**Table S1.** Food products used in the intervention group.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Protein flakes**  | **Protein pasta** | **Rolls with a topping of sunflower seeds** | **Rolls with a topping of pumpkin seeds** | **Flaxseed oilcake** | **Pumpkin seeds oilcake** | **Rape-****seed oil**  | **Base mix muesli** |
| **energy** **[kJ/kcal]1**  | 1700/402  | 1449/343  | 1108/265 | 1137/273 | 1528/369  | 1869/445 | 3404/828 | 2384/569 |
| **protein [g]1** | 59.5 | 23.9 | 17.5 | 17.9  | 32.0 | 56.0 | 0 | 28 |
| **carbohydrates [g]1**of which sugar [g]  | 25.2 9.4 | 52.9 3.6 | 24.8 0.6 | 22.4 0.4 | 3.0 3.0 | 12.0 2.0 | 0 0 | 10 1 |
| **fat [g]1**of which SFA [g]of which PUFA [g] of which MUFA [g] | 6.4  1.4 3.1 1.9 | 1.9 0.3 0.7 0.7 | 8.9 0.8 n/a n/a | 10.5 0.3 n/a n/a | 19.0 2.0  13.0 n/a | 19.0 4.0 9.0 n/a | 92.0 6.5 25.5 60 | 47 6 18 10 |
| **dietary fibre [g]1** | 2.9 | 9.1 | 3.9 | 4.1 | 32.0 | 19.0 | 0 | 23 |
| **salt [g]1** | 1.6 | 0.6 | 1.1 | 1.1 | 0 | 0 | 0 | <1 |

*kJ*, kilojoule; *kcal*, kilocalories*; g*, gram; 1per 100g; SFA, saturated fatty acids; PUFA, polyunsaturated fatty acids; MUFA, monounsaturated fatty acids; n/a, not available