

**SDC 2.** Food items and macronutrient composition of the fixed energy HFAT and HCHO lunches

	<b>g</b>	<b>kcal</b>	<b>kcal/g</b>	<b>% CHO</b>	<b>% fat</b>	<b>% protein</b>
<b>HFAT</b>	<b>491.0</b>	<b>819.0</b>	<b>1.67</b>	<b>34.0</b>	<b>53.9</b>	<b>11.9</b>
Sandwich	136.0	492.1	3.62	32.1	50.0	17.5
Crisps	20.0	104.8	5.24	35.1	61.8	3.1
Short cake	45.0	222.1	4.94	37.5	58.7	3.7
Water	290.0	0.0	0.00	0.0	0.0	0.0
<b>HCHO</b>	<b>506.0</b>	<b>794.6</b>	<b>1.57</b>	<b>60.2</b>	<b>27.1</b>	<b>12.7</b>
Sandwich	139.0	358.2	2.58	21.5	21.0	57.5
Crisps	40.0	185.4	4.64	48.5	3.7	47.7
Short cake	80.0	251.0	3.14	19.2	7.5	73.3
Water	250.0	0.0	0.00	0.0	0.0	0.0