|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **FOOD REPLACEMENT LIST** | | | | | | | | | | | | | | |
|  |  |  |  |  |  | |  | |  |  | | |  | |
|  | **Milk and dairy** | **Amount** | **Unit** | **1 serving equals 90 Kcal:** |  | | **Total vegetables** | | **Amount** | | **Unit** | **1 serving equals 15 Kcal:** | |
|  | **Curd** | 150 | ml | 1 unit |  | | **Beet** | | 45 | | g | 5 small slices | |
|  | **Minas Cheese** | 40 | g | 1 large slice |  | | **Broccoli** | | 30 | | g | 1 medium foil or 3 tablespoons full (miced) | |
|  | **Natural Yogurt** | 170 | ml | 1 unit |  | |
|  | **Plate Cheese** | 30 | g | 3 small slices (thin) |  | | **Cabbage** | | 25 | | g | 1 medium leaf | |
|  | **Whole Milk** | 150 | ml | 1 glass |  | | **Carrot** | | 50 | | g | 3 tablespoons | |
|  |  |  |  |  |  | | **Cauli-Flower** | | 35 | | g | 1 tablespoon full (miced) | |
|  | **Cereals, breads and tubers** | **Amount** | **Unit** | **1 serving equals 60 Kcal:** |  | | **Chard** | | 50 | | g | 5 medium leaves | |
|  | **Cooked Corn Meal** | 70 | g | 1/2 medium ladle |  | | **Chayote** | | 80 | | g | 1 medium skimmer | |
|  | **Baroa Potato/ Mandioquinha** | 80 | g | 2 tablespoons full (miced) |  | | **Chicory** | | 15 | | g | 1 medium leaf | |
|  | **Bread Rolls** | 25 | g | 1/2 unit |  | | **Cress** | | 65 | | g | 4 saucers | |
|  | **Brown Rice** | 60 | g | 3 tablespoons |  | | **Eggplant** | | 40 | | g | 2 tablespoons | |
|  | **Cassava** | 50 | g | 1 serving spoon (miced) |  | | **Green Cabbage** | | 30 | | g | 2 tablespoons | |
|  | **Cooked Pasta** | 40 | g | 2 tablespoons |  | | **Lettuce** | | 50 | | g | 5 medium leaves | |
|  | **Corn Meal** | 20 | g | 1/2 tablespoon |  | | **Malabar Spinach** | | 15 | | g | 1 tablespoon | |
|  | **Homebread** | 25 | g | 1 small unit |  | | **Okra** | | 65 | | g | 3 tablespoons | |
|  | **Homemade Cake** | 20 | g | 1 small slice |  | | **Pod** | | 40 | | g | 2 tablespoons | |
|  | **Loaf Bread** | 25 | g | 1 slice |  | | **Pumpkin** | | 30 | | g | 1 small piece | |
|  | **Oat Flakes** | 20 | g | 1 tablespoon and a half |  | | **Spinach** | | 30 | | g | 1 tablespoon full | |
|  | **Oat Flour** | 20 | g | 1 tablespoon full |  | | **Tomato** | | 40 | | g | 1/4 of a unit | |
|  | **Parboiled Rice** | 50 | g | 2 tablespoons |  | | **Zucchini** | | 35 | | g | 2 tablespoons full (miced) | |
|  | **Potato** | 60 | g | 1 tablespoon full (miced) |  | |
|  | **Sweet potato** | 85 | g | 2 tablespoons full (miced) |  | |  | |  | |  |  | |
|  | **Yam** | 60 | g | 1 serving spoon (miced) |  | | **Fruits** | | **Amount** | | **Unit** | **1 serving equals 30 Kcal:** | |
|  |  |  |  |  |  | | **Apple** | | 55 | | g | 1/2 small unit | |
|  | **Legumes** | **Amount** | **Unit** | **1 serving equals 40 kcal:** | |  | | **Avocado** | 30 | | g | 1 tablespoon | |
|  | **Black Bean** | 50 | g | 2 tablespoons |  | | **Banana** | | 30 | | g | 1/2 unit | |
|  | **Black-Eyed Bean** | 50 | g | 4 tablespoons |  | | **Guava** | | 40 | | g | 1/5 of a medium unit | |
|  | **Chickpeas** | 20 | g | 1 tablespoon |  | | **Lime Orange** | | 65 | | g | 1/3 of a medium unit | |
|  | **Kidney Bean** | 30 | g | 2 tablespoons |  | | **Mango** | | 60 | | g | 3 tablespoons full (miced) | |
|  | **Lentil** | 40 | g | 2 tablespoons full |  | | **Melon** | | 100 | | g | 1 small slice | |
|  | **Mangetout Peas** | 60 | g | 2 tablespoons full |  | | **Papaya** | | 70 | | g | 1 teaspoon (miced) | |
|  | **Navy Bean** | 30 | g | 2 tablespoons |  | | **Pear** | | 50 | | g | 1/2 unit | |
|  | **Pinto Beans** | 50 | g | 3 tablespoons |  | | **Persimmon** | | 40 | | g | 1/2 small unit | |
|  | **Shelling Peas** | 40 | g | 2 tablespoons |  | | **Pineapple** | | 60 | | g | 1 small slice | |
|  |  |  |  |  |  | | **Tangerine** | | 75 | | g | 7 medium pieces | |
|  | **Meat and eggs** | **Amount** | **Unit** | **1 serving equals 45 Kcal:** | |  | | **Watermelon** | 90 | | g | 1 small slice | |
|  | **Ground Beef (Knuckle)** | 35 | g | 2 dessert spoon |  | |  | |  | |  |  | |
|  | **Boiled Egg** | 30 | g | 1/2 unit |  | | **Natural juice (150mL)** | | **Amount** | | **Unit** | **1 serving equals 30 Kcal:** | |
|  | **Cooked Beef** | 20 | g | 1 tablespoon |  | | **Acerola cherry** | | 90 | | g | 7 units | |
|  | **Cooked Chicken Breast** | 30 | g | 3 tablespoons |  | | **Cashew** | | 70 | | g | 1 small unit | |
|  | **Cooked Chicken Legs (Skinless)** | 25 | g | 1/2 medium chicken legs |  | | **Lime Orange** | | 150 | | g | 2 small units | |
|  | **Cooked Dogfish Fillet** | 40 | g | 1/2 small piece |  | | **Mango** | | 60 | | g | 1 medium unit | |
|  | **Cooked Fat-free Shank** | 25 | g | 1 tablespoon full |  | | **Pineapple** | | 70 | | g | 1 medium slice | |
|  | **Cooked Pork** | 15 | g | 1 tablespoon |  | | **Passion Fruit** | | 40 | | g | 3 units | |
|  | **Grilled Chicken Breast** | 30 | g | 1 tablespoon |  | | **Red Guava** | | 60 | | g | 1 small unit | |
|  | **Grilled Hake Fillet** | 40 | g | 1/2 small piece |  | |  | |  |  | | |  | |
|  | **Roasted Beef** | 20 | g | 1 tablespoon full |  | |  | |  |  | | |  | |
|  | **Roasted Chicken Drumstick (Skinless)** | 20 | g | 1 tablespoon full |  | |  | |  |  | | |  | |
|  | **Roasted Chicken Drumstick (With Skin)** | 20 | g | 1/2 medium chicken drumstick |  | |  | |  |  | | |  | |
|  | **Roasted Chicken Legs (With Skin)** | 20 | g | 1 tablespoon |  | |  | |  |  | | |  | |
|  | **Roasted Pork Loin** | 20 | g | 1 tablespoon |  | |  | |  |  | | |  | |
|  |  |  |  |  |  | |  | |  |  | | |  | |

**Figure S1- Food list, portions and the amount of energy (kcal) per portion of each food group.**