

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) ^a	145.0	(125.0–155.8) ^b	224.5	(204.8–244.3) ^c	<0.001
Fat (g)	10.2	(8.1–15.0) ^a	7.2	(5.0–9.0) ^b	16.5	(14.0–18.1) ^c	<0.001
Saturated fat (g)	1.1	(0.8–1.7) ^b	2.3	(2.0–3.1) ^b	6.4	(5.6–7.7) ^a	<0.001
Carbohydrates (g)	8.4	(4.9–12.6) ^a	0.1	(0.0–5.5) ^b	4.0	(0.0–7.1) ^b	<0.001
Sugars (g)	1.0	(0.6–1.7) ^a	0.0	(0.0–0.4) ^b	0.2	(0.0–1.0) ^c	<0.001
Fibre (g)	3.6	(0.0–5.1) ^a	0.0	(0.0–0.0) ^b	0.0	(0.0–0.0) ^b	<0.001
Protein (g)	13.0	(8.3–16.3) ^a	18.0	(11.5–19.8) ^b	15.0	(11.3–17.7) ^b	<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) ^b	38.0	(33.0–260.0) ^b	277.0	(65.8–339.8) ^a	<0.001
Fat (g)	3.0	(1.3–21.0) ^a	0.6	(0.1–16.0) ^b	22.5	(4.0–27.0) ^c	<0.001
Saturated fat (g)	0.6	(0.2–18.2) ^b	0.3	(0.1–10.0) ^b	15.0	(2.6–17.0) ^a	0.001
Carbohydrates (g)	9.4	(4.3–20.0) ^a	4.6	(0.0–4.6) ^b	2.7	(0.3–4.5) ^b	<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) ^a	0.0	(0.0–0.0) ^b	0.0	(0.0–0.0) ^b	<0.001
Protein (g)	0.5	(0.1–1.3) ^a	3.6	(3.5–31.0) ^b	11.6	(3.5–26.0) ^b	<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

Tobias Bleicker



Nutritional Implications Of Macronutrient Substitutes:

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