

Table 1: Designed meals (4 breakfasts, 4 lunches, 4 snacks and 4 dinners) used to build the 256 different daily menus. Each of the four breakfasts (and the same with the rest of meals) comes from a stereotyped diet (Spanish Mediterranean, western, standard, ovo-lacto-vegetarian).

	Breakfast	Snack	Lunch	Dinner
mediterranean (m)	150 g milk	125 g raspberry	100 g lettuce	250 g broccoli
	16 g white beet	500 g water	150 g carrot	100 g cod
	20 g coffee	100 g wholegrain	25 g olives	25 g olive oil
	60 g white bread		20 g olive oil	150 g oranges
	5 g olive oil		5 g lemon juice	100 g wholegrain bread
	30 g tomato		100 g pork	90 g wine
			150 g corn	500 g water
western (w)	250 g coffee	50 g coffee	200 g veal	80 g pasta
	40 g white beet	8 g white beet	200 g potato chips	75 g grinded cheese
	50 g cheese	50 g pistachios	30 g ketchup	75 g tomato sauce
	60 g wholegrain bread		100 g corn	75 g beef
			125 g ice cream	30 g chocolate
			10 g walnut	500 g water
			500 g beer	
standard (s)	16 g white beet	65 g egg	75 g rice	50 g soybean
	60 g white bread	200 g potato	50 g onion	200 g potato
	5 g olive oil	15 g olive oil	50 g tomato	50 g onion
	30 g tomato	330 g beer	50 g veal	15 g olive oil
	20 g coffee		10 g olive oil	100 g pork
			150 g strawberries	75 g white bread
			75 g white bread	500 g water
vegetarian (v)	20 g coffee	80 g white bread	300 g spinach	100 g rice
	4 g brown cane	25 g cheese	10 g walnut	150 g pea
	150 g apple	330 g beer	100 g raisins	100 g carrot
	200 g grapes		200 g pea burger	100 g tomato
			150 g cherries	50 g soybean
			25 g olive oil	15 g olive oil
			100 g wholegrain bread	500 g water
		1000 g water	90 g wine	