## Supplementary Table 17: Nutrient profile of the original recipes and the modified recipes (per serving)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Foods** | **OG** | | | | **NI & FENI** | | | |
| **Energy (kcal)** | **SFA (g)** | **Sodium (mg)** | **Added Sugar (g)** | **Energy (kcal)** | **SFA (g)** | **Sodium (mg)** | **Added Sugar (g)** |
| Apple Pie | 246.70 | 5.48 | 179.21 | 13.13 | 205.18 | 4.07 | 177.54 | 5.50 |
| Brownie | 174.53 | 2.15 | 115.08 | 13.88 | 177.17 | 1.63 | 57.44 | 12.30 |
| Cheese Pizza | 360.61 | 8.60 | 842.40 | 0.59 | 327.24 | 5.62 | 665.15 | 0.18 |
| Chicken Pot Pie | 437.97 | 11.52 | 948.13 | 0 | 432.56 | 8.21 | 579.35 | 0 |
| Cream Sauce | 57.25 | 2.71 | 369.08 | 0 | 53.10 | 0.42 | 159.49 | 0 |
| Chili con carne | 233.81 | 3.62 | 841.04 | 0 | 210.11 | 1.76 | 396.34 | 0 |
| Mac and Cheese | 479.52 | 12.91 | 813.79 | 0 | 447.20 | 8.84 | 624.02 | 0 |
| Meatloaf | 291.40 | 5.70 | 565.91 | 0.95 | 236.38 | 3.07 | 289.30 | 0.94 |
| Pasta with tomato meat sauce | 315.00 | 1.81 | 497.36 | 1.33 | 298.74 | 1.10 | 333.12 | 0 |
| Taco meat | 83.83 | 1.86 | 193.70 | 0 | 66.79 | 1.08 | 112.61 | 0 |