**Appendix.** Details of the 179 food items presented at the fake food buffet

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **ID code** | **Food item** | **German label** | **kJ per food item** | **Portion size of food items**  | **Estimated weight corresponding to real food (g)** | **Food group based on Swiss food pyramid** | **Real food (r) or fake food (f)** |
| 47 | Tap water | Hahnenwasser | 0.00 | 200 ml | 200.00 | 6 | f |
| 46 | Still water | Mineralwasser ohne Kohlensäure | 0.00 | 500 ml | 500.00 | 6 | r |
| 73 | Sparkling water | Mineralwasser mit Kohlensäure | 0.00 | 500 ml | 500.00 | 6 | r |
| 7637 | qEnergy drink | Energy Drink | 467.50 | 250 ml | 250.00 | 1 | r |
| 7635 | Energy drink, sugar free | Energy Drink light | 0.00 | 250 ml | 250.00 | 1 | r |
| 96 | qIced tea | Eistee | 637.50 | 500 ml | 500.00 | 1 | r |
| 95 | qOrange soda | Fanta | 807.50 | 500 ml | 500.00 | 1 | r |
| 91 | qCoke | Cola | 901.00 | 500 ml | 500.00 | 1 | r |
| 92 | Diet coke | Cola zero | 0.00 | 500 ml | 500.00 | 1 | r |
| 568 | aApple juice  | Apfelsaft | 945.00 | 500 ml | 500.00 | 5a | r |
| 8246 | aDiluted apple juice | Apfelschorle | 710.00 | 500 ml | 500.00 | 5a | r |
| 110 | aOrange juice | Orangensaft | 545.00 | 250 ml | 250.00 | 5a | r |
| 1407 | aBerry smoothie | Beerensmoothie | 537.75 | 250 ml | 250.00 | 5a | r |
| 803 | Herb tea | Kräutertee | 0.00 | 200 ml | 200.00 | 6 | f |
| 803 | Black tea | Schwarztee | 0.00 | 200 ml | 200.00 | 6 | f |
| 994 | Espresso | Espresso | 1.60 | 25 ml | 25.00 | 6 | f |
| 994 | Coffee | Kaffee | 9.62 | 150 ml | 150.00 | 6 | f |
| 1121 | Cappuccino | Cappuccino | 268.50 | 150 ml | 150.00 | 3 | f |
| 7787 | qCaffè latte | Caffè Latte | 972.90 | 230 ml | 230.00 | 1 | r |
| 86 | Ovomaltine powder | Ovomaltinepulver | 237.00 | 15 g | 15.00 | 1 | r |
| 85 | Chocolate powder | Schokoladenpulver | 246.00 | 14.5 g  | 15.00 | 1 | r |
| 63 | Whole milk (3.9% fat) | Vollmilch (3.9% Fett)  | 720.00 | 250 ml | 250.00 | 3 | r |
| 61 | Skimmed milk (2.7% fat) | Drinkmilch (2.7% Fett) | 597.15 | 250 ml | 250.00 | 3 | r |
| 72 | Soya milk | Soyamilch | 474.10 | 250 ml | 250.00 | 3 | r |
| 69 | Coffee cream | Rahm | 79.74 | 12 ml | 12.00 | 2 | r |
| 470 | Sugar | Zucker | 68.00 | Piece | 4.00 | 1 | f |
| 940 | b1Maize cornflakes | Corn Flakes | 304.09 | Box | 20.00 | 4 | r |
| 1224 | b1Chocolate breakfast cereals | Schoko-Cornflakes | 402.88 | Box | 25.00 | 4 | r |
| 214 | b1Crunchy muesli | Knuspermüesli | 972.00 | Bag | 50.00 | 4 | r |
| 295 | b1Cereal muesli | Getreidemüesli | 823.00 | Bag | 50.00 | 4 | r |
| 316 | b2Swiss Birchermüesli, big | Birchermüesli gross | 2718.95 | Bowl | 445.00 | 4 | f |
| 316 | b2Swiss Birchermüesli, small | Birchermüesli klein | 1359.48 | Bowl | 222.50 | 4 | f |
| 822 | dButter bread roll | Butterweggli | 917.00 | Piece | 70.00 | 4 | r |
| 836 | dCroissant | Buttergipfel | 819.00 | Piece | 45.00 | 4 | f |
| 844 | Bread roll, white | Brötchen hell | 540.00 | Piece | 50.00 | 4 | f |
| 821 | cWhole-grain bread roll | Vollkornbrötchen | 536.81 | Piece | 60.00 | 4 | f |
| 7848 | Slice of bread, white | Brotscheibe hell | 304.78 | Slice | 30.60 | 4 | f |
| 7849 | cSlice of bread, dark | Brotscheibe dunkel | 336.60 | Slice | 30.60 | 4 | f |
| 125 | nJam | Konfitüre  | 270.90 | 30 g | 30.00 | 1 | r |
| 8100 | nJam light | Konfitüre light | 181.20 | 30 g | 30.00 | 1 | r |
| 8233 | nHoney | Honig  | 420.00 | 30 g | 30.00 | 1 | r |
| 703 | nChocolate spread | Nutella  | 684.00 | 30 g | 30.00 | 1 | r |
| 49 | Butter | Butter | 460.34 | 15 g | 15.00 | 2 | r |
| 76 | Margarine | Halbfettmargarine | 232.50 | 15 g | 15.00 | 2 | r |
| 493 | kOlives, black | schwarze Oliven | 21.49 | Piece | 3.47 | 2 | f |
| 6318 | Fruit salad | Fruchtsalat | 314.55 | Bowl | 135.00 | 5a | f |
| 8310 | Peach | Pfirsich-Schnitze | 30.60 | Slice | 11.25 | 5a | f |
| 478 | Grapes | Traube | 29.23 | Piece | 10.00 | 5a | f |
| 381 | Banana | Bananenschnitze | 44.31 | Slice | 11.00 | 5a | f |
| 395 | Slices of kiwi | Kiwi | 13.75 | Piece | 6.00 | 5a | f |
| 382 | Pear | Birne | 341.18 | Piece | 140.00 | 5a | f |
| 405 | Orange | Orange | 310.80 | Piece | 168.00 | 5a | f |
| 381 | Banana | Banane | 507.53 | Piece | 126.00 | 5a | f |
| 378 | Apple | Apfel | 324.66 | Piece | 140.00 | 5a | f |
| 479 | Plum | Zwetschge | 36.38 | Piece | 20.00 | 5a | f |
| 395 | Whole kiwi | Kiwi | 229.20 | Piece | 100.00 | 5a | f |
| 627 | Apple puree | Apfelmus | 983.32 | Bowl | 260.00 | 5a | f |
| 448 | Salad | Blattsalat | 1.51 | 1/4 Leaf | 2.50 | 5b | f |
| 354 | Cucumber | Gurke | 2.91 | Slice | 5.10 | 5b | f |
| 348 | Chopped tomato | Tomaten-Schnitze | 13.73 | Slice | 15.48 | 5b | f |
| 348 | Slices of tomato | Tomaten-Scheiben | 10.82 | Slice flat | 12.20 | 5b | f |
| 368 | Onion | Zwiebelringe | 3.26 | Ring | 2.00 | 5b | f |
| 1033 | Sweet corn | Mais | 469.80 | Continous | 96.15 | 5b | f |
| 360 | Bell pepper | Peperoni | 148.80 | Continous | 89.40 | 5b | f |
| 1004 | Cauliflower | Blumenkohl | 97.22 | Continous | 119.40 | 5b | f |
| 1002 | Carrots | Karotten | 192.68 | Continous | 90.91 | 5b | f |
| 1009 | Beans | Bohnen | 103.67 | Continous | 136.99 | 5b | f |
| 1005 | Broccoli | Broccoli | 105.12 | Continous | 119.40 | 5b | f |
| 8709 | jKidney beans | Rote Bohnen | 433.71 | Continous | 92.00 | 4 | f |
| 7256 | jFalafel | Falafel | 262.50 | Piece | 25.00 | 4 | f |
| 799 | Pasta | Teigwaren (Hörnli) | 463.56 | Continous | 333.33 | 4 | f |
| 850 | French fries | Pommes Frites | 995.68 | Continous | 95.69 | 4 | f |
| 7065 | Fried potatoes | Bratkartoffeln | 764.06 | Continous | 65.83 | 4 | f |
| 1066 | Rice | Reis | 667.00 | Continous | 181.25 | 4 | f |
| 8433 | Tortellini ricotta and spinach | Spinat-Ricotta Tortellini | 721.05 | Continous | 121.21 | 4 | f |
| 54 | iChocolate yogurt | Schokoladejoghurt | 911.23 | 180 ml | 180.00 | 3 | r |
| 53 | iStrawberry yogurt | Erdbeerjoghurt | 764.06 | 180 ml | 180.00 | 3 | r |
| 52 | Plain yogurt | Naturejoghurt | 502.67 | 180 ml | 180.00 | 3 | r |
| 613 | hBrie cheese  | Käse Brie | 325.00 | Slice | 26.00 | 3 | f |
| 5319 | hFol Epi cheese | Käse Fol Epi | 316.80 | Slice | 22.00 | 3 | f |
| 555 | hEmmental cheese | Emmentaler gestiftelt | 307.80 | Stick | 18.00 | 3 | f |
| 82 | hMozzarella  | Mozzarella Scheibe | 326.94 | Slice | 31.14 | 3 | f |
| 539 | hFeta | Feta gewürfelt | 54.36 | Cube | 5.00 | 3 | f |
| 5628 | fTuna fish | Thunfisch | 917.84 | Continous | 83.89 | 3 | f |
| 193 | fSalmon | Lachs geräuchert | 223.30 | Piece | 32.00 | 3 | f |
| 691 | Ham | Schinken gekocht | 162.95 | Slice | 37.00 | 3 | f |
| 705 | Bresaola | Bresaola Schinken | 70.35 | Slice | 10.00 | 3 | f |
| 782 | eSalami | Salami | 221.73 | Slice | 11.00 | 3 | f |
| 5162 | Bacon | Speck | 182.00 | Slice | 10.00 | 3 | f |
| 290 | gBoiled egg | Ei ganz | 294.25 | Piece | 50.00 | 3 | f |
| 290 | gFried egg | Spiegelei | 294.25 | Piece | 50.00 | 3 | f |
| 290 | gPieces of boiled egg | Ei Stücke | 44.14 | Piece | 7.50 | 3 | f |
| \*\* | Chicken | Hühnchen gebraten | 636.00 | Continous | 102.04 | 3 | f |
| 490 | jTofu cubes | Tofu Würfel | 372.57 | Continous | 110.62 | 3 | f |
| 7269 | jTofu sausage | Tofuwurst | 349.20 | Piece | 45.00 | 3 | f |
| 7270 | jVegetarian breaded schnitzel | Vegetarisches Schnitzel | 1085.70 | Piece | 110.00 | 3 | f |
| 5889 | fFish | Barschfilet | 634.20 | Piece | 140.00 | 3 | f |
| 773 | fFish sticks | Fischstäbchen | 291.90 | Piece | 30.00 | 3 | f |
| 1084 | eMeatloaf | Fleischkäse | 785.44 | Piece | 74.00 | 3 | f |
| 8189 | Burger | Frikadelle | 1179.00 | Piece | 90.00 | 3 | f |
| 1080 | eBratwurst | Bratwurst | 1320.62 | Piece | 140.00 | 3 | f |
| 1101 | Escalope | Plätzli | 287.37 | Piece | 60.00 | 3 | f |
| 6031 | Steak | Kalbskotelett | 989.80 | Piece | 140.00 | 3 | f |
| 1107 | Plain schnitzel  | Schnitzel natur | 924.38 | Piece | 125.00 | 3 | f |
| 8833 | Schnitzel breaded | Schnitzel paniert | 1212.00 | Piece | 120.00 | 3 | f |
| \* | eSalami sandwich | Semmel Salami | 1417.00 | Piece | 130.00 | 4 | f |
| \* | Ham sandwich | Baguette Schinken | 1468.50 | Piece | 165.00 | 4 | f |
| \* | Cheese sandwich | Vollkorn Semmel Käse | 1827.00 | Piece | 145.00 | 4 | f |
| 1590 | e,oHot dog | Hot-Dog | 1357.72 | Piece | 140.00 | 1 | f |
| 1685 | Schnitzel sandwich | Schnitzelbrot | 2576.00 | Piece | 230.00 | 1 | f |
| \* | oHamburger | Hamburger | 1067.00 | Piece | 105.96 | 1 | f |
| \* | oBig Mac | Big Mac | 2134.00 | Piece | 220.91 | 1 | f |
| \* | oVegetarian burger | Vegetarischer Burger | 1785.00 | Piece | 206.31 | 1 | f |
| 1283 | oSlice of pizza | Pizza Stücke Margarita | 1163.82 | 1/4 Piece | 105.00 | 1 | f |
| 6819 | Savory cheese pie | Käsewähe | 1640.76 | Piece | 135.60 | 1 | f |
| 6959 | Savory spinach pie | Spinatwähe | 1322.10 | Piece | 135.60 | 1 | f |
| 1201 | lFrench salad dressing (small) | Französische Salatsauce (klein) | 501.00 | 30 g | 30.00 | 2 | f |
| 1201 | lFrench salad dressing (large) | Französische Salatsauce (gross) | 918.50 | 55 g | 55.00 | 2 | f |
| 1200 | lItalian salad dressing (small) | Italienische Salatsauce (klein) | 531.00 | 30 g | 30.00 | 2 | f |
| 1200 | lItalian salad dressing (large) | Italienische Salatsauce (gross) | 973.50 | 55 g | 55.00 | 2 | f |
| 1612 | lFrench salad dressing light (small) | Französische Salatsauce light (klein) | 76.86 | 30 g | 30.00 | 2 | f |
| 1612 | lFrench salad dressing light (large) | Französische Salatsauce light (gross) | 140.92 | 55 g | 55.00 | 2 | f |
| \*\* | lItalian salad dressing light (small) | Italienische Salatsauce light (klein) | 45.90 | 30 g | 30.00 | 2 | f |
| \*\* | lItalian salad dressing light (large) | Italienische Salatsauce light (gross) | 84.15 | 55 g | 55.00 | 2 | f |
| 771 | mMayonnaise | Mayonaise | 610.13 | 20 g | 20.00 | 2 | r |
| 635 | Ketchup | Ketchup | 99.60 | 20 g | 20.00 | 1 | r |
| 2429 | Mustard | Senf | 125.25 | 25 g | 25.00 | 2 | r |
| 8497 | mCocktail sauce | Cocktailsauce | 352.50 | 25 g | 25.00 | 2 | r |
| \* | mHerb butter | Kräuterbutter | 356.85 | 15 g | 15.00 | 2 | r |
| 2101 | mCream sauce (small) | Rahmsauce (klein) | 183.50 | 25 ml | 25.00 | 2 | f |
| 2101 | mCream sauce (medium) | Rahmsauce (mittel) | 557.80 | 76 ml | 76.00 | 2 | f |
| 2101 | mCream sauce (large) | Rahmsauce (gross) | 866.10 | 118 ml | 118.00 | 2 | f |
| \* | mCream sauce with mushrooms (small) | Pilzrahmsauce (klein) | 156.00 | 25 ml | 25.00 | 2 | f |
| \* | mCream sauce with mushrooms (medium) | Pilzrahmsauce (mittel) | 474.24 | 76 ml | 76.00 | 2 | f |
| \* | mCream sauce with mushrooms (large) | Pilzrahmsauce (gross) | 736.32 | 118 ml | 118.00 | 2 | f |
| 6989 | mCurry sauce (small) | Currysauce (klein) | 116.00 | 25 ml | 25.00 | 1 | f |
| 6989 | mCurry sauce (medium) | Currysauce (mittel) | 352.64 | 76 ml | 76.00 | 1 | f |
| 6989 | mCurry sauce (large) | Currysauce (gross) | 547.52 | 118 ml | 118.00 | 1 | f |
| 6984 | mCarbonara sauce (small) | Sauce carbonara (klein) | 102.00 | 25 ml | 25.00 | 2 | f |
| 6984 | mCarbonara sauce (medium) | Sauce carbonara (mittel) | 310.08 | 76 ml | 76.00 | 2 | f |
| 6984 | mCarbonara sauce (large) | Sauce carbonara (gross) | 481.44 | 118 ml | 118.00 | 2 | f |
| 253 | Tomato sauce (small) | Tomatensauce (klein) | 23.35 | 25 ml | 25.00 | 5b | f |
| 253 | Tomato sauce (medium) | Tomatensauce (mittel) | 70.98 | 76 ml | 76.00 | 5b | f |
| 253 | Tomato sauce (large) | Tomatensauce (gross) | 110.21 | 118 ml | 118.00 | 5b | f |
| 9445 | Bolognese sauce (small) | Sauce bolognese (klein) | 121.00 | 25 ml | 25.00 | 3 | f |
| 9445 | Bolognese sauce (medium) | Sauce bolognese (mittel) | 367.84 | 76 ml | 76.00 | 3 | f |
| 9445 | Bolognese sauce (large) | Sauce bolognese (gross) | 571.12 | 118 ml | 118.00 | 3 | f |
| 6416 | mBasil pesto (small) | Basilikum Pesto (klein) | 485.00 | 25 ml | 25.00 | 2 | f |
| 6416 | mBasil pesto (medium) | Basilikum Pesto (mittel) | 1474.40 | 76 ml | 76.00 | 2 | f |
| 6416 | mBasil pesto (large) | Basilikum Pesto (gross) | 2289.20 | 118 ml | 118.00 | 2 | f |
| 650 | Gravy (small) | Bratensauce (klein) | 55.36 | 25 ml | 25.00 | 1 | f |
| 650 | Gravy (medium) | Bratensauce (mittel) | 168.28 | 76 ml | 76.00 | 1 | f |
| 650 | Gravy (large) | Bratensauce (gross) | 261.28 | 118 ml | 118.00 | 1 | f |
| 6550 | pApple tart | Apfelwähe | 1169.52 | Piece | 132.00 | 1 | f |
| 6965 | pMuffin | Muffin | 1440.00 | Piece | 90.00 | 1 | f |
| 7905 | pApricot pastry | Aprikosenplunder | 1452.00 | Piece | 110.00 | 1 | f |
| 917 | pCookie with jam | Spitzbub | 1670.63 | Piece | 80.00 | 1 | r |
| 8206 | pAlmond croissant | Mandelgipfel | 1790.00 | Piece | 100.00 | 1 | f |
| 807 | pChocolate mousse | Schokoladenmouse | 1442.98 | Bowl | 280.00 | 1 | f |
| 922 | pVanilla cream | Vanille creme | 1660.40 | Bowl | 280.00 | 1 | f |
| \*\* | pChocolate marshmallow | Schokokuss | 383.00 | Piece | 23.00 | 1 | f |
| 9420 | pChocolate cake | Sachertorte | 1664.00 | Piece | 104.00 | 1 | f |
| 916 | pCarrot cake | Karottencake | 1254.24 | Piece | 104.00 | 1 | f |
| 9340 | pCheese cake | Erdbeerquarktorte | 982.00 | Piece | 100.00 | 1 | f |
| 7699 | pFruit flan | Früchtetörtchen | 622.40 | Piece | 80.00 | 1 | f |
| 195 | pChocolates | Chocolates (Pralinen) | 224.40 | Piece | 10.00 | 1 | f |
| 7478 | pBiscuits | Biskuits | 168.00 | Piece | 8.00 | 1 | f |
| 328 | Chips | Paprikachips | 660.00 | Bag | 30.00 | 1 | r |
| 7638 | Salted peanuts | Erdnüsse | 1265.00 | Bag | 50.00 | 1 | r |
| \* | kTrail mix | Studentenfutter | 959.50 | Bag | 50.00 | 2 | r |
| 950 | Salty crackers | Salzige Cracker | 396.73 | Bag | 21.00 | 1 | r |
| 169 | cCereal crackers | Darvida | 795.40 | Bag | 41.00 | 4 | r |
| 8297 | Cereal chocolate bar | Balisto | 662.30 | Piece | 37.00 | 1 | r |
| \* | kNut bar | Nussriegel | 756.00 | Piece | 40.00 | 2 | r |
| \* | Fruit bar | Fruchtriegel | 572.00 | Piece | 40.00 | 1 | r |
| 195 | pMilk chocolate bar | Kinderriegel | 471.23 | Piece | 21.00 | 1 | r |
| 195 | pChocolate nut bar | Snickers | 1121.99 | Piece | 50.00 | 1 | r |
| 954 | pChewy candy | Maoam | 413.78 | Piece | 22.00 | 1 | r |
| 6788 | pGummy bears | Goldbären | 1370.00 | Bag | 100.00 | 1 | r |

*Note.* The fish, fish sticks and apple tarts were produced by Replica Ltd., London, UK. All other food replicas were produced by Döring GmbH, Munich, Germany. Real food items (r) were purchased from local retailers (Migros-Genossenschafts-Bund, Zurich and Coop Genossenschaft, Basel, Switzerland).

The food groups, based on the Swiss food pyramid, were: (1) sweets and salty snacks, (2) oils and fats, (3) protein sources, (4) starchy foods, (5a) fruits, (5b) vegetables (6), unsweetened beverages.

The selected food products were: afruit juice; b1cereals; b2Swiss muesli with yogurt and fruits; cwhole grain bread; dcroissants; esausages; ffish; geggs; hcheese; iflavoured yogurt with added sugar; jvegetarian meat substitutes; knuts and olives; lsalad dressings; mfat-rich sauces; nsweet spreads; ofast food; psweets; qsugar-sweetened beverages.

ID codes: Nutrition values of these food products were retrieved from the Swiss food composition database version 5.0 (<http://www.naehrwertdaten.ch>) or from retailer information\*. The nutrition values of a few items were calculated as an average of similar products\*\*. The corresponding real weight for continuous food products (e.g. pasta) is estimated based on 100 g of fake food.