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|   | **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.**