

## Bioavailability of carotenoids incorporated into processed foods: bread and mayonnaise

We would like to sincerely thank you for participating in the study. This study involves completing four intervention sessions with each lasting approximately nine hours. You would eat your normal diet until two days prior to each test session. We will ask you to avoid certain foods (rich in the compounds we are interested) for the two days before each intervention day, and during each intervention day (24h). Please find below a list of foods to try and avoid.

### Foods to avoid

- Fruits, and any products containing fruits
- Vegetables, and any products containing vegetables
- Legumes (peas, beans, lentils)
- Fruit juices
- Soups (all types)
- Spices
- Herbs
- Flavourings
- Nuts and seeds
- Crisps flavoured with spices and herbs
- Pesto
- Olive oil, canola oil, rapeseed oil, grape seed oil
- Butter
- Fruit jams and marmalade
- Sauces (mustard, ketchup, tartar, brown)

### Beverages to avoid

- Fruit juices, fruit smoothies
- Vegetable juices, vegetable smoothies
- Full-fat and semi-skimmed milk
- Alcohol (wine, beer, spirits)
- Any vegetal milk (i.e. Soya)



### Foods that can be eaten

- White and wholemeal bread without seeds
- Crumpets, oatcakes, Pitta bread, plain Naan breads
- Waffles and pancakes made with fat free milk
- Meat
- Fish
- Poultry
- Bacon, sausages (non-spiced, non-herbed)
- Dairy (low-fat cheese and plain fat-free yogurts)
- Eggs
- Potatoes
- Spread made with sunflower
- Plain crisps (ready salted)
- White rice
- Refined oil (sunflower, corn)

### Beverages that can be consumed

- Water
- Fat-free milk
- Plain tea and coffee

### Some suggested meals you could have

- Eggs, sausages and bacon
- Porridge made with water or fat-free milk
- White macaroni cheese
- Fish and chips
- Baked potato with tuna
- Ham and low fat cheese sandwich
- Egg mayonnaise sandwich
- Low fat Cheese omelette
- Mince and tatties
- Sausage roll
- Hot dogs and burgers (with no salad or onions)
- Steak or chicken or gammon, with chips
- Sausages and mash
- Toast and chocolate spread
- Cornflakes
- Waffles and pancakes (made with fat free milk) with honey/maple syrup/ lemon juice and sugar