 [5.00;7.00] | 3.11 [0.89;3.78] | 5.11 [5.11;5.22] | 5.22 [5.22;5.33] | 5.33 [5.29;5.33] |
| Protein | 1.40 [1.00;1.80] | 2.00 [1.60;2.60] | 6.20 [6.10;7.20] | 6.20 [6.00;6.20] | 6.20 [6.20;6.40] | 6.40 [6.30;6.40] |
| Salt | 2.00 [1.33;2.17] | 1.33 [1.00;1.67] | 1.67 [0.88;2.00] | 2.17 [1.67;2.17] | 2.17 [1.67;2.17] | 2.17 [1.83;2.17] |

Median coverage [IQR: p25;p75] of reference intakes from front-of-the pack labelling (reference intakes for adults; 2,000 kcal) of plant-based milks and cow milks.

Table S2. Coverage of daily intake (%) for nutrients by energy and selected nutrients in adults per 100 ml of PB “meat alternatives” and AB homologues according to Reference Intakes.

| | Plant-based meat | Beef hamburger | Chicken hamburger | Pork hamburger | Chicken sausage | Pork sausage |
|----------------|------------------|------------------|-------------------|------------------|------------------|------------------|
| | N=134 | N=7 | N=32 | N=11 | N=50 | N=21 |
| Energy | 8.85 [7.95;10.6] | 9.90 [9.22;10.8] | 7.90 [6.50;9.20] | 10.4 [9.92;11.0] | 9.00 [6.50;10.1] | 11.2 [10.9;13.1] |
| Fats | 13.1 [9.82;15.9] | 18.0 [15.0;20.8] | 12.2 [7.39;16.1] | 21.4 [20.3;23.6] | 17.7 [8.57;22.9] | 25.7 [25.7;32.9] |
| Saturated fats | 7.00 [4.50;9.50] | 29.0 [23.0;32.0] | 11.7 [7.75;15.8] | 28.5 [25.5;33.7] | 19.5 [9.25;25.0] | 34.5 [30.0;40.0] |
| Carbs | 3.48 [1.60;6.15] | 0.73 [0.46;1.50] | 0.96 [0.46;1.51] | 0.92 [0.63;1.15] | 0.42 [0.29;1.12] | 0.38 [0.19;0.77] |
| Sugar | 1.33 [0.78;2.94] | 0.56 [0.49;0.56] | 0.56 [0.50;0.81] | 1.11 [0.61;1.22] | 0.56 [0.56;0.89] | 0.56 [0.22;0.83] |
| Protein | 28.0 [14.7;35.2] | 32.0 [29.0;37.0] | 32.0 [28.9;35.5] | 29.0 [28.5;32.0] | 28.8 [26.5;32.0] | 26.0 [26.0;28.7] |
| Salt | 20.0 [13.5;26.7] | 20.0 [16.8;24.8] | 27.2 [23.3;31.7] | 31.0 [24.6;35.0] | 33.3 [28.7;36.7] | 30.0 [28.3;33.3] |

Median coverage [IQR: p25;p75] of reference intakes from front-of-the pack labelling (reference intakes for adults; 2,000 kcal) of plant-based meats and meats.

Table S3. Coverage of daily intake (%) for nutrients by energy and selected nutrients in adults per 100 ml of PB “pate alternatives”, AB pate according to Reference Intakes.

| | Plant-based pate | Pate |
|----------------|------------------|------------------|
| | N=64 | N=16 |
| Energy | 13.2 [9.80;16.4] | 13.4 [12.7;13.9] |
| Fats | 29.9 [22.8;44.4] | 33.1 [28.9;34.7] |
| Saturated fats | 15.2 [10.0;24.0] | 43.5 [39.2;45.5] |
| Carbs | 2.65 [1.68;3.43] | 0.52 [0.49;1.97] |
| Sugar | 1.94 [0.56;4.58] | 1.28 [1.11;1.44] |
| Protein | 9.00 [4.15;13.1] | 23.2 [20.8;23.9] |
| Salt | 19.8 [16.7;26.7] | 30.0 [25.0;31.7] |

Median coverage [IQR: p25;p75] of reference intakes from front-of-the pack labelling (reference intakes for adults; 2,000 kcal) of plant-based pate, animal-based pate, plant-based breaded products, plant-based ready dishes, plant-based sweets, and plant-based ice-creams.

Table S4. Coverage of daily intake (%) for nutrients by energy and selected nutrients in adults per 100 ml of PB “dairy product alternatives” and AB dairy products according to Reference Intakes.

| | Plant-based yoghurt | Yoghurt | Plant-based cheese | Cheese |
|----------------|---------------------|------------------|--------------------|------------------|
| | N=12 | N=16 | N=21 | N=16 |
| Energy | 3.98 [3.67;4.21] | 3.75 [2.89;4.80] | 15.6 [14.1;18.1] | 13.6 [11.0;17.6] |
| Fats | 3.00 [2.82;3.07] | 3.50 [2.21;4.61] | 34.3 [32.1;41.2] | 30.1 [23.2;40.8] |
| Saturated fats | 1.50 [1.50;2.00] | 8.50 [4.25;11.0] | 70.0 [26.0;100] | 62.5 [56.6;87.1] |
| Carbs | 4.33 [3.67;5.18] | 2.67 [1.77;4.69] | 7.31 [4.23;8.85] | 0.48 [0.19;0.78] |
| Sugar | 9.28 [6.06;11.5] | 7.33 [4.75;13.4] | 0.23 [0.00;3.31] | 0.72 [0.44;2.25] |
| Protein | 7.30 [5.15;7.40] | 7.60 [6.60;9.30] | 4.00 [1.00;28.4] | 34.0 [24.6;50.0] |
| Salt | 1.50 [1.25;2.25] | 1.83 [1.67;2.00] | 26.7 [20.0;36.7] | 17.7 [12.9;26.7] |

Median coverage [IQR: p25;p75] of reference intakes from front-of-the pack labelling (reference intakes for adults; 2,000 kcal) of plant-based yoghurt, yoghurt, plant-based cheese, and cheese.

Table S5. Nutrient profiling models according to Nutri-Score, NOVA and ECO-Score for AB milks and foods.

| | Milk | Meat | Pate | Yoghurt | Cheese |
|--------------------|--------------|-------------|-------------|-------------|-------------|
| | N=204 | N=121 | N=16 | N=16 | N=16 |
| NUTRI-SCORE | | | | | |
| A | 19 (9.31%) | 1 (0.83%) | 0 (0%) | 5 (31.25%) | 2 (12.50%) |
| B | 184 (90.2%) | 6 (4.96%) | 0 (0%) | 5 (31.25%) | 1 (6.25%) |
| C | 1 (0.49%) | 29 (23.97%) | 0 (0%) | 6 (37.5%) | 1 (6.25%) |
| D | 0 (0%) | 79 (65.29%) | 7 (43.75%) | 0 (0%) | 12 (75%) |
| E | 0 (0%) | 6 (4.96%) | 9 (56.25%) | 0 (0%) | 0 (0%) |
| Missing | 0 (0%) | 0 (0%) | 0 (0%) | 0 (0%) | 0 (0%) |
| NOVA | | | | | |
| 1 | 60 (29.41%) | 0 (0%) | 0 (0%) | 0 (0%) | 0 (0%) |
| 2 | 0 (0%) | 0 (0%) | 0 (0%) | 0 (0%) | 0 (0%) |
| 3 | 17 (8.33%) | 1 (0.83%) | 1 (6.25%) | 3 (18.75%) | 11 (68.75%) |
| 4 | 9 (4.41%) | 33 (27.27%) | 11 (68.75%) | 13 (81.25%) | 4 (25%) |
| Missing | 118 (57.84%) | 84 (69.42%) | 4 (25.00%) | 0 (0%) | 1 (6.25%) |
| ECO-SCORE | | | | | |
| A | 0 (0%) | 0 (0%) | 0 (0%) | 1 (6.25%) | 0 (0%) |
| B | 23 (11.27%) | 0 (0%) | 0 (0%) | 8 (50%) | 0 (0%) |
| C | 50 (24.51%) | 0 (0%) | 1 (6.25%) | 4 (25%) | 2 (12.50%) |
| D | 125 (61.27%) | 10 (8.26%) | 5 (31.25%) | 0 (0%) | 13 (81.25%) |
| E | 0 (0%) | 26 (21.49%) | 5 (31.25%) | 0 (0%) | 1 (6.25%) |
| Missing | 6 (2.94%) | 85 (70.25%) | 5 (31.25%) | 3 (18.75%) | 0 (0%) |

Number of foods with Nutri-Score, NOVA and Eco-Score levels and the percentage of food group per level is indicated between brackets.

Table S6. Nutritional information from the pack labelling, per 100 grams of PB products reported in other studies.

| | All meat analogues* N=229 | Cheese analogues N=188 | Meat analogues N=386 | All meat analogues N=168 |
|----------------|------------------------------|---------------------------|-------------------------|-----------------------------|
| Energy | 198 [155;230] | 249.0-288.2 | 146.5-244.4 | 161.5-233.9 |
| Fats | 8.7 [5.8;11.9] | 20.5-24.78 | 5.1-16.0 | 5.7-11.0 |
| Saturated fats | 1.3 [0.9;1.6] | 14.0-18.1 | 1.0-3.4 | 0.8-2.6 |
| Carbs | 12.5 [5.0;18] | 4.5-20.9 | 4.3-16.9 | |
| Sugar | 1.3 [0.5;2.6] | 0.1-1.9 | 1.0-2.3 | |
| Protein | 14.0 [9.8;17.0] | 0.9-6.8 | 15.3-21.3 | 11.1-20.8 |
| Fiber | | | | 4.6-5.6 |
| Salt | 1.2 [0.9;1.5] | 0.8-2.1 | 1.2-1.8 | 0.7-1.4 |
| | Cutroneo et al. 2022 | Pointke et al. 2022 | Pointke et al. 2022 | Alessandrini et al. 2021 |

*Median values and interquartile range are indicated [p25-p75], and range mean values from different food groups.

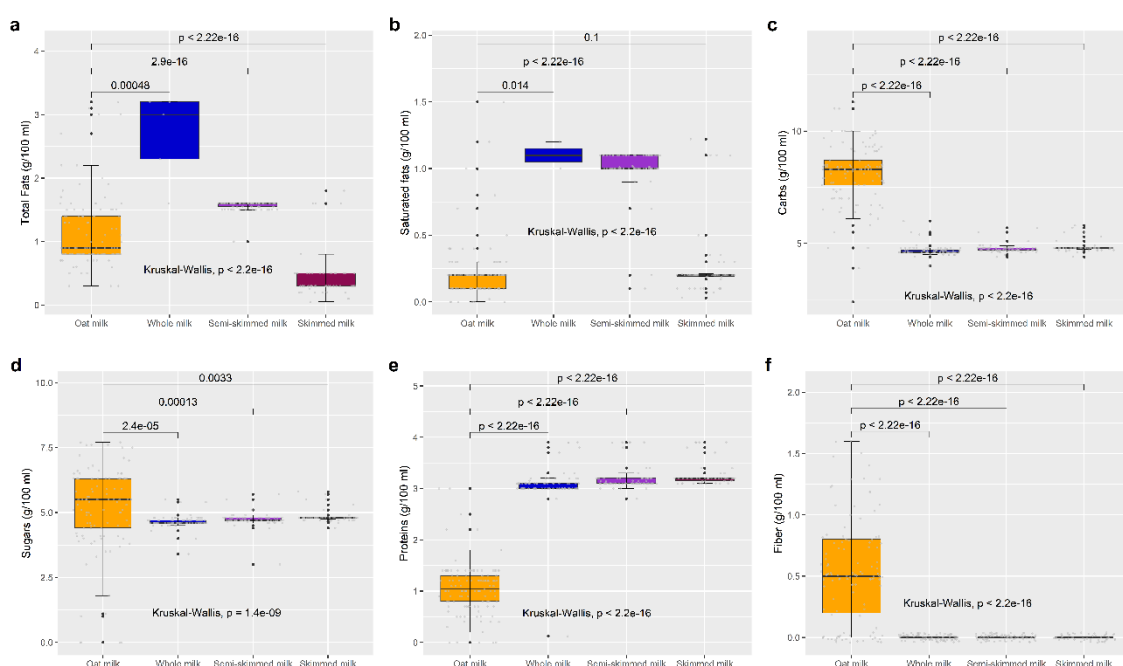


Figure S1. Boxplots of the nutrient composition, per 100 ml, of PB oat 'milk' and AB milks. Oat 'milk' (yellow colour), as representative of PB 'milks', is compared with milks of animal origin (whole milks in blue, semi-skimmed milk in purple, and skimmed milk in red colour). The nutrient composition is shown for total fats (a) and saturated fats content (b), carbs (c) and sugars content (d), proteins (e) and fiber (f) relative to 100 mL milk. P-values are derived from Wilcoxon test (between two groups) and from Kruskal-Wallis tests (between more than two groups).

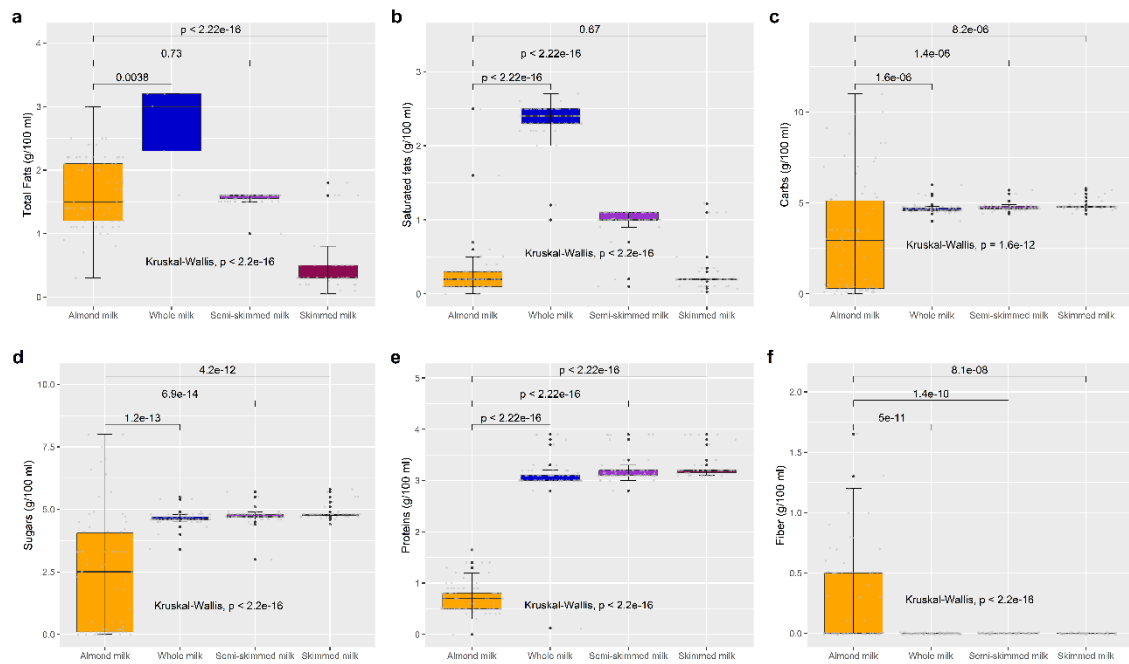


Figure S2. Boxplots of the nutrient composition, per 100 ml, of PB almond “milk” and AB milks. Almond “milk” (yellow colour), as representative of PB “milks”, is compared with milks of animal origin (whole milks in blue, semi-skimmed milk in purple, and skimmed milk in red colour). The nutrient composition is shown for total fats (a) and saturated fats content (b), carbs (c) and sugars content (d), proteins (e) and fiber (f) relative to 100 mL milk. P-values are derived from Wilcoxon test (between two groups) and from Kruskal-Wallis tests (between more than two groups).

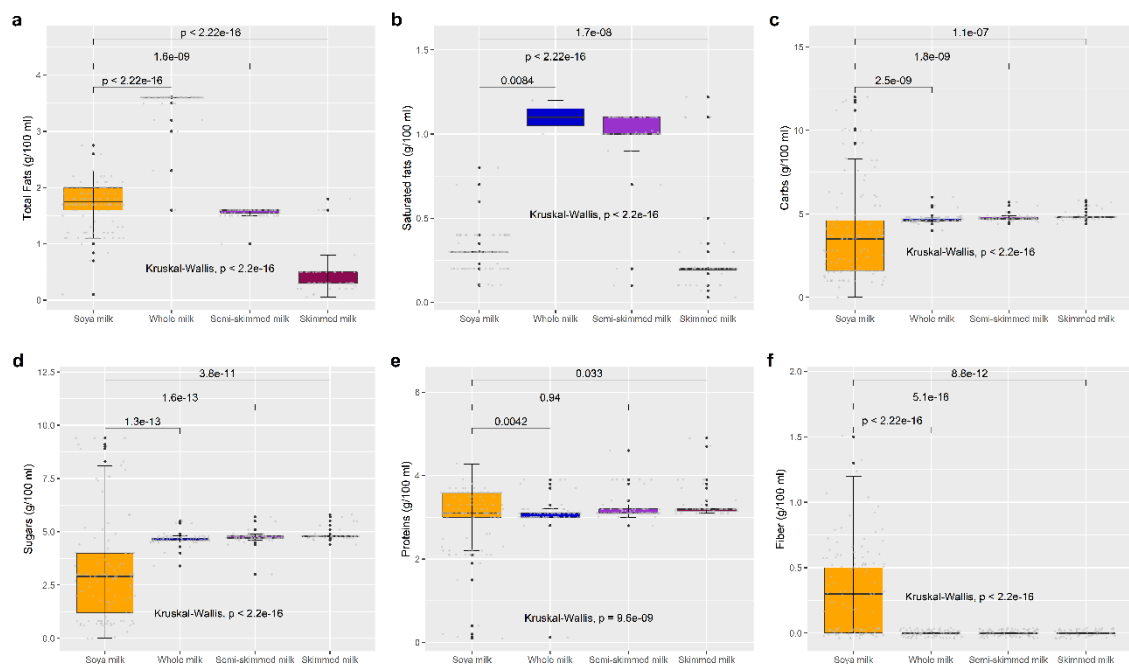


Figure S3. Boxplots of the nutrient composition, per 100 ml, of PB soy “milk” and AB milks. Soy “milk” (yellow colour), as representative of PB “milks”, is compared with milks of animal origin (whole milks in blue, semi-skimmed milk in purple, and skimmed milk in red colour). The nutrient composition is shown for total fats (a) and saturated fats content (b), carbs (c) and sugars content (d), proteins (e) and fiber (f) relative to 100 mL milk. P-values are derived from Wilcoxon test (between two groups) and from Kruskal-Wallis tests (between more than two groups).

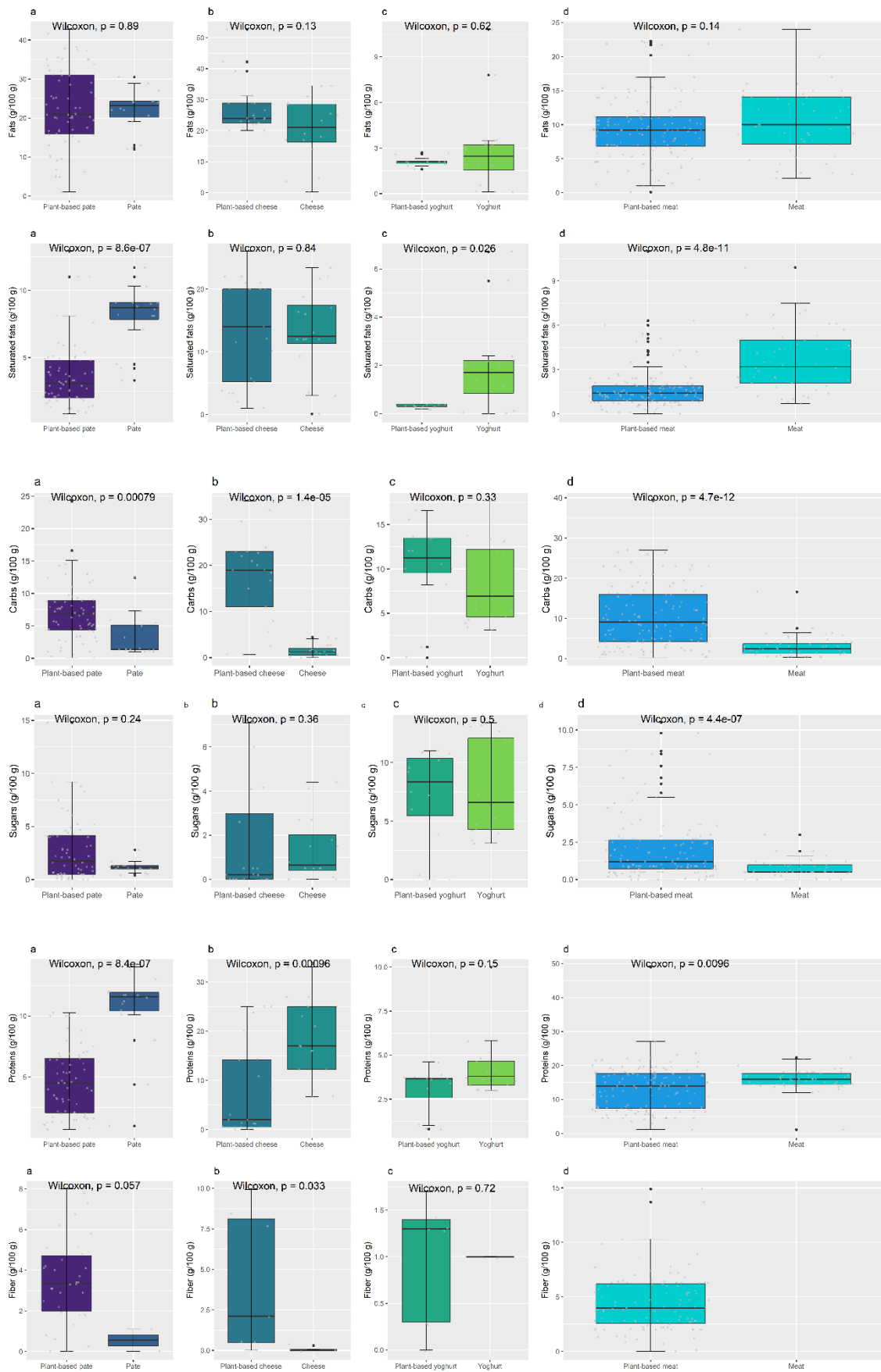


Figure S4. Boxplots of the nutrient composition profiles, per 100 g, of PB and AB foods. PB “pate” (a), “cheese” (b), “yoghurt” (c) and “meats” (d) are compared with some AB foods analogues. The nutritional profile is shown for total fats, saturated fats, carbs, sugars, proteins, and fiber relative to 100 g food. P-values are derived from Wilcoxon tests.