



Please check that you are able and willing to eat and drink **EVERYTHING** on the two study menus for both Diet 1 and Diet 2. Since this is a highly-controlled eating study, it is not possible to remove or swap any of these foods or drinks.

Study Menus for Diet 1

Menu A	Approx. time	Menu
Breakfast	9:00	Pain au chocolat (chocolate filled pastry) Honey nut cornflakes with whole milk Tea with whole milk & sugar
Morning snack	11:00	Cheesy biscuits Coffee with whole milk & sugar
Lunch	13:00	Pepperoni, ham & mushroom pizza baguettes
Afternoon snack	15:00	Chocolate-coated caramel wafer bar Chocolate-flavoured milk drink
Dinner	17:00	Beef lasagne with carrots, peas & green beans Apple & raspberry juice drink
Evening snack	19:30	Salt & vinegar potato crisps
Menu B	Approx. time	Menu
Breakfast	9:00	White toast with butter Baked beans & pork sausages canned in tomato sauce Tea with whole milk & sugar
Morning snack	11:00	Coconut macaroon (chewy coconut 'biscuit') Coffee with whole milk (no sugar/sweetener)
Lunch	13:00	Chicken & bacon pasta in a creamy sauce
Afternoon snack	15:00	Ready salted potato crisps Fizzy orange drink
Dinner	17:00	Beef & mushroom stroganoff (in a creamy brandy sauce) with rice, served with carrots, broccoli & sweetcorn Apple juice
Evening snack	19:30	Chocolate covered wafer biscuit bar

Bottled water will also be available to drink throughout the day and provided to take home



Study Menus for Diet 2

Menu A	Approx. time	Menu
Breakfast	9:00	Muesli with dried fruits & unsweetened soya milk Wholemeal seeded toast with peanut butter Tea with skimmed milk (no sugar/sweetener)
Morning snack	11:00	Dried apple rings 0% fat Greek style yogurt Coffee with skimmed milk (no sugar/sweetener)
Lunch	13:00	Chicken arrabiata (chicken & pasta in a spicy tomato sauce) served with carrots, broccoli & sweetcorn Mandarins in juice
Afternoon snack	15:00	Green olives, cherry tomatoes & breadsticks
Dinner	17:00	Vegetable Biryani (mildly spiced mixed roasted vegetables with basmati rice) Onion bhaji
Evening snack	19:30	Ready salted potato crisps
Menu B	Approx. time	Menu
Breakfast	9:00	Weetabix with hazelnuts, blueberries & oat milk Wholemeal toast with sunflower spread Tea with skimmed milk (no sugar/sweetener)
Morning snack	11:00	Peaches in juice & whole almonds Coffee with skimmed milk (no sugar/sweetener)
Lunch	13:00	Moroccan spiced chicken & chickpea soup served with wholemeal bread roll & sunflower spread Red grapes
Afternoon snack	15:00	Houmous dip with tortilla chips Sugar-free lemonade
Dinner	17:00	Salmon pie (salmon in a cream sauce topped with mashed potato & cheese) served with carrots, peas & green beans Fruit flavoured water drink
Evening snack	19:30	Fruit & nut snack bar

Bottled water will also be available to drink throughout the day and provided to take home