

All meat substitute products and meat, median (IQR)

Nutrients per 100 g	Substitutes (n 82)		Keyhole (n 28)		Regular (n 70)		P-value*
Energy (kcal)	201.5	(169.5–220.5) <sup>a</sup>	145.0	(125.0–155.8) <sup>b</sup>	224.5	(204.8–244.3) <sup>c</sup>	<0.001
Fat (g)	10.2	(8.1–15.0) <sup>a</sup>	7.2	(5.0–9.0) <sup>b</sup>	16.5	(14.0–18.1) <sup>c</sup>	<0.001
Saturated fat (g)	1.1	(0.8–1.7) <sup>b</sup>	2.3	(2.0–3.1) <sup>b</sup>	6.4	(5.6–7.7) <sup>a</sup>	<0.001
Carbohydrates (g)	8.4	(4.9–12.6) <sup>a</sup>	0.1	(0.0–5.5) <sup>b</sup>	4.0	(0.0–7.1) <sup>b</sup>	<0.001
Sugars (g)	1.0	(0.6–1.7) <sup>a</sup>	0.0	(0.0–0.4) <sup>b</sup>	0.2	(0.0–1.0) <sup>c</sup>	<0.001
Fibre (g)	3.6	(0.0–5.1) <sup>a</sup>	0.0	(0.0–0.0) <sup>b</sup>	0.0	(0.0–0.0) <sup>b</sup>	<0.001
Protein (g)	13.0	(8.3–16.3) <sup>a</sup>	18.0	(11.5–19.8) <sup>b</sup>	15.0	(11.3–17.7) <sup>b</sup>	<0.001
Salt (g)	1.5	(1.1–1.8)	1.0	(0.1–1.7)	1.5	(1.0–1.7)	0.081

All dairy substitute products and dairy with three groups of comparison, median (IQR)

Nutrients per 100 g	Substitutes (n 77)		Keyhole (n 15)		Regular (n 34)		P-value*
Energy (kcal)	62.0	(40.0–270.0) <sup>b</sup>	38.0	(33.0–260.0) <sup>b</sup>	277.0	(65.8–339.8) <sup>a</sup>	<0.001
Fat (g)	3.0	(1.3–21.0) <sup>a</sup>	0.6	(0.1–16.0) <sup>b</sup>	22.5	(4.0–27.0) <sup>c</sup>	<0.001
Saturated fat (g)	0.6	(0.2–18.2) <sup>b</sup>	0.3	(0.1–10.0) <sup>b</sup>	15.0	(2.6–17.0) <sup>a</sup>	0.001
Carbohydrates (g)	9.4	(4.3–20.0) <sup>a</sup>	4.6	(0.0–4.6) <sup>b</sup>	2.7	(0.3–4.5) <sup>b</sup>	<0.001
Sugars (g)	1.8	(0.0–3.9)	4.6	(0.0–4.6)	2.0	(0.1–4.5)	0.48C
Fibre (g)	0.0	(0.0–0.6) <sup>a</sup>	0.0	(0.0–0.0) <sup>b</sup>	0.0	(0.0–0.0) <sup>b</sup>	<0.001
Protein (g)	0.5	(0.1–1.3) <sup>a</sup>	3.6	(3.5–31.0) <sup>b</sup>	11.6	(3.5–26.0) <sup>b</sup>	<0.001
Salt (g)	0.1	(0.1–1.9)	0.1	(0.1–1.1)	1.1	(0.1–1.3)	0.13E

All dairy substitutes products and dairy with two groups of comparison, median (IQR)

Nutrients per 100 g	Substitutes (n 85)		Regular (n 56)		P-value*
Energy (kcal)	103.0	(68.0–184.0)	124.0	(73.3–252.0)	0.117
Fat (g)	7.0	(2.0–10.2)	8.3	(2.9–13.3)	0.187
Saturated fat (g)	1.7	(0.3–7.0)	5.4	(1.8–7.8)	0.00E
Carbohydrates (g)	10.0	(6.8–23.5)	12.0	(5.7–24.0)	0.53E
Sugars (g)	7.5	(3.9–18.5)	11.0	(5.7–22.4)	0.001
Fibre (g)	0.8	(0.0–1.0)	0.0	(0.0–0.0)	<0.001
Protein (g)	1.4	(1.0–3.3)	3.7	(3.5–4.4)	<0.001
Salt (g)	0.1	(0.1–0.2)	0.1	(0.1–0.2)	0.107

# Nutritional Implications Of Macronutrient Substitutes

**Léo Pomar**

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## **Nutritional Implications Of Macronutrient Substitutes:**

## **Nutritional Implications Of Macronutrient Substitutes** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Nutritional Implications Of Macronutrient Substitutes**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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