SUPPLEMENTAL DIGITAL CONTENT 1. Nutrient composition of the study red meat dishes and control milk

		Energy and nutrient content per 100 g[1]								
Intervention food	Portion size, g[2]	Energy, kJ	Protein, g	Carbohydrate, g	Total fat, g	Saturated fat, g	Monounsaturated fat, g	Polyunsaturated fat, g	Cholesterol, mg	Fiber, g
Beef-based dishes										
Asian Meatballs	36	1372	19.2	22.3	18.3	7.8	6.9	0.8	88.7	0.5
Basic Stir Fry	49	761	15.9	4.8	11.0	4.3	4.5	1.0	46.0	1.4
Cottage Pie	82	414	9.0	7.0	3.9	1.6	1.5	0.4	21.1	1.2
Italian Meatballs	37	1301	21.8	8.6	21.0	8.9	7.9	0.9	102.0	0.9
Knobbly Mince	56	731	16.1	11.6	7.1	2.0	3.0	1.4	39.0	2.1
Lasagne	79	951	13.0	6.8	16.3	7.8	5.6	0.9	41.6	0.8
Meat Casserole	65	357	11.2	2.2	3.5	0.9	1.3	0.5	21.1	0.8
Meat Loaf	55	700	17.7	13.9	4.6	1.9	1.7	0.3	61.3	2.6
Meaty Hot Pot	74	511	9.2	6.9	6.4	2.2	2.9	0.7	22.2	2.4
Mexican Mince	65	473	13.2	5.1	4.3	1.5	1.9	0.5	31.6	1.4
Mince and Pasta Bake	110	659	12.5	13.2	6.0	3.2	1.8	0.3	31.3	1.1
Potato Top Mince	98	579	10.6	10.9	5.9	2.5	1.8	0.5	29.6	1.1
Simple Bolognaise	74	455	11.0	2.6	6.1	1.4	2.3	1.0	31.5	0.9
Soft Mince	100	496	11.4	10.2	3.7	1.2	1.2	0.1	30.7	1.1
Toddler Meat Patties	41	765	20.2	11.1	6.5	2.6	2.4	0.4	100.4	1.2
Tomato Stir Fry	48	722	15.2	4.5	10.5	4.1	4.3	1.0	43.5	1.2
Lamb-based dishes										
Curry Lamb Casserole	74	486	10.8	4.0	6.3	1.8	2.9	0.9	48.2	0.9
Moroccan Lamb	75	634	11.1	7.9	8.4	3.6	3.0	0.7	31.5	1.7
Plum Sauce Stir Fry	65	798	16.2	6.4	11.2	4.3	4.6	1.0	46.1	1.6
Tasty Tomato Lamb	88	424	11.0	3.4	4.9	1.7	1.9	0.6	43.9	0.7
Liver-based dishes										
Savoury Liver and Bacon Spread	20	1579	25.9	4.2	28.6	5.9	12.1	6.2	384.8	0.4
Control milk[3]	-	278	3.9	4.6	3.6	2.2	1.0	0.1	11.0	0.0

[1] Based on the New Zealand Food Composition Database (New Zealand Institute for Crop and Food Research. FOODfiles. Data files of the New Zealand Food Composition Database. Palmerston North, New Zealand: New Zealand Institute for Crop and Food Research; 2004).

[2] Cooked weight of the dish.

[3] Energy and nutrient content is per 100 g of prepared milk (i.e. 13.8 g of cow's milk powder and 86.2 g of water).