## Data Repository: Estimated difference in intake of saturated fat, added sugars, sodium and energy in recipe consumers and consumers of similar foods with use of the modified recipes by gender

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Subgroups** | **No Modification**  **Mean (95% CI)** | **Estimates based on the percentage of consumers using of the modified recipe**  ***mean change (95% CI) [mean percent change (95% CI)*** | | | |
| **25% Use** | **50% Use** | **75% Use** | **100% Use** |
| **Saturated fat (g)** | | | | | |
| All 19 y +1 | 33.78  (32.61, 34.95) | -0.76 (-0.88, -0.64) | -1.50 (-1.64, -1.36) | -2.27 (-2.44, -2.10) | -3.02 (-3.22, -2.83) |
| [-2.30 (-2.65, -1.96)] | [-4.65 (-5.09, -4.20)] | [-7.20 (-7.72, -6.67)] | [-9.82 (-10.39, -9.26)] |
| Males2 | 38.54  (36.99, 40.09) | -0.90 (-1.04, -0.76) | -1.81 (-2.05, -1.56) | -2.61 (-2.89, -2.33) | -3.49 (-3.77, -3.20) |
| [-2.39 (-2.75, -2.03)] | [-4.92 (-5.60, -4.24)] | [-7.26 (-8.02, -6.49)] | [-9.94 (-10.69, -9.20)] |
| Females3 | 28.77  (27.50, 30.04) | -0.61 (-0.77, -0.46) | -1.21 (-1.36, -1.05) | -1.88 (-2.05, -1.70) | -2.53 (-2.74, -2.32) |
| [-2.18 (-2.74, -1.62)] | [-4.38 (-4.98, -3.78)] | [-6.98 (-7.62, -6.33)] | [-9.65 (-10.42, -8.89)] |
| **Added Sugar (tsp. eq)** | | | | | |
| All 19 y +1 | 18.45  (17.30, 19.60) | -0.06 (-0.07, -0.04) | -0.11 (-0.13, -0.09) | -0.19 (-0.23, -0.14) | -0.24 (-0.30, -0.19) |
| [-0.30 (-0.39, -0.22)] | [-0.58 (-0.71, -0.45)] | [-1.02 (-1.29, -0.76)] | [-1.34 (-1.66, -1.03)] |
| Males2 | 20.83  (19.13, 22.53) | -0.07 (-0.09, -0.05) | -0.17 (-0.24, -0.09) | -0.24 (-0.33, -0.15) | -0.31 (-0.40, -0.22) |
| [-0.33 (-0.44, -0.22)] | [-0.80 (-1.19, -0.41)] | [-1.17 (-1.59, -0.75)] | [-1.51 (-1.98, -1.05)] |
| Females3 | 15.95  (14.54, 17.37) | -0.04 (-0.06, -0.03) | -0.09 (-0.11, -0.07) | -0.13 (-0.16, -0.10) | -0.17 (-0.21, -0.14) |
| [-0.27 (-0.35, -0.18)] | [-0.54 (-0.68, -0.40)] | [-0.84 (-1.02, -0.66)] | [-1.10 (-1.34, -0.87)] |
| **Sodium (mg)** | | | | | |
| All 19 y +1 | 3997  (3868, 4127) | -80 (-94, -67) | -167 (-186, -149) | -244 (-264, -224) | -327 (-351, -303) |
| [-2.05 (-2.40, -1.70)] | [-4.36 (-4.87, -3.86)] | [-6.51 (-7.07, -5.94)] | [-8.90 (-9.56, -8.24)] |
| Males2 | 4593  (4406, 4780) | -90 (-107, -73) | -188 (-215, -160) | -270 (-298, -242) | -363 (-393, -333) |
| [-2.00 (-2.38, -1.62)] | [-4.26 (-4.91, -3.62)] | [-6.25 (-6.91, -5.58)] | [-8.58 (-9.27, -7.89)] |
| Females3 | 3371  (3258, 3483) | -70 (-90, -49) | -144 (-167, -121) | -213 (-238, -188) | -289 (-318, -259) |
| [-2.11 (-2.75, -1.48)] | [-4.46 (-5.17, -3.75)] | [-6.75 (-7.54, -5.95)] | [-9.37 (-10.31, -8.43)] |
| **Energy (kcal)** | | | | | |
| All 19 y +1 | 2389  (2320, 2458) | -15 (-17, -12) | -30 (-33, -27) | -46 (-50, -42) | -62 (-66, -57) |
| [-0.62 (-0.72, -0.53)] | [-1.28 (-1.41, -1.15)] | [-1.97 (-2.13, -1.82)] | [-2.64 (-2.82, -2.47)] |
| Males2 | 2745  (2655, 2835) | -18 (-21, -14) | -38 (-43, -32) | -54 (-60, -48) | -73 (-78, -67) |
| [-0.64 (-0.75, -0.53)] | [-1.39 (-1.60, -1.18)] | [-2.02 (-2.25, -1.80)] | [-2.71 (-2.92, -2.51)] |
| Females3 | 2015  (1949, 2080) | -12 (-15, -9) | -23 (-27, -19) | -37 (-41, -33) | -50 (-55, -45) |
| [-0.60 (-0.76, -0.43)] | [-1.16 (-1.36, -0.97)] | [-1.87 (-2.07, -1.66)] | [-2.54 (-2.77, -2.32)] |

1sample n = 2,472, population n = 62,919,285; 2sample n = 1,288, population n = 32,253,334; 3sample n = 1,184, population n = 30,665,950

## Data Repository: Estimated difference in intake of saturated fat, added sugar, sodium, and energy with consumer use of each modified recipes

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Recipes** | **Sample n** | **Population n** | **No Modification**  **Mean (95% CI)** | **Estimates based on the percentage of consumers using of the modified recipe**  ***mean change (95% CI) [mean percent change (95% CI)*** | | | |
| **25% Use** | **50% Use** | **75% Use** | **100% Use** |
| **Saturated fat (g)** | | | | | | | |
| Apple Pie | 46 | 864,877 | 38.14  (31.79, 44.49) | -0.51  (-0.85, -0.17) | -1.39  (-2.95, 0.17) | -1.56  (-3.09, -0.04) | -2.08  (-3.45, -0.72) |
| [-1.36  (-2.40, -0.33)] | [-3.78  (-7.80, 0.23)] | [-4.27  (-8.20, -0.35)] | [-5.78 (-9.18, -2.38)] |
| Brownie | 93 | 3,541,617 | 31.43  (28.25, 34.61) | -0.14  (-0.21, -0.07) | -0.28  (-0.36, -0.20) | -0.42  (-0.50, -0.34) | -0.57  (-0.63, -0.51) |
| [-0.44  (-0.66, -0.23)] | [-0.90  (-1.18, -0.62)] | [-1.36  (-1.62, -1.11)] | [-1.85  (-2.05, -1.64)] |
| Cheese Pizza | 70 | 2,194,132 | 34.83  (30.28, 39.39) | -0.80  (-1.38, -0.23) | -1.65  (-2.11, -1.19) | -2.74  (-3.26, -2.21) | -3.60  (-4.30, -2.91) |
| [-2.36  (-3.86, -0.87)] | [-4.97  (-6.15, -3.79)] | [-8.53  (-9.65, -7.41)] | [-11.5  (-13.8, -9.24)] |
| Chicken Pot Pie | 48 | 1,351,166 | 37.53  (33.05, 42.02) | -1.18  (-1.40, -0.96) | -2.15  (-2.69, -1.61) | -3.18  (-3.65, -2.71) | -4.31  (-4.59, -4.04) |
| [-3.24  (-3.96, -2.51)] | [-6.07  (-7.21, -4.93)] | [-9.27  (-10.20, -8.33)] | [-12.98  (-14.01, -11.94)] |
| Cream Sauce | 9 | 291,372 | 17.73  (. , .) | -0.07 (. , .) | -1.13 (. , .) | -1.24 (. , .) | -1.97 (. , .) |
| [-0.37 ()] | [-6.82 ()] | [-7.53 ()] | [-12.51 ()] |
| Chili | 39 | 1,398,663 | 32.03  (29.16, 34.90) | -0.94  (-1.52, -0.37) | -1.95  (-2.94, -0.96) | -2.94  (-4.37, -1.51) | -4.03  (-4.80, -3.27) |
| [-3.04  (-5.13, -0.95)] | [-6.47  (-10.21, -2.72)] | [-10.11  (-15.96, -4.26)] | [-14.40  (-16.71, -12.10)] |
| Mac and Cheese | 59 | 1,295,158 | 41.06  (37.03, 45.09) | -1.18  (-1.61, -0.75) | -2.61  (-3.42, -1.80) | -4.07  (-5.22, -2.91) | -5.29  (-6.33, -4.26) |
| [-2.96  (-4.21, -1.71)] | [-6.79  (-9.09, -4.48)] | [-10.99  (-13.94, -8.04)] | [-14.80  (-17.73, -11.86)] |
| Meatloaf | 61 | 1,680,614 | 30.77  (25.88, 35.66) | -0.80  (-1.10, -0.51) | -1.59  (-2.11, -1.06) | -2.32  (-3.03, -1.60) | -3.16  (-3.87, -2.44) |
| [-2.68  (-3.59, -1.78)] | [-5.43  (-7.76, -3.10)] | [-8.14  (-10.49, -5.79)] | [-11.43 (-13.94, -8.92)] |
| Pasta with tomato meat sauce | 23 | 581,537 | 28.56  (19.58, 37.55) | -0.59  (-1.42, 0.25) | -1.43  (-2.23, -0.63) | -1.59  (-2.14, -1.04) | -2.06  (-2.49, -1.62) |
| [-2.09  (-5.80, 1.61)] | [-5.26  (-9.59, -0.93)] | [-5.90  (-9.61, -2.19)] | [-7.76  (-10.69, -4.82)] |
| Taco meat | 22 | 672,648 | 28.34  (23.12, 33.56) | -0.44  (-0.90, 0.01) | -0.88  (-1.48, -0.28) | -1.17  (-1.77, -0.56) | -1.83  (-2.48, -1.18) |
| [-1.59  (-3.00, -0.18)] | [-3.21  (-5.30, -1.13)] | [-4.30  (-6.48, -2.12)] | [-6.91  (-10.05, -3.77)] |
| **Added Sugar (tsp. eq)** | | | | | | | |
| Apple Pie | 46 | 864,877 | 17.25  (11.68, 22.83) | -0.78  (-1.29, -0.26) | -2.11  (-4.47, 0.25) | -2.37  (-4.69, -0.05) | -3.16  (-5.24, -1.08) |
| [-4.73  (-8.18, -1.28)] | [-13.93  (-27.91, 0.05)] | [-15.93 (-29.42, -2.43)] | [-22.43  (-36.33, -8.52)] |
| Brownie | 93 | 3,541,617 | 19.63  (15.57, 23.69) | -0.13  (-0.20, -0.06) | -0.27  (-0.34, -0.19) | -0.27  (-0.34, -0.19) | -0.54  (-0.60, -0.49) |
| [-0.68  (-0.99, -0.36)] | [-1.38  (-1.84, -0.91)] | [-2.08  (-2.66, -1.51)] | [-2.84  (-3.43, -2.24)] |
| Cheese Pizza | 70 | 2,194,132 | 18.14  (13.44, 22.84) | -0.08  (-0.14, -0.02) | -0.17  (-0.22, -0.12) | -0.28  (-0.34, -0.23) | -0.38  (-0.45, -0.30) |
| [-0.45  (-0.84, -0.07)] | [-0.93  (-1.22, -0.64)] | [-1.59  (-2.18, -1.00)] | [-2.13  (-3.04, -1.22)] |
| Chicken Pot Pie | 48 | 1,351,166 | 21.49  (16.13, 26.85) | 0 | 0 | 0 | 0 |
| Cream Sauce | 9 | 291,372 | 18.79  (. , .) | 0 | 0 | 0 | 0 |
| Chili | 39 | 1,398,663 | 14.86  (10.45, 19.28) | 0 | 0 | 0 | 0 |
| Mac and Cheese | 59 | 1,295,158 | 18.40  (13.69, 23.10) | -0.06  (-0.08, -0.04) | -0.13  (-0.17, -0.09) | -0.20  (-0.26, -0.14) | -0.26  (-0.31, -0.21) |
| [-0.32  (-0.47, -0.17)] | [-0.71  (-1.06, -0.36)] | [-1.09  (-1.63, -0.55)] | [-1.43  (-2.00, -0.86)] |
| Meatloaf | 61 | 1,680,614 | 17.67  (13.04, 22.30) | 0.04  (0.03, 0.06) | 0.08  (0.06, 0.11) | 0.12  (0.09, 0.16) | 0.17  (0.13, 0.21) |
| [0.24  (0.17, 0.32)] | [0.48  (0.23, 0.73)] | [0.70  (0.46, 0.93)] | [0.95  (0.67, 1.22)] |
| Pasta with tomato meat sauce | 23 | 581,537 | 20.27  (20.06, 20.49) | -0.24  (-0.72, 0.23) | -0.52  (-0.93, -0.11) | -0.52  (-0.93, -0.11) | -0.77  (-0.98, -0.55) |
| [-1.22  (-3.63, 1.18)] | [-2.62  (-4.79, -0.46)] | [-2.94  (-4.76, -1.12)] | [-3.92  (-5.10, -2.74)] |
| Taco meat | 22 | 672,648 | 21.13  (14.52, 27.74) | 0 | 0 | 0 | 0 |
| **Sodium (mg)** | | | | | | | |
| Apple Pie | 46 | 864,877 | 3902  (3484, 4320) | -0.96  (-1.61, -0.31) | -2.66  (-5.73, 0.40) | -2.98  (-5.99, 0.02) | -3.99  (-6.69, -1.29) |
| [-0.02  (-0.04, -0.01)] | [-0.07  (-0.14, 0.01)] | [-0.08  (-0.15, 0.00)] | [-0.10  (-0.17, -0.04)] |
| Brownie | 93 | 3,541,617 | 3774  (3460, 4088) | -19.43  (-29.5, -9.37) | -39.4  (-50.7, -28.0) | -59.1  (-69.9, -48.2) | -79.8  (-88.0, -72) |
| [-0.52  (-0.79, -0.25)] | [-1.05  (-1.38, -0.73)] | [-1.59  (-1.96, -1.22)] | [-2.16  (-2.50, -1.82)] |
| Cheese Pizza | 70 | 2,194,132 | 4117  (3713, 4521) | -67.8  (-116, -19.8) | -145  (-192, -97.2) | -238  (-291, -185) | -316  (-391, -240) |
| [-1.67  (-2.90, -0.45)] | [-3.64  (-4.92, -2.37)] | [-6.14  (-7.69, -4.58)] | [-8.30 (-10.8, -5.77)] |
| Chicken Pot Pie | 48 | 1,351,166 | 3697  (3350, 4044) | -143  (-170, -117) | -262  (-328, -196) | -388  (-445, -331) | -526  (-559, -492) |
| [-4.04  (-4.88, -3.19)] | [-7.63  (-9.24, -6.01)] | [-11.72  (-13.14, -10.31)] | [-16.57  (-17.81, -15.34)] |
| Cream Sauce | 9 | 291,372 | 2493  (. , .) | -12.47 (. , .) | -145 (. , .) | -167 (. , .) | -258 (. , .) |
| [-0.50 (. , .)] | [-6.18 (. , .)] | [-7.19 (. , .)] | [-11.54 (. , .)] |
| Chili | 39 | 1,398,663 | 3671  (3215, 4127) | -223  (-360, -87) | -460  (-694, -226) | -694  (-1031, -357) | -952  (-1134, -770) |
| [-6.48 (-11.34, -1.62)] | [-14.33 (-24.38, -4.28)] | [-23.31 (-40.58, -6.03)] | [-35.02 (-39.42, -30.62)] |
| Mac and Cheese | 59 | 1,295,158 | 4014  (3724, 4303) | -66.6  (-90.5 -42.6) | -146  (-191, -101) | -224  (-288, -160) | -293  (-350, -236) |
| [-1.69  (-2.33, -1.05)] | [-3.78  (-5.00, -2.56)] | [-5.91  (-7.61, -4.20)] | [-7.87  (-9.47, -6.28)] |
| Meatloaf | 61 | 1,680,614 | 3511  (3175, 3846) | -91.5  (-125, -57.40) | -181  (-241, -120) | -264  (-346, -182) | -359  (-441, -277) |
| [-2.68  (-3.67, -1.68)] | [-5.42 (-7.48, -3.36)] | [-8.13 (-10.73, -5.53)] | [-11.40 (-14.53, -8.28)] |
| Pasta with tomato meat sauce | 23 | 581,537 | 4300  (3877, 4723) | -166  (-386, 54.7) | -415  (-637, -192) | -463  (-611, -315) | -600  (-736, -464) |
| [-4.01  (-9.96, 1.94)] | [-10.68  (-17.71, -3.64)] | [-12.08  (-17.25, -6.90)] | [-16.21  (-20.37, -12.04)] |
| Taco meat | 22 | 672,648 | 3824  (3222, 4427) | -51.9  (-108, 4.27) | -135  (-205, -65.9) | -170  (-236, -104) | -252  (-277, -227) |
| [-1.38  (-2.79, 0.03)] | [-3.67  (-5.05, -2.28)] | [-4.65  (-5.83, -3.46)] | [-7.07  (-7.54, -6.59)] |
| **Energy (kcal)** | | | | | | | |
| Apple Pie | 46 | 864,877 | 2634  (2329, 2939) | -21.0  (-34.9, -7.1) | -56.9  (-121, 6.78) | -63.9  (-126, -1.46) | -85.1  (-141, -29.2) |
| [-0.80  (-1.40, -0.21)] | [-2.21  (-4.58, 0.16)] | [-2.49  (-4.80, -0.17)] | [-3.34  (-5.31, -1.37)] |
| Brownie | 93 | 3,541,617 | 2343  (2163, 2524) | 0.76  (0.36, 1.16) | 1.49  (1.05, 1.93) | 2.27  (1.79, 2.75) | 3.08  (2.70, 3.47) |
| [0.03  (0.02, 0.05)] | [0.06  (0.04, 0.08)] | [0.10  (0.07, 0.12)] | [0.13  (0.11, 0.15)] |
| Cheese Pizza | 70 | 2,194,132 | 2401  (2202, 2601) | -13.1  (-22.4, -3.83) | -27.5  (-35.8, -19.3) | -45.3  (-54.5, -36.2) | -60.4  (-73.9, -46.8) |
| [-0.55  (-0.93, -0.17)] | [-1.16  (-1.46, -0.86)] | [-1.92  (-2.28, -1.56)] | [-2.58  (-3.23, -1.93)] |
| Chicken Pot Pie | 48 | 1,351,166 | 2416  (2161, 2671) | -2.36  (-2.82, -1.90) | -4.32  (-5.42, -3.21) | -6.43  (-7.38, -5.48) | -8.68  (-9.25, -8.11) |
| [-0.10  (-0.12, -0.08)] | [-0.18  (-0.22, -0.14)] | [-0.27  (-0.30, -0.23)] | [-0.36  (-0.39, -0.33)] |
| Cream Sauce | 9 | 291,372 | 1737  (. , .) | -0.60 (. , .) | -6.37 (. , .) | -7.50 (. , .) | -11.4 (. , .) |
| [-0.03 (. , .)] | [-0.37 (. , .)] | [-0.43 (. , .)] | [-0.66 (. , .)] |
| Chili | 39 | 1,398,663 | 1997  (1835, 2159) | -20.0  (-32.2, -7.8) | -41.1  (-62.0, -20.2) | -62.1  (-92.2, -32.0) | -85.2  (-102, -68.9) |
| [-1.01  (-1.69, -0.33)] | [-2.10  (-3.30, -0.90)] | [-3.21  (-5.03, -1.39)] | [-4.46  (-5.03, -3.88)] |
| Mac and Cheese | 59 | 1,295,158 | 2606  (2409, 2802) | -20.4  (-27.9, -13.0) | -45.3  (-59.5, -31.2) | -70.8  (-91.0, -50.5) | -91.9  (-110, -73.8) |
| [-0.79  (-1.10, -0.48)] | [-1.77  (-2.35, -1.19)] | [-2.79  (-3.59, -1.99)] | [-3.66  (-4.41, -2.90)] |
| Meatloaf | 61 | 1,680,614 | 2165  (1927, 2403) | -16.7  (-22.8, -10.5) | -32.9  (-43.7, -22.0) | -48.0  (-62.7, -33.2) | -65.3  (-79.9, -50.7) |
| [-0.78  (-1.04, -0.51)] | [-1.54  (-2.15, -0.94)] | [-2.27  (-2.96, -1.57)] | [-3.11  (-3.90, -2.32)] |
| Pasta with tomato meat sauce | 23 | 581,537 | 2556  (2082, 3031) | -12.4  (-28.8, 3.97) | -31.4  (-48.1, -14.6) | -34.9  (-46.0, -23.7) | -44.4  (-54.1, -34.8) |
| [-0.49  (-1.22, 0.24)] | [-1.24  (-2.01, -0.48)] | [-1.38  (-1.96, -0.81)] | [-1.77  (-2.14, -1.40)] |
| Taco meat | 22 | 672,648 | 2340  (2152, 2529) | -14.7  (-30.0, 0.63) | -32.0  (-47.3, -16.7) | -41.6  (-56.7, -26.4) | -63.7  (-77.5, -49.9) |
| [-0.63  (-1.25, -0.01)] | [-1.39  (-1.98, -0.79)] | [-1.81  (-2.38, -1.24)] | [-2.80  (-3.45, -2.15)] |

(. , .) No confidence limits are produced when the procedure estimates of lower confidence limit goes below 0, which occurs when the n is very small

## Data Repository: Estimated difference in intake of saturated fat, added sugars, sodium and energy in recipe consumers and consumers of similar foods with use of each modified recipes

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Recipes** | **Sample n** | **Population n** | **No Modification**  **Mean (95% CI)** | **Estimates based on the percentage of consumers using of the modified recipe**  ***mean change (95% CI)***  ***[mean percent change (95% CI)]*** | | | |
| **25% Use** | **50% Use** | **75% Use** | **100% Use** |
| **Saturated fat (g)** | | | | | | | |
| Apple pie | 63 | 1,261,166 | 35.96  (31.48, 40.45) | -0.38  (-0.60, -0.16) | -0.54  (-0.79, -0.29) | -1.18  (-2.18, -0.18) | -1.59  (-2.57, -0.61) |
| [-1.07  (-1.76, -0.38)] | [-1.53  (-2.32, -0.74)] | [-3.39  (-6.11, -0.67)] | [-4.62  (-7.21, -2.02)] |
| Brownie | 137 | 4,647,812 | 30.77  (28.26, 33.27) | -0.14  (-0.19, -0.08) | -0.26  (-0.32, -0.20) | -0.39  (-0.45, -0.32) | -0.52  (-0.56, -0.47) |
| [-0.44  (-0.62, -0.26)] | [-0.85  (-1.06, -0.64)] | [-1.27  (-1.49, -1.05)] | [-1.71  (-1.89, -1.53)] |
| Cheese pizza | 887 | 22,761,846 | 35.27  (33.51, 37.03) | -1.02  (-1.24, -0.80) | -1.98  (-2.27, -1.69) | -2.92  (-3.21, -2.63) | -3.92  (-4.23, -3.62) |
| [-2.97  (-3.58, -2.35)] | [-5.94  (-6.81, -5.08)] | [-9.04  (-9.90, -8.17)] | [-12.5  (-13.4, -11.6)] |
| Chicken pot pie | 48 | 1,351,166 | 37.53  (33.05, 42.02) | -1.18  (-1.40, -0.96) | -2.15  (-2.69, -1.61) | -3.18  (-3.65, -2.71) | -4.31  (-4.59, -4.04) |
| [-3.24  (-3.96, -2.51)] | [-6.07  (-7.21, -4.93)] | [-9.27  (-10.20, -8.33)] | [-13.0  (-14.0, -11.9)] |
| Chili | 185 | 5,852,049 | 33.76  (31.31, 36.21) | -0.62  (-0.87, -0.37) | -1.29  (-1.76, -0.81) | -1.84  (-2.36, -1.33) | -2.39  (-2.76, -2.02) |
| [-1.87  (-2.66, -1.08)] | [-3.97  (-5.56, -2.38)] | [-5.77  (-7.53, -4.02)] | [-7.63  (-8.75, -6.51)] |
| Cream Sauce | 9 | 291,372 | 17.73 (. , .) | -0.07 (. , .) | -1.13 (. , .) | -1.24 (. , .) | -1.97 (. , .) |
| [-0.37 (. , .)] | [-6.82 (. , .)] | [-7.53 (. , .)] | [-12.51 (. , .)] |
| Mac and cheese | 281 | 6,531,980 | 34.61  (31.21, 38.00) | -0.64  (-0.92, -0.36) | -1.33  (-1.66, -0.99) | -2.04  (-2.52, -1.57) | -2.72  (-3.24, -2.19) |
| [-1.88  (-2.61, -1.15)] | [-3.98  (-4.88, -3.08)] | [-6.28  (-7.58, -4.98)] | [-8.51  (-9.92, -7.11)] |
| Meat loaf | 98 | 3,113,447 | 30.14  (25.54, 34.74) | -0.69  (-1.09, -0.28) | -1.53  (-2.00, -1.07) | -2.28  (-2.69, -1.86) | -3.11  (-3.61, -2.62) |
| [-2.33  (-3.57, -1.10)] | [-5.37  (-6.84, -3.89)] | [-8.18  (-10.49, -5.88)] | [-11.53  (-13.82, -9.23)] |
| Pasta with meat sauce | 257 | 6,709,675 | 28.29  (23.76, 32.83) | -0.43  (-0.57, -0.28) | -0.84  (-1.02, -0.65) | -1.19  (-1.36, -1.01) | -1.67  (-1.85, -1.48) |
| [-1.53  (-2.08, -0.97)] | [-3.05  (-3.99, -2.10)] | [-4.38  (-5.46, -3.30)] | [-6.26  (-7.17, -5.34)] |
| Taco meat | 724 | 16,199,885 | 37.84  (35.54, 40.15) | -0.53  (-0.70, -0.35) | -1.12  (-1.36, -0.88) | -1.72  (-1.95, -1.48) | -2.31  (-2.57, -2.05) |
| [-1.42  (-1.91, -0.93)] | [-3.05  (-3.73, -2.38)] | [-4.75  (-5.41, -4.09)] | [-6.50  (-7.21, -5.79)] |
| **Added Sugar (tsp. eq)** | | | | | | | |
| Apple pie | 63 | 1,261,166 | 16.76  (11.36, 22.16) | -0.72  (-1.10, -0.33) | -1.01  (-1.46, -0.57) | -2.02  (-3.55, -0.49) | -2.71  (-4.18, -1.24) |
| [-4.46  (-7.06, -1.85)] | [-6.44  (-9.36, -3.51)] | [-13.7  (-23.0, -4.48)] | [-19.3  (-28.8, -9.79)] |
| Brownie | 137 | 4,647,812 | 20.42  (16.50, 24.34) | -0.13  (-0.18, -0.08) | -0.25  (-0.30, -0.19) | -0.37  (-0.43, -0.31) | -0.49  (-0.54, -0.45) |
| [-0.64  (-0.92, -0.36)] | [-1.23  (-1.61, -0.84)] | [-1.83  (-2.34, -1.32)] | [-2.48  (-3.00, -1.96)] |
| Cheese pizza | 887 | 22,761,846 | 19.44  (17.25, 21.63) | -0.07  (-0.09, -0.05) | -0.14  (-0.17, -0.12) | -0.21  (-0.24, -0.19) | -0.29  (-0.31, -0.26) |
| [-0.36  (-0.47, -0.26)] | [-0.74  (-0.89, -0.59)] | [-1.11  (-1.27, -0.95)] | [-1.49  (-1.69, -1.29)] |
| Chicken pot pie | 48 | 1,351,166 | 21.49  (16.13, 26.85) | 0 | 0 | 0 | 0 |
| Chili | 185 | 5,852,049 | 18.47  (15.82, 21.13) | 0 | 0 | 0 | 0 |
| Cream sauce | 9 | 291,372 | 18.79  (. , .) | 0 | 0 | 0 | 0 |
| Mac and cheese | 281 | 6,531,980 | 17.19  (14.60, 19.77) | -0.01  (-0.01, -0.002) | -0.02  (-0.03, -0.01) | -0.03  (-0.05, -0.02) | -0.05  (-0.07, -0.03) |
| [-0.03  (-0.06, -0.01)] | [-0.14  (-0.21, -0.07)] | [-0.20  (-0.31, -0.10)] | [-0.29  (-0.43, -0.16)] |
| Meat loaf | 98 | 3,113,447 | 16.32  (12.24, 20.41) | 0.03  (0.01, 0.05) | 0.07  (0.05, 0.10) | 0.11  (0.08, 0.14) | 0.15  (0.13, 0.18) |
| [0.18  (0.06, 0.29)] | [0.45  (0.28, 0.62)] | [0.66  (0.40, 0.92)] | [0.93  (0.71, 1.15)] |
| Pasta with meat sauce | 257 | 6,709,675 | 19.15  (15.99, 22.30) | -0.18  (-0.24, -0.12) | -0.35  (-0.43, -0.27) | -0.51  (-0.59, -0.43) | -0.69  (-0.77, -0.60) |
| [-0.93  (-1.24, -0.62)] | [-1.86  (-2.40, -1.31)] | [-2.72  (-3.32, -2.11)] | [-3.72  (-4.35, -3.09)] |
| Taco meat | 724 | 16,199,885 | 17.76  (16.47, 19.06) | 0.02  (0.02, 0.03) | 0.05  (0.03, 0.07) | 0.07  (0.05, 0.09) | 0.08  (0.06, 0.10) |
| [0.14  (0.09, 0.19)] | [0.28  (0.18, 0.38)] | [0.38  (0.27, 0.49)] | [0.46  (0.32, 0.59)] |
| **Sodium (mg)** | | | | | | | |
| Apple pie | 63 | 1,261,166 | 3737  (3356, 4118) | -1.53  (-2.74, -0.33) | -1.94  (-3.21, -0.66) | -3.26  (-5.57, -0.96) | -4.75  (-7.19, -2.31) |
| [-0.04  (-0.07, -0.01)] | [-0.05  (-0.09, -0.02)] | [-0.09  (-0.15, -0.03)] | [-0.13  (-0.19, -0.07)] |
| Brownie | 137 | 4,647,812 | 3666  (3417, 3914) | -19.0  (-27.1, -11.1) | -36.4  (-44.7, -28.1) | -54.1  (-63.0, -45.2) | -72.6  (-79.2, -66.0) |
| [-0.52  (-0.75, -0.30)] | [-1.00  (-1.25, -0.75)] | [-1.50  (-1.79, -1.20)] | [-2.02  (-2.28, -1.76)] |
| Cheese pizza | 887 | 22,761,846 | 4115  (3926, 4304) | -90.7  (-111, -70.4) | -188  (-215, -161) | -274  (-303, -245) | -370  (-401, -339) |
| [-2.25  (-2.74, -1.76)] | [-4.78  (-5.43, -4.13)] | [-7.14  (-7.83, -6.44)] | [-9.88  (-10.6, -9.13)] |
| Chicken pot pie | 48 | 1,351,166 | 3697  (3350, 4044) | -143  (-170, -117) | -262  (-328, -196) | -388  (-445, -331) | -526  (-559, -492) |
| [-4.04  (-4.88, -3.19)] | [-7.63  (-9.24, -6.01)] | [-11.7  (-13.1, -10.3)] | [-16.6  (-17.8, -15.3)] |
| Chili | 185 | 5,852,049 | 4102  (3822, 4381) | -139  (-193, -84.5) | -279  (-394, -165) | -417  (-541, -293) | -553  (-642, -465) |
| [-3.50  (-4.99, -2.01)] | [-7.31  (-10.6, -4.02)] | [-11.3  (-15.2, -7.41)] | [-15.6  (-18.3, -12.8)] |
| Cream sauce | 9 | 291,372 | 2493  (., .) | -12.47 (. , .) | -145 (. , .) | -167 (. , .) | -258 (. , .) |
| [-0.50 (. , .)] | [-6.18 (. , .)] | [-7.19 (. , .)] | [-11.5 (. , .)] |
| Mac and cheese | 281 | 6,531,980 | 3775  (3540, 4010) | -3.74  (-17.0, 9.50) | -35.0  (-51.1, -18.9) | -46.9  (-70.4, -23.4) | -73.7  (-103, -44.5) |
| [-0.10  (-0.45, 0.25)] | [-0.94  (-1.39, -0.48)] | [-1.26  (-1.91, -0.61)] | [-1.99  (-2.81, -1.17)] |
| Meat loaf | 98 | 3,113,447 | 3607  (3432, 3783) | -85.6  (-133, -38.3) | -183  (-235, -130) | -272  (-320, -224 | -365  (-419, -312) |
| [-2.43  (-3.82, -1.04)] | [-5.33  (-7.02, -3.64)] | [-8.15  (-9.76, -6.54)] | [-11.3  (-13.1, -9.41)] |
| Pasta with meat sauce | 257 | 6,709,675 | 3550  (3106, 3994) | -86.2  (-114, -58.3) | -183  (-230, -136) | -259  (-302, -215) | -350  (-397, -303) |
| [-2.49  (-3.30, -1.67)] | [-5.44  (-7.05, -3.83)] | [-7.86  (-9.54, -6.18)] | [-10.9  (-12.1, -9.72)] |
| Taco meat | 724 | 16,199,885 | 4484  (4174, 4795) | -59.0  (-75.3, -42.7) | -116  (-134, -97.1) | -173  (-199, -147) | -235  (-263, -206) |
| [-1.33  (-1.72, -0.95)] | [-2.65  (-3.10, -2.20)] | [-4.01  (-4.61, -3.41)] | [-5.52  (-6.15, -4.89)] |
| **Energy (kcal)** | | | | | | | |
| Apple pie | 63 | 1,261,166 | 2528  (2245, 2811) | -18.6  (-28.7, -8.61) | -26.5  (-38.2, -14.9) | -53.6  (-94.7, -12.4) | -71.6  (-111, -32.0) |
| [-0.74  (-1.18, -0.31)] | [-1.06  (-1.57, -0.56)] | [-2.17  (-3.74, -0.60)] | [-2.92  (-4.34, -1.49)] |
| Brownie | 137 | 4,647,812 | 2321  (2168, 2474) | 0.74  (0.43, 1.05) | 1.38  (1.06, 1.69) | 2.07  (1.69, 2.49) | 2.81  (2.50, 3.13) |
| [0.03  (0.02, 0.04)] | [0.06  (0.04, 0.07)] | [0.09  (0.07, 0.11)] | [0.12  (0.11, 0.14)] |
| Cheese pizza | 887 | 22,761,846 | 2434  (2317, 2551) | -16.6  (-20.5, -12.8) | -34.0  (-39.2, -28.7) | -51.3  (-56.8, -45.7) | -68.7  (-74.6, -62.8) |
| [-0.69  (-0.85, -0.53)] | [-1.42  (-1.63, -1.20)] | [-2.15  (-2.37, -1.93)] | [-2.90  (-3.13, -2.68)] |
| Chicken pot pie | 48 | 1,351,166 | 2416  (2161, 2671) | -2.36  (-2.82, -1.90) | -4.32  (-5.42, -3.21) | -6.43  (-7.38, -5.48) | -8.68  (-9.25, -8.11) |
| [-0.10  (-0.12, -0.08)] | [-0.18  (-0.22, -0.14)] | [-0.27  (-0.30, -0.23)] | [-0.36  (-0.39, -0.33)] |
| Chili | 185 | 5,852,049 | 2262  (2140, 2384) | -11.3  (-15.9, -6.71) | -21.0  (-28.9, -13.0) | -31.8  (-40.6, -22.9) | -42.4  (-50.1, -34.8) |
| [-0.50  (-0.72, -0.29)] | [-0.94  (-1.32, -0.56)] | [-1.42  (-1.85, -1.00)] | [-1.91  (-2.27, -1.55)] |
| Cream sauce | 9 | 291,372 | 1737  (. , .) | -0.60 (. , .) | -6.37 (. , .) | -7.50 (. , .) | -11.4 (. , .) |
| [-0.03 (. , .)] | [-0.37 (. , .)] | [-0.43 (. , .)] | [-0.66 (. , .)] |
| Mac and cheese | 281 | 6,531,980 | 2369  (2220, 2517) | -9.24  (-13.3, -5.15) | -20.4  (-25.6, -15.3) | -31.6  (-39.4, -23.8) | -42.1  (-51.0, -33.3) |
| [-0.39  (-0.56, -0.23)] | [-0.87  (-1.09, -0.65)] | [-1.35  (-1.68, -1.03)] | [-1.81  (-2.17, -1.46)] |
| Meat loaf | 98 | 3,113,447 | 2117  (1905, 2329) | -14.3  (-22.6, -5.95) | -31.7  (-41.3, -22.1) | -47.2  (-56.0, -38.4) | -64.3  (-74.0, -54.5) |
| [-0.68  (-1.05, -0.31)] | [-1.52  (-1.95, -1.09)] | [-2.28  (-2.83, -1.73)] | [-3.13  (-3.62, -2.64)] |
| Pasta with meat sauce | 257 | 6,709,675 | 2394  (2121, 2666) | -7.81  (-10.6, -5.00) | -16.7  (-21.0, -12.4) | -24.5  (-28.7, -20.4) | -32.9  (-37.7, -28.2) |
| [-0.33  (-0.44, -0.22)] | [-0.70  (-0.90, -0.50)] | [-1.04  (-1.23, -0.84)] | [-1.40  (-1.56, -1.24)] |
| Taco meat | 724 | 16,199,885 | 2549  (2402, 2695) | -19.2  (-24.1, -14.3) | -38.4  (-44.4, -32.4) | -57.9  (-65.0, -50.9) | -78.4  (-85.8, -71.1) |
| [-0.76  (-0.96, -0.55)] | [-1.53  (-1.78, -1.28)] | [-2.32  (-2.64, -2.01)] | [-3.17  (-3.47, -2.87)] |

(. , .) No confidence limits are produced when the procedure estimates of lower confidence limit goes below 0, which occurs when the n is very small.