

SDC 1. Food items and macronutrient composition of the ad libitum HFAT and HCHO breakfast at baseline

	kcal/g	% CHO	% fat	% protein
HFAT	2.59¹	25.3	56.7	18.0
Cornflakes	3.50	89.9	2.1	8.0
Whole milk	0.63	27.9	51.2	20.9
Medium toast	2.66	80.6	5.4	14.0
Eggs	4.38	0.0	76.7	23.3
Margarine	6.31	0.1	99.9	0.0
Sugar	3.75	100.0	0.0	0.0
HCHO	1.52	42.4	35.7	21.9
Cornflakes	3.50	89.9	2.1	8.0
Semi skim milk	0.48	39.3	32.1	28.5
Thick toast	2.66	80.6	5.4	14.0
Eggs	1.60	0.0	65.4	34.6
Flora light	3.42	0.0	99.9	0.1
Sugar	3.75	100.0	0.0	0.0

¹HFAT and HCHO means values based on ad libitum consumption.