

Table S1. Nutrition Declaration per 100g of the foods used in the food models.

	Minced beef meat	Cheese salad dressing	Greek Yogurt
Energy	1,387kJ /332kcal	842kJ /201kcal	536kJ /129kcal
Total Fat	30g	16.1g	10g
Saturated Fat	11.9g	4.9g	7.5g
Carbohydrates	0g	4g	3.5g
Sugars	0g	2.5g	3.5g
Proteins	14g	9.1g	5.5g
Salt	67mg	2g	110mg