

Individual diet optimization on French adults shows that plant-based “dairy-like” products may complement dairy in sustainable diets

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Online Supplementary Material

Supplemental File S3.

Supplemental File S3 Table S1. Carbon impact and nutritional composition of each PBDL product in comparison with dairy products, sweetened drinks and desserts (/100 g)

Group	Dairy products & alternatives					Sweetened & salty products		Water & drinks		
Subgroup	Plant-based dairy alternatives			Milk	Yogurt	Dairy desserts & alternatives		Sweetened drinks		
	Soya-based drink	Soya-based alternative to plain yoghurt	Soya-based alternative to fruit yoghurt	Semi-skimmed milk	Semi-Skimmed milk yogurt	Soya-based dessert	Cream dessert	Almond-based drink*	Oat-based drink*	Fizzy drink
Carbon impact (<i>g CO₂eq</i>)	48 ^a	56 ^a	56 ^a	121.4 ^c	202.8 ^c	56 ^a	170 ^c	42 ^b	35 ^b	44 ^c
Energy (kcal)	42.00	46.50	68.00	46.06	68.91	75.50	128.63	22.00	43.00	29.38
Proteins (g)	3.30	4.00	3.60	3.31	3.91	2.75	3.80	0.40	0.30	0.03
Carbohydrates (g)	2.70	1.05	8.10	4.84	9.08	11.80	20.07	2.40	6.60	7.11
Total fat (g)	1.90	2.30	2.10	1.53	1.57	1.90	3.84	1.10	1.50	0.00
MUFA (g)	0.40	0.50	0.50	0.49	0.34	0.60	0.83	0.70	0.70	0.00
PUFA (g)	1.20	1.40	1.20	0.05	0.05	1.00	0.09	0.30	0.70	0.00
a-linolenic (g)	0.12	0.20	0.11	0.01	0.01	0.00	0.01	0.00	0.01	0.00
Linoleic (g)	0.88	0.55	0.91	0.04	0.04	1.00	0.07	0.00	0.50	0.00
Fibre (g)	0.60	1.00	1.00	0.00	0.09	0.55	0.18	0.40	1.40	0.00
Water (g)	91.90	90.40	80.80	89.59	84.29	81.40	71.23	96.00	90.50	92.46
Sodium (mg)	40.00	100.00	92.00	43.41	54.01	54.00	65.22	56.00	36.00	5.81
Alcohol (g)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
EPA (g)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DHA (g)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Omega 3 (g)	0.12	0.20	0.11	0.01	0.01	0.00	0.02	0.00	0.02	0.00
Saturated fatty acids (g)	0.30	0.40	0.40	0.93	0.84	0.30	1.53	0.10	0.10	0.00
Cholesterol (mg)	0.00	0.00	0.00	6.46	4.67	0.00	23.19	0.00	0.00	0.00

EPA DHA (g)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total sugar (g)	2.50	1.05	7.90	4.60	8.07	9.05	16.25	2.40	3.20	7.04
Free sugar (g)	2.47	1.03	7.72	0.00	4.01	8.99	14.20	2.30	3.15	7.04
Potassium (mg)	98.00	79.30	80.70	166.78	143.07	228.00	145.64	25.00	32.00	2.63
Magnesium (mg)	14.50	21.70	19.00	12.37	9.80	36.10	14.57	0.00	2.30	2.41
Calcium (mg)	120.00	120.00	120.00	108.76	134.77	120.00	114.32	125.00	120.00	2.03
Copper (mg)	0.10	0.06	0.05	0.01	0.01	0.17	0.04	0.00	0.01	0.00
Iron (mg)	0.30	0.00	0.00	0.05	0.09	3.00	0.19	0.10	0.00	0.04
Phosphorus (mg)	65.50	27.30	86.00	91.86	95.35	72.00	89.47	15.00	11.00	11.49
Iodine (µg)	0.00	0.00	0.00	11.47	12.19	0.00	5.47	0.00	0.00	0.40
Zinc (mg)	0.27	0.12	0.11	0.40	0.43	0.29	0.28	0.10	0.03	0.01
Selenium (µg)	25.00	5.00	5.00	0.94	1.54	5.00	1.56	0.00	10.00	1.07
Vitamin A (RE)	0.00	0.00	0.00	24.22	16.26	0.15	12.37	0.00	0.00	0.29
Vitamin C (mg)	0.00	0.00	0.00	1.40	0.29	0.00	0.18	0.00	0.00	0.00
Vitamin D (µg)	0.75	0.75	0.75	0.01	0.17	0.75	0.30	0.75	0.75	0.00
Vitamin E (mg)	0.00	0.60	0.00	0.04	0.04	0.00	0.07	1.80	0.00	0.00
Thiamin (mg)	0.00	0.00	0.00	0.04	0.04	0.00	0.01	0.00	0.00	0.00
Riboflavin (mg)	0.21	0.00	0.21	0.18	0.19	0.21	0.16	0.21	0.21	0.00
Niacin (mg)	0.12	0.08	0.10	0.10	0.14	0.08	0.10	0.10	0.05	0.00
Pantothenic acid (mg)	0.05	0.08	0.08	0.37	0.31	0.08	0.18	0.00	0.08	0.00
Vitamin B6 (mg)	0.03	0.04	0.06	0.03	0.05	0.03	0.02	0.00	0.01	0.00
Folate (µg)	24.20	26.20	19.50	2.86	16.68	21.30	9.19	1.00	6.39	0.00
Vitamin B12 (µg)	0.38	0.38	0.38	0.22	0.22	0.38	0.17	0.38	0.38	0.00

*Almond and oat-based drinks were added to SUSTable while other PBDL products were already included.

^asource: Alpro®, internal data

^bsource: Rööös et al., 2018

^csource: BIO by Deloitte

Supplemental File S3 Table S2. Number of foods per food subgroup

Food group (n=8)	Subgroup (n=33)	Number of foods
Fruits & vegetables ^a	Vegetables ^b	25
	Fruits ^c	17
	Dried fruits & oilseeds	2
Grains & potatoes	Refined grains	9
	Whole grains	3
	Potatoes	3
Meat/fish/eggs & legumes	Eggs	2
	Fish & seafoods	10
	Deli meat	8
	Ruminant meat	3
	Pork & poultry ^d	8
	Pulses & legumes	2
	Plant protein products ^e	2
Composite dishes	Animal-based dishes	7
	Plant-based dishes	3
	Sandwiches/savoury pies/fried specialities & related products	5
Dairy products & alternatives	Milk	4
	Yogurt	5
	Cheese	8
	PBDAs*	3
Sweetened & salty products	Dairy desserts & alternatives*	5
	Cakes & pies ^f	15
	Biscuits & sweets	14
	Sweetened breakfast cereals	3
	Salty appetizers	2
Water & drinks	Water	9
	Coffee/tea & infusions	3
	Sweetened drinks*	7
	Fruit juices ^g	6
	Alcoholic beverages	5
Fats & seasonings	Animal fats	4
	Vegetable fats	9
	Seasonings	3

*food subgroups containing PBDL products

^aincluding oilseeds

^bincluding soups

^cincluding processed fruits, excluding fruit juices

^dincluding offal

^eincluding tofu

^fincluding pastries

^gfruit juices with no added sugar

Supplemental File S3 Table S3. List of nutritional constraints included in the models

Nutrients ¹	Unit	Age	Gender	Lower bound	Upper bound
Energy	kcal	All	All	−1% observed TEI	+1% observed TEI
Proteins	g/kg/d	All	All	0.83	
Total carbohydrates	%TEI	All	All	50	75
Free sugars	%TEI	All	All		10 or OI*†
Total fats	%TEI	All	All	20	35
PUFA	%TEI	All	All	6	11
ALA	%TEI	All	All	0.5	≥0.5
LA	%TEI	All	All	2.5	9
EPA+DHA	mg/d	All	All	250	
SFA	%TEI	All	All		10 or OI*†
Omega 3	%TEI	All	All	0.5	2
Cholesterol	mg/d	All	All		300
Water	g/d	All	M	2,500	
Water	g/d	All	W	2,000	
Sodium	mg/d	All	M	1,500	2759 or OI*†
Sodium	mg/d	All	W	1,500	2365 or OI*†
Fibre	g/d	All	All	EAR or OI* or RDA [§]	

Nutrients ¹	Unit	Age	Gender	EAR	RDA	Upper bound
Fibre	g/d	All	All	23	30	
Calcium	mg/d	18	All	924	1200	
Calcium	mg/d	19–55	All	693	900	
Calcium	mg/d	56–65	M	693	900	
Calcium	mg/d	56–65	W	924	1200	
Calcium	mg/d	>65	All	924	1200	
Copper	mg/d	18–65	M	1.5	2	
Copper	mg/d	18–65	W	1.2	1.5	
Copper	mg/d	>65	All	1.2	1.5	
Iron	mg/d	18–19	M	9	12	
Iron	mg/d	18–19	W	11	14	
Iron	mg/d	20–55	M	6.9	9	
Iron	mg/d	20–55	W	12	16	
Iron	mg/d	>55	All	6.9	9	
Iodine	µg/d	All	All	116	150	
Potassium	mg/d	All	All	2387	3100	
Magnesium	mg/d	All	M	323	420	
Magnesium	mg/d	All	W	277	360	
Phosphorus	mg/d	18	All	630	800	
Phosphorus	mg/d	19–55	All	578	750	
Phosphorus	mg/d	>56	M	578	750	
Phosphorus	mg/d	>56	W	616	800	
Selenium	µg/d	18–19	All	39	50	350
Selenium	µg/d	20–55	M	46	60	350
Selenium	µg/d	20–55	W	39	50	350
Selenium	µg/d	56–65	All	46	60	350
Selenium	µg/d	>65	M	54	70	350
Selenium	µg/d	>65	W	46	60	350
Zinc	mg/d	18–19	All	8	11	50
Zinc	mg/d	20–55	M	9.2	12	50
Zinc	mg/d	20–55	W	7.7	10	50
Zinc	mg/d	56–65	M	9.2	12	50
Zinc	mg/d	56–65	W	8.5	11	50
Zinc	mg/d	>65	All	8.5	11	50
Vitamin A	RE eq./d	All	M	616	800	1800
Vitamin A	RE eq./d	All	W	462	600	1800
Thiamin	mg/d	All	M	1	1.3	
Thiamin	mg/d	All	W	0.85	1.1	
Riboflavin	mg/d	All	M	1.2	1.6	

Riboflavin	mg/d	All	W	1.2	1.5	
Niacin	mg/d	All	M	11	14	47
Niacin	mg/d	All	W	8.5	11	47
Pantothenic acid	mg/d	All	All	3.9	5	
Vitamin B6	mg/d	All	M	1.4	1.8	6.8
Vitamin B6	mg/d	All	W	1.2	1.5	6.8
Folate	µg/d	All	W	254	330	1,500
Folate	µg/d	All	M	231	300	1,500
Vitamin B12	µg/d	All	All	1.8	2.4	
Ascorbic acid	mg/d	All	All	85	110	1,110
Vitamin E	mg/d	All	All	9.2	12	52

TEI: total energy intake; * Observed intake (OI); † OI was used for nutrients to be reduced if obs<recommended daily allowance (RDA) as an upper bound, to avoid deterioration of the observed diet; § Constraints took into account the age and gender of each individual, and the level of the OI for each nutrient. The minimum levels imposed were as follows: at least the estimated average requirement (EAR—set at 77% of RDA values) when OI was lower than the EAR, at least the RDA when OI was greater than the RDA, and greater than or equal to OI when OI was between the EAR and RDA.

Supplemental File S3 Table S4. Socio-demographic characteristics of women (n=1111) according to their consumption of PBDL (plant-based “dairy-like”) products

	All (N=1111)		PBDL product non- consumers (N=1030)		PBDL product consumers (N=81)		<i>Pval</i>
	<i>Mean</i>	<i>Std</i>	<i>Mean</i>	<i>Std</i>	<i>Mean</i>	<i>Std</i>	
Age (years)	45.8	15.2	45.4	15.3	51.5	13.5	0.001
Socio-occupational status (%)							0.162
Low	9.1		9.4		4.9		
Intermediate	43.7		44.0		40.7		
High	8.1		7.7		13.6		
Economically inactive	39.1		38.9		40.7		
Familial status (%)							0.032
Couple with children	30.6		31.8		16.1		
Couple without children	33.0		32.4		40.7		
Single parent household	9.5		9.4		11.1		
Single without children	26.6		26.2		32.1		
No answer	0.2		0.2		.		
Level of education (%)							0.003
Low	18.2		18.9		8.6		
Intermediate	49.2		49.7		43.2		
High	32.5		31.3		48.2		
No answer	0.1		0.1		.		
IPAQ score (%)							0.047
Low	23.9		24.7		14.8		
Middle	32.2		32.4		29.6		
High	42.5		41.6		54.3		
No answer	1.4		1.4		1.2		
Smoker (%)							0.619
Smoker	25.6		25.7		23.5		
Non-smoker	72.4		72.1		75.3		
No answer	2.1		2.1		1.2		

Supplemental File S3 Table S5. Mean energy content, mean diet weight and mean food group and subgroup quantities (g/d) in observed and optimized diets according to the tracking of PBDL products in optimized diets: i.e. *OptStillNoPB* (n=476), *OptStillPB* (n=78) and *OptAddedPB* (n=523)

	<i>OptStillNoPB</i> (n=476)				<i>OptAddedPB</i> (n=523)				<i>OptStillPB</i> (n=78)				p-value Observed	p-value Optimised
	Observed Mean	Std	Optimised Mean	Std	Observed Mean	Std	Optimised Mean	Std	Observed Mean	Std	Optimised Mean	Std	Pval	Pval
Total energy content (kcal/d)	2119.0	438.5	2104.4	427.7	1755.9	373.1	1751.3	362.6	2001.0	420.3	1986.2	410.6	<0.001	<0.001
Total diet weight (g/d)	2961.4	680.1	2984.7	580	2249.2	639.3	2582.8	411.8	2878.7	776.3	2945.8	604.4	<0.001	<0.001
Fruits & vegetables ^a	458.1	244.2	520.9	178.9	334.1	185.0	470.0	122.7	545.5	250.1	566.4 ^{ns}	207.3	<0.001	<0.001
Vegetables ^b	263.8	149.1	250.4 ^{ns}	113.9	203.3	120.8	233.9	96.2	306.0	154.7	282.6 ^{ns}	119.7	<0.001	0.046
Fruits ^c	191.2	155.3	257.0	133.3	128.6	107.0	224.1	88.3	231.6	173.9	268.2 ^{ns}	149.2	<0.001	0.003
Dried fruits & oilseeds	3.1	6.9	13.5	4.5	2.2	4.7	12.0	4.2	7.9	12.7	15.6	9.4	<0.001	<0.001
Grains & potatoes	240.1	94.2	318.3	66.2	202.5	75.7	301.2	60.3	206.6	84.9	308.5	57.5	<0.001	<0.001
Refined grains	169.8	78.6	206.2	60.2	148.2	64.8	185.8	59.5	128.8	70.5	189.5	56.1	<0.001	<0.001
Whole grains	11.6	26.3	50.5	19.2	6.7	17.6	49.4	14.6	33.9	51.1	60.9	31.2	<0.001	<0.001
Potatoes	58.7	47.9	61.6 ^{ns}	42.1	47.5	35.9	66.0	36.7	43.9	36.8	58.1	33.6	<0.001	0.344
Meat/fish/eggs & legumes	188.9	61.5	116.9	42.7	157.5	57.1	110.0	39.8	169.4	69.7	103.1	44.0	<0.001	0.022
Eggs	16.7	16.6	14.6	13.6	14.8	15.9	14.6 ^{ns}	14.3	15.8	14.2	14.1 ^{ns}	14.0	0.606	0.642
Fish & seafoods	35.6	31.6	34.8 ^{ns}	19.3	27.8	25.9	32.8	13.6	47.9	37.9	39.8 ^{ns}	17.6	<0.001	0.004
Deli meat	23.3	20.7	3.4	5.6	21.2	19.4	4.4	6.3	18.7	20.2	3.4	6.1	0.370	0.007
Ruminant meat	44.2	30.5	13.5	18.9	34.1	28.7	7.9	14.5	26.9	23.8	6.3	11.6	<0.001	<0.001
Pork & poultry ^d	58.7	36.5	28.8	23.9	50.3	31.8	25.9	22.1	42.2	34.0	16.8	19.7	<0.001	0.002
Pulses & legumes	10.3	19.3	21.8	20.4	9.3	18.1	24.3	19.5	14.0	20.2	19.3 ^{ns}	20.3	0.190	0.168
Plant protein products ^e	0.1	1.9	0.0 ^{ns}	0.7	0.1	1.0	0.1	1.0	3.8	14.6	3.4 ^{ns}	13.5	<0.001	<0.001
Dairy products & alternatives	274.2	165.5	265.7 ^{ns}	151.7	166.3	113.8	209.7	125.5	241.5	138.6	252.4 ^{ns}	129.5	<0.001	<0.001
Milk	132.6	152.6	136.6 ^{ns}	149.7	65.0	99.3	88.8	103.0	61.4	103.1	76.1 ^{ns}	102.5	<0.001	<0.001
Yogurt	107.4	81.1	110.2 ^{ns}	80.0	71.3	67.3	68.9 ^{ns}	64.1	68.8	75.3	66.9 ^{ns}	74.9	<0.001	<0.001
Cheese	34.2	26.1	18.9	15.1	30.0	19.7	17.1	13.9	30.9	23.4	18.3	13.5	0.047	0.354
PBDAs	0.0	0.0	0.0	0.0	0.0	0.0	34.9	69.5	80.3	93.2	91.1 ^{ns}	103.1	<0.001	<0.001
Sweetened & salty products	131.8	78.7	118.5	67.5	118.5	69.7	91.9	60.9	126.0	61.2	113.2 ^{ns}	57.1	0.004	<0.001
Dairy desserts & alt.	19.4	33.0	16.8 ^{ns}	29.3	17.1	33.3	19.3 ^{ns}	27.6	19.5	25.9	20.0 ^{ns}	26.0	0.211	0.486
Incl. soya-based dessert	0.0	0.0	0.0	0.0	0.0	0.0	4.7	13.1	9.6	20.8	10.7	21.1	<0.001	<0.001
Cakes & pies ^f	64.2	54.0	57.0	49.0	62.4	46.0	41.1	42.7	57.2	44.8	47.0 ^{ns}	46.8	0.522	<0.001
Biscuits & sweets	37.6	31.7	31.1	25.5	34.4	29.3	25.2	21.2	41.4	31.5	33.0 ^{ns}	21.9	0.056	0.001

Sweetened breakfast cereals	8.1	18.9	9.2 ^{ns}	18.9	2.4	7.8	2.9 ^{ns}	8.7	6.0	12.3	8.1 ^{ns}	14.1	<0.001	<0.001
Salty appetizers	2.4	5.6	4.5	5.6	2.3	5.7	3.4	5.2	1.9	3.9	5.1	5.0	0.727	<0.001
Water & drinks	1,610.6	630.0	1606.5 ^{ns}	589.8	1221.2	599.2	1372.1	479.4	1535.9	681.8	1570.0 ^{ns}	616.8	<0.001	<0.001
Water	928.6	586.6	949.1 ^{ns}	562.3	705.9	520.5	835.0	455.5	814.4	535.7	853.8 ^{ns}	493.8	<0.001	0.001
Coffee/tea & infusions	471.6	418.5	467.3 ^{ns}	417.5	361.7	306.0	357.5 ^{ns}	301.2	559.1	433.4	554.6 ^{ns}	433.0	<0.001	<0.001
Sweetened drinks	71.2	199.7	61.1 ^{ns}	135.8	42.0	121.6	80.1	94.6	22.9	52.4	35.3 ^{ns}	63.1	0.001	0.116
Incl. PB drinks	0.0	0.0	0.0	0.0	0.0	0.0	42.5	51	0.0	0.0	15.1	31.7	.	<0.001
Fruit juices ^g	63.9	90.3	59.0 ^{ns}	81.7	51.1	74.2	47.5 ^{ns}	68.8	62.1	83.0	58.5 ^{ns}	73.5	0.010	0.013
Alcoholic beverages	75.3	115.9	69.9 ^{ns}	107.6	60.5	92.7	51.9 ^{ns}	85.6	77.4	88.2	67.7 ^{ns}	86.9	0.520	0.157
Fats & seasonings	57.4	25.2	37.6	16.7	48.7	21.2	27.6	15.0	53.5	20.6	32.0	16.1	<0.001	0.000
Animal fats	17.1	13.6	4.3	6.1	15.8	12.0	3.7	5.6	12.0	9.1	2.8	4.4	0.016	0.057
Vegetable fats	28.3	16.6	29.6	14.3	22.1	14.1	19.1	11.4	32.0	15.3	26.1	13.6	<0.001	0.000
Seasonings	12.1	11.5	3.7	5.1	10.8	10.3	4.8	5.9	9.6	8.3	3.1	5.1	0.035	0.011

^{ns} indicates food groups or subgroups for which the differences (accounting for repeated measurements) between observed and optimized diets **WERE NOT** significant (p>0.05) among *OptStillNoPB*, *OptStillPB* or *OptAddedPB* women

^aincluding oilseeds

^bincluding soups

^cincluding processed fruits, excluding fruit juices

^dincluding offal

^eincluding tofu

^fincluding pastries

^gfruit juices with no added sugar

Supplemental File S3 Table S6. Average variations of food group and subgroup quantities (in g/d) between observed and optimized diets using fortified (1077 feasible diets) or unfortified (1074 feasible diets) PBDL products

	<i>Fortified model</i>		<i>Unfortified model</i>	
	<i>n=1077</i>		<i>n=1074</i>	
	<i>Mean</i>	<i>Std</i>	<i>Mean</i>	<i>Std</i>
Fruits and vegetables ^a	95.3	134.1	105.1	141.3
Vegetables ^b	7.2	87.4	10.4	91.4
Fruits ^c	78.1	84.9	84.5	88.7
Dried fruits & oilseeds	9.9	4.3	10.2	4.1
Grains & potatoes	89.9	57.5	84.1	55.5
Refined grains	38.7	49.3	40.2	49.7
Whole grains	39.9	18.7	39.2	18.9
Potatoes	11.3	28	4.7	21.1
Meat/fish/eggs & legumes	-59.7	43.8	-63.2	43
Eggs	-1.1	10.9	-1.5	11
Fish & seafoods	1.5	20.8	0.9	21.3
Deli meat	-18	18.8	-18.6	18.9
Ruminant meat	-27.8	20.3	-28.3	20.5
Pork & poultry ^d	-26.9	28.3	-28.4	28.3
Pulses & legumes	12.8	15.2	12.8	15.1
Plant protein products ^e	-0.1	1.2	-0.1	1.1
Dairy products & alternatives	18.1	76.6	32.1	80.6
Milk	14.4	44.7	38.4	72.3
Yogurt	-0.1	22.8	2.5	24.6
Cheese	-13.9	20.6	-11.7	20.8
PBDAs	17.7	53.2	2.9	16.5
Sweetened & salty products	-19.7	44.7	-20.2	44.3
Dairy desserts & alternatives	-0.1	16.3	-1.7	14.5
Incl. soya-based dessert	2.3	9.5	0.5	5
Cakes & pies ^f	-14.3	32.9	-14.1	33.7
Biscuits & sweets	-8	21.6	-6.8	21.7
Sweetened breakfast cereals	0.9	5.1	1.1	5.4
Salty appetizers	1.7	4.1	1.3	3.8
Water & drinks	74	205.7	55.3	201.7
Water	74.6	178	74.9	180.7
Coffee/tea & infusions	-4.2	28.7	-3.6	31.7
Sweetened drinks	15	90.7	-3.4	81.8
Incl. PB drinks	21.7	41.9	3	23.2
Fruit juices ^g	-4.2	24.3	-4.7	25.3
Alcoholic beverages	-7.2	25.6	-7.8	26.7
Fats & seasonings	-20.5	19.2	-21	19.3
Animal fats	-12.2	10.9	-12.4	10.9
Vegetable fats	-1.3	14.6	-1.4	14.6
Seasonings	-7	9.2	-7.1	9.2

^aincluding oilseeds

^bincluding soups

^cincluding processed fruits, excluding fruit juices

^dincluding offal

^eincluding tofu

^fincluding pastries

^gfruit juices with no added sugar

Supplemental File S3 Table S7. Distribution of the objective function (g) in women

	N	Mean	Sd	Minimum	Q1	Median	Q3	Maximum
Objective function (g/d)	1077	757.6	378.6	184.6	502.7	666.8	903.6	3316.17
Increasing amounts (g/d)	1077	467.4	313.2	70.5	251.6	369.9	591.1	2194.9
Decreasing amounts (g/d)	1077	290.2	158.9	85.0	195.2	250.7	336.3	2274.4