**Supplementary Table 1:** List of milk-alternative drinks on the UK market omitting flavoured drinks and those only available through health-food shops or online; comprehensive survey completed in February 2014 and list updated in November 2015.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Matrix** | **Brand** | **Product description** | **Processing** | **Analysed** | **Total number analysed/available (%)** |
| **Almond** | Alpro | Original | Fresh | Y | 11/17 (64.7%) |
|  |  | Original | Long Life | Y |  |
|  |  | Unsweetened | Fresh | Y |  |
|  |  | Unsweetened | Long Life | Y |  |
|  | Asda | Sweetened (unsweetened unavailable) | Long Life | Y |  |
|  | Blue Diamond Almond Breeze | Original | Fresh | N |  |
|  |  | Original | Long Life | N |  |
|  |  | Unsweetened | Fresh | N |  |
|  |  | Unsweetened | Long Life | Y |  |
|  | Ecomil | Original | Long Life | N |  |
|  |  | Nature Sugar Free | Long Life | N |  |
|  |  | Nature Sugar Free + Calcium\* | Long Life | Y |  |
|  | Marks and Spencer | Sweetened (unsweetened unavailable) | Long-Life | Y |  |
|  | Rude Health | Organic Unsweetened | Long Life | Y |  |
|  | Tesco | Unsweetened | Fresh | N |  |
|  |  | Unsweetened | Long Life | Y |  |
|  | Waitrose | Unsweetened | Long Life | Y |  |
| **Coconut** | Alpro | Unsweetened | Fresh | Y | 6/7 (85.7%) |
|  |  | Unsweetened | Long life | Y |  |
|  | Koko | Original + Calcium (unsweetened) | Fresh | N |  |
|  |  | Original + Calcium (unsweetened) | Long Life | Y |  |
|  | Marks and Spencer | Unsweetened | Long-Life | Y |  |
|  | Rude Health | Organic | Long-Life | Y |  |
|  | Waitrose | Original | Long-Life | Y |  |
| **Hazelnut** | Alpro | Original (sweetened) | Fresh | Y | 3/3 (100%) |
|  |  | Original (sweetened) | Long Life | Y |  |
|  | Rude Health | Organic | Long Life | Y |  |
| **Hemp** | Good Hemp\* | Original | Long Life | Y | 1/1 (100%) |

**Supplementary Table 1 cont.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Matrix** | **Brand** | **Product description** | **Processing** | **Analysed** | **Total number analysed/available (%)** |
| **Oat** | Alpro | Original (unsweetened) | Long Life | Y | 6/8 (75%) |
|  | Marks and Spencer | Unsweetened (Fortified: 289 μg iodine/100ml) | Long-Life | Y |  |
|  | Oat Dream | Original + Calcium | Long Life | Y |  |
|  | Oatly | Organic | Long Life | N |  |
|  |  | Original | Fresh | N |  |
|  |  | Original | Long Life | Y |  |
|  | Provitamil | Unsweetened | Long Life | Y |  |
|  | Rude Health | Organic Unsweetened | Long Life | Y |  |
| **Rice** | Alpro | Light | Long Life | N | 5/8 (62.5%) |
|  |  | Original (unsweetened) | Long Life | Y |  |
|  | Marks and Spencer | Unsweetened (Fortified with 307 μg iodine/  100ml) | Long-Life | Y |  |
|  | Provamel | Organic Original | Long Life | N |  |
|  | Rice Dream | Original + Calcium (unsweetened) | Fresh | Y |  |
|  |  | Original + Calcium (unsweetened) | Long Life | Y |  |
|  |  | Organic | Long Life | N |  |
|  | Rude Health | Organic brown rice unsweetened | Long Life | Y |  |
| **Soya** | Aldi | Sweetened (Soya Delight) | Long Life | N | 14/46 (30.4%) |
|  |  | Unsweetened (Soya Delight) | Long Life | Y |  |
|  | Alpro | Light | Fresh | N |  |
|  |  | Light | Long Life | N |  |
|  |  | Organic (sweetened) | Fresh | N |  |
|  |  | Organic (unsweetened) | Long Life | N |  |
|  |  | Original (sweetened) | Fresh | Y |  |
|  |  | Original (sweetened) | Long Life | Y |  |
|  |  | Unsweetened (Wholebean) | Fresh | Y |  |
|  |  | Unsweetened (Wholebean) | Long Life | Y |  |
|  | Asda | Organic Sweetened | Long Life | N |  |
|  |  | Organic Unsweetened | Long Life | N |  |
|  |  | Sweetened | Fresh | N |  |
|  |  | Sweetened | Long Life | N |  |
|  |  | Unsweetened | Fresh | N |  |
|  |  | Unsweetened | Long Life | Y |  |
|  | Co-operative | Organic Sweetened | Long Life | N |  |
|  |  | Organic Unsweetened | Long Life | Y |  |
|  | Lidl | Unsweetened | Long Life | Y |  |

**Supplementary Table 1 cont.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Matrix** | **Brand** | **Product description** | **Processing** | **Analysed** | **Total number analysed/available (%)** |
| Soya cont | Marks and Spencer | Sweetened (Fortified with 225 μg iodine/100ml) (unsweetened unavailable) | Fresh | Y |  |
|  | Morrisons | Organic Unsweetened | Long Life | N |  |
|  |  | Sweetened | Fresh | N |  |
|  |  | Sweetened | Long Life | N |  |
|  |  | Sweetened (Savers) | Long Life | N |  |
|  |  | Unsweetened | Fresh | N |  |
|  |  | Unsweetened | Long Life | Y |  |
|  |  | Unsweetened (Savers) | Long Life | N |  |
|  | Provamel | Organic Unsweetened | Long Life | Y |  |
|  | Sainsbury's | Sweetened | Fresh | N |  |
|  |  | Sweetened | Long Life | N |  |
|  |  | Sweetened (Basics) | Long Life | N |  |
|  |  | Unsweetened | Fresh | N |  |
|  |  | Unsweetened | Long Life | Y |  |
|  |  | Unsweetened (Basics) | Long Life | N |  |
|  | Tesco | Organic Sweetened | Long Life | N |  |
|  |  | Organic Unsweetened | Long Life | N |  |
|  |  | Sweetened | Fresh | N |  |
|  |  | Sweetened | Long Life | N |  |
|  |  | Sweetened (Everyday Value) | Long Life | N |  |
|  |  | Sweetened (Free From) | Fresh | N |  |
|  |  | Unsweetened (Free From) | Fresh | N |  |
|  |  | Unsweetened (Everyday Value) | Long Life | Y |  |
|  | Waitrose | Organic Sweetened | Long Life | N |  |
|  |  | Organic Unsweetened | Long Life | N |  |
|  |  | Sweetened | Long Life | N |  |
|  |  | Unsweetened | Long Life | Y |  |

\*Seaweed (*Lithothamnium calcareum*) stated on label as a source of calcium.