

SUPPLEMENTAL DATA

Supplementary Table 1. Nutritional values, ingredient list of the examined chocolate products

Nutritional value per 100 g	Regular	Low-calorie sweeteners	
	Chocolate + sugar	Chocolate + tagatose	Chocolate + stevia
Energy	520 kcal/2166KJ	457 kcal/1888KJ	432 kcal/1808kJ
Fats	30.9 g	35.1 g	34.8 g
- Of which saturated fats	19.3 g	21.4 g	21.9 g
Carbohydrates	50.5 g	47.1 g	18.7 g
- Of which sugar	46.9 g	0.3 g	3.2 g
- Of which polyols	0.0 g	3.6 g	8.7 g
Fibers	7.9 g	7.8 g	34.8 g
Proteins	5.5 g	5.5 g	5.30 g
Sodium	0.006 g	0.01 g	0.016 g
Ingredient list	cocoa mass, sugar, cocoa butter, emulsifier (soy lecithin), natural flavour (vanilla). Cocoa solids: minimum 50%. May contain milk, egg, gluten and nuts.	cocoa mass, sweetener (tagatose 45.3%), cocoa butter, emulsifier (soy lecithin), natural flavour (vanilla). Cacao solids: minimum 54%. Contains naturally occurring sugars. May contain traces of nuts and milk.	cocoa mass, alimentary fiber (dextrin, inulin, oligofructose), sweeteners (erythritol, steviol glycosides), cocoa butter, emulsifier: soy lecithin, natural vanillaflavour. Cacao solids: minimum 55%. Produced in a plant processing milk protein, wheat and nuts. Contains naturally occurring sugars.

Note: all values are expressed per 100 g of chocolate.