

Table 1SM: Nutritional composition of the commercial green food products analysed (g per 100 g or 100 mL)

Food	Protein	Fat	Fiber	Carbohydrates	Salt
Jellybean	3.4	0.0	-	8.0	0.2
Passionfruit candy	Composition not declared in the label				
Wasabi peanut	10.0	19.3	-	59.6	1.0
Mint chocolate	6.3	32.0	-	51.0	<0.1
Food coloring	0.1	6.1	-	82.0	<0.1
Skin detox juice	1.5	0.0	0.7	6.0	0.0
Fruit juice	0.4	0.0	0.5	2.2	<0.1
Mint chewing gum	6.4	0.2	-	63.0	<0.1
Mint and chocolate ice cream	4.3	16.0	-	25.0	0.2
Lemon and lime ice cream	0.0	0.0	-	27.0	<0.1
Spirulina and chia cookies	1.6	4.2	0.5	13.1	<0.1
Wasabi cheese	22.9	32.1	-	0.0	1.8
Juice soft drink	0.0	0.0	-	1.9	<0.1
Wasabi paste	4.2	4.1	-	12.2	5.7
Canned cherries	0.5	0.0	1.5	50.0	0.0
Green pepper mustard	7.0	11.0	-	6.0	5.8
Chilli sauce from Canarian Islands	0.0	73.2	-	8.3	1.4
Jalapeño chilli pepper	1.1	37.1	-	3.4	<3.0
Antacid pill	Healthy product: composition not declared in the label				
Dietary supplement	Food supplement: composition not declared in the label				
Wasabi coated peanuts	14.0	34.0	4.2	42.0	2.7
Wasabi coated peanuts	6.3	9.5	2.3	7.0	0.3
Menthol sweets	0.0	0.0	-	97.6	<0.1
Guacamole	0.8	9.5	-	8.5	1.1
Sweets	0.5	0.5	-	89.0	0.3
Kale juice	0.3	0.5	0.5	11.0	0.0