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)*	145-0	(125-0-155-8) <sup>b</sup>	224-5	(204-8-244-3)*	<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)	< 0.001
Saturated fat (g)	1.1	(0-8-1-7)6	2-3	(2-0-3-1) <sup>0</sup>	6-4	(5-6-7-7) <sup>a</sup>	< 0.001
Carbohydrates (g)	8-4	(4-9-12-6)*	0-1	(0-0-5-5)0	4-0	(0-0-7-1)0	< 0.001
Sugars (g)	10	(0.6-1.7)*	0.0	(0-0-0-4)5	0.2	(0-0-1-0)°	< 0.001
Fibre (g)	3-6	(0-0-5-1)*	0.0	(0-0-0-0) <sup>b</sup>	0.0	(0-0-0-0)0	<0.001
Protein (g)	13-0	(8-3-16-3)*	18-0	(11-5-19-8) <sup>b</sup>	15-0	(11-3-17-7)5	< 0.001
Salt (g)	1.5	(1-1-1-8)	1-0	(0-1-1-7)	1.5	(1-0-1-7)	0.081
	ducts and dairy with three	groups of comparison	median (IQI	R)	16500		
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)*	<0.001
Fat (g)	30	(1-3-21-0)*	0.5	(0-1~16-0) <sup>b</sup>	22-5	(4-0-27-0)°	< 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)°	0.001
Carbohydrates (g)	9-4	(4-3-20-0)*	4.5	(0-0-4-6) <sup>b</sup>	2.7	(0.3-4.5)5	< 0.001
Sugars (g)	1-8	(0-0-3-9)	4.5	(0-0-4-6)	2-0	(0-1-4-5)	0-480
Fibre (g)	0-0	(0-0-0-6)*	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)*	3-5	(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)	0-136
All dairy substitutes pr	oducts and dairy with two	groups of comparison,	median (IQF	R)		1.000.000.000	
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)	0.005
Carbohydrates (g)	10-0	(6-8-23-5)			12-0	(5-7-24-0)	0.535
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**

SJ Ball

<b>Nutritional Implications Of Macronutrient Sub</b>	stitutes:

Reviewing Nutritional Implications Of Macronutrient Substitutes: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Nutritional Implications Of Macronutrient Substitutes**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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