

**Table S1. Supplementary material.** Detailed composition of the diverse beverages analyzed, including beverage category (group), beverage name, health claims listed, main ingredients, ingredients percentage, added sugars and/or sweeteners, vitamins, minerals, stabilizers and thickeners used, energy, fat, carbohydrates, fibers, proteins, salt content and alcohol percentage.

Category	Name	Health claims	Main ingredients (not mentioned separately -->)	%	Added sugar sweeteners	Vitamins*	µg per 100 mL	Minerals	mg per 100 mL	Stabilizers Thickeners	Energy (kcal per 100 mL)	Fats (g per 100 mL) (of which saturated)	Carbohydrates (g per 100 mL) (of which sugars)	Fibres (g per 100 mL)	Proteins (g per 100 mL)	Salt (g per 100 mL)	Alcohol (V/V%)
Fruit juices	Apple juice	100% fruit	Water Apple juice (concentrated)	100	/	Vit C	20000	/	/	/	47	0.0 (0.0)	11.3 (11.3)	/	0.0	0	0.0
	Orange juice	100% orange juice Unsweetened	Water Orange juice (concentrated)	100	/	Vit C	20000	/	/	/	47	0.0 (0.0)	11.3 (11.3)	/	0.7	0	0.0
	Pomegranate juice	Gluten-free Dairy-free Soy-free Egg-free** 100% fruit	Pomegranate juice	100	/	Vit C	?	/	/	/	51	0.0 (0.0)	12.3 (12.3)	0.0	0.3	0.0	0.0
	Tropical multifruit-carrot juice	Low energy (low-calorie) Source of vit A Source of vit C Source of vit E	Water Orange juice (and sauce) (concentrated) 19 Pine apple juice (and sauce) (concentrated) 18 Kiwi juice (and sauce) (concentrated) Banana juice (and sauce) (concentrated) Passion fruit juice (and sauce) (concentrated) 3 Mango juice (and sauce) (concentrated) Lime juice (and sauce) (concentrated) Papaya juice (and sauce) (concentrated) Carrot juice (concentrated) 5 Aromas Citric acid (acidic regulator)		Acesulfame K Sodium saccharin Natrium cyclamate	Vit C Vit E Provitamine A	40000 6000 400	/	/	/	18	0.0 (0.0)	4.0 (4.0)	0	0.3	0	0.0
	Fresh orange-banana juice	Source of fibre (3 g/100 g or 1.5 g/ 100 kcal) 100% fruit Freshly squeezed	Orange juice Banana	80 20	/	/	/	/	/	/	50	0.0 (0.0)	11.2 (11.2)	0.8	0.8	0	0.0
Vegetable juices	Tomato juice	/	Tomato juice (concentrated) Lemon juice (concentrated) Salt	>99	/	/	/	/	/	/	14	<0.2 (<0.1)	2.6 (2.6)	0.0	0.8	0.61	0.0
	Mixed vegetable juice (a)	Source of fibre (3 g/100 g or 1.5 g/ 100 kcal) Gluten-free Lactose-free No added sugars No preservatives No colorants 100% vegetal	Tomato juice (concentrated) Carrot juice (concentrated) Celery (concentrated) Beetroot juice (concentrated) Parsley (concentrated) Lettuce juice (concentrated) Watercress juice (concentrated) Spinach (concentrated) Salt Spice mix (contains celery)	86 13	/	/	/	/	/	/	18	0.1 (0.0)	3.0 (2.7)	0.9	0.9	0.68	0.0
	Mixed vegetable juice (b)	100% vegetal	Tomato juice (concentrated) Celeriac juice Carrot juice Lemon juice (concentrated) Onion juice Beetroot Salt Chervil Basil Spice mix Beet red (coloring agent) Pepper	79.8 19.2 0.2	/	/	/	/	/	/	25	0.0 (0.0)	5.9 (5.9)	0.3	0.5	0.75	0.0
	Beetroot juice	Organic (BE-BIO-02 and O1 EU/non-EU)	Beetroot juice Acerola juice	99 1	/	/	/	/	/	/	37	0.1 (0.0)	7.9 (7.9)	0.2	1.1	0.08	0.0
	Carrot juice	Organic (BE-BIO-02 and O1 EU/non-EU)	Carrot juice (concentrated) Lemon juice (concentrated)	99 1	/	/	/	/	/	/	22	0.0 (0.0)	4.7 (4.7)	0.3	0.6	0.17	0.0

\* Some beverages do contain ascorbic acid as an antioxidant, but if the exact dose per 100 mL is not mentioned on the label it is not included here, only in the main ingredients list

\*\* Does not contain: tree nuts, soybeans, peanuts, eggs, sulfite, mollusks, crustaceans, celery, lupines, milk, fish, mustard, sesame, gluten

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Category	Name	Health claims	Main ingredients (not mentioned separately →)	%	Added sugar sweeteners	Vitamins*	µg per 100 mL	Minerals	mg per 100 mL	Stabilizers Thickeners	Energy (kcal per 100 mL)	Fats (g per 100 mL) (of which saturated)	Carbohydrates (g per 100 mL) (of which sugars)	Fibres (g per 100 mL)	Proteins (g per 100 mL)	Salt (g per 100 mL)	Alcohol (V/V%)
Plant-based milk alternatives	Coconut/rice	Low energy (low-calorie) Gluten-free Dairy-free Milk-free Lactose-free No added sugars 100% vegetal Source of vit B12 Naturally low in saturated fat Easy to digest	Water Coconut milk (coconut cream and water) Rice Tricalcium phosphate Salt (sea) Aromas	5.3 3.3	/	Vit B2 Vit D2	0.38 0.75	Ca	120	Carrageenan Guar gum Xanthan gum	20	0.9 (0.9)	2.7 (1.9)	0.0	0.1	0.13	0.0
	Rice	Vegetarian Source of calcium Source of vit B2 Source of vit B12 Source of vit D2 Extra <3	Water Rice Sunflower oil Calcium carbonate Salt	13.4	/	Vit B2 Vit B12 Vit D	210 0.38 0.75	Ca	120	Gellan gum	58	1.0 (0.1)	12.0 (2.9)	0.3	0.2	0.1	0.0
	Soy	Dairy-free Milk-free Gluten-free Lactose-free 100% vegetal Naturally low in saturated fat Low in fat No colorants Free of preservatives Source of protein Source of vit B12 Source of vit D Source of vit B2 Source of calcium Vegan Easy to digest	Water Soy beans (peeled) Tricalcium phosphate Monopotassium phosphate (acid regulator) Salt Aromas	5.9	Sugar	B2 Vit B12 Vit D2	210 0.38 0.75	Ca	120	Gellan gum	39	1.8 (0.3)	2.5 (2.5)	0.5	3.0	0.11	0.0
	Cashew	Dairy-free Gluten-free Low in fat Low in sugar Source of vit D Source of vit B2 Source of vit B12 Source of calcium	Water Cashew nuts Tricalcium phosphate Salt Sunflower lecithine (emulsifier)	3.1	Sugar	Vit B2 Vit B12 Vit D2 Vit E	210 0.38 0.75 1800	Ca	120	Locust bean gum Gellan gum	23	1.1 (0.2)	2.6 (2.0)	0.2	0.5	0.13	0.0
	Almond (a)	Dairy-free Gluten-free Low in fat Source of vit E Source of vit D	Water Almond Tricalcium phosphate Salt Sunflower lecithine (emulsifier)	2.1	Sugar	Vit B2 Vit B12 Vit E Vit D2	210 0.38 1800 0.75	Ca	120	Locust bean gum Gellan gum	24	1.1 (0.1)	3.0 (3.0)	0.2	0.5	0.14	0.0
	Almond (b)	Dairy-free Gluten-free No added sugars Source of vit E Source of vit D Source of vit B2 Source of vit B12 Source of calcium	Water Almond Tricalcium phosphate Salt Sunflower lecithine (emulsifier) Aromas	2.1	/	Vit B2 Vit B12 Vit D2 Vit E	210 0.38 0.75 1800	Ca	120	Locust bean gum Gellan gum	13	1.3 (0.1)	0.1 (0.1)	0.2	0.5	0.14	0.0
	Oat (a)	Natural ingredients No added sugars Soy-free Source of fibre (3 g/100 g or 1.5 g/ 100 kcal) Milk-free Lactose-free Source of calcium Source of vit B12 Source of vit D Vegan Vegetarian Low in fat	Water Oats Sunflower oil Tricalcium phosphate Salt (sea)	16	/	vit D2 Vit B12	0.75 0.375	Ca	120	Acacia gum (gum arabic)	52	1.4 (0.3)	8.9 (5.9)	1.0	0.4	0.12	0.0
	Oat (b)	Milk-free Soy-free 100% vegetal Source of fibre (3 g/100 g or 1.5 g/ 100 kcal) 0.4 g beta-glucan/100 mL Doesn't contain coconut, rice or nuts	Water Oats Canola oil Calcium carbonate Tricalcium phosphate (and other) Salt	10	/	Vit D2 Riboflavine Vit B12	1.5 210 0.38	Ca	120	/	45	1.5 (0.2)	6.5 (4.0)	0.8	1.0	0.1	0.0
	GeI	Aloe Vera	Gluten-free Vegetarian Halal Beneficial for maintaining a healthy digestive system	Stabilized Aloe Vera inner leaf gel Citric acid (acid regulator) Ascorbic acid (antioxidant) Potassium benzoate (preservative) Tocopherol (antioxidant)	96	Sorbitol	/	/	/	/	Xanthan gum	17	0.0 (0.0)	5.0 (0.0)	/	0.0	0.25

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Sodas	Lemonade (orange)	With orange-juice	Orange juice (concentrated)	6	Sugar	/				Guar gum	48	0.0 (0.0)	11.7 (11.7)	/	0.0	0	0.0
			Citric acid (acidic regulator)														
			Sodium citrate														
			Potassium sorbate (preservative)														
			Aromas														
			Ascorbic acid (antioxidant)														
	Carrot juice (concentrated)																
	Biolemonade (a) (elderberry)	Gluten-free Biological origin Kosher Vegetarian Vegan No preservatives No colorants Non-alcoholic	Water Barley malt Elderberry juice (concentrated) Carbon dioxide Aromas Calcium carbonate Magnesium carbonate	2	Sugar	/				/	22	<0.5 (<0.1)	5.0 (5.0)	/	<0.5	<0.1	0.0
Biolemonade (b) (orange-ginger)	Organic (DE-OKO-003 EU/non-EU) Kosher Vegetarian Vegan No preservatives No colorants Gluten-free Non-alcoholic	Water Barley malt Elderberry juice (concentrated) Carbon dioxide Aromas Ginger extract Orange juice (extract) Calcium carbonate Magnesium carbonate	2	Sugar	/				/	19	<0.5 (<0.1)	4.3 (4.3)	/	<0.5	<0.01	0.0	
Soda with plant extract (a)	/	Water (carbonated) Caramel (E150d) Phosphoric acid Aromas (plant extracts) Caffeine	0.010	Sugar	/			/	42	0.0 (0.0)	10.6 (10.6)	/	0.0	0.013	0.0		
Soda with plant extract (b) (stevia sweetened)	45% less sugar 45% less calories	Water (carbonated) Caramel (E150d) Phosphoric acid Aromas (plant extracts) Caffeine	0.008	Sugar Steviolglycosides	/			/	27	0.0 (0.0)	5.8 (5.8)	/	0.0	0	0.0		
Soda with plant extract (c) (peach)	/	Water Citric acid (acidic regulator) Carrot juice (concentrated) Zwarte bessenconcentraat Aromas Salt Sodium citrate Potassium phosphate Calcium phosphate Carotenes (coloring agent)		Sugar	Vit B6	110		/	Acacia gum (gum arabic) Wood rosins	31	0.0 (0.0)	7.4 (7.4)	/	0.0	0.06	0.0	
Teas	Tea infusion-based drink (a)	Low energy (low-calorie) Natural ingredients	Fruit tea extract (water and herbal mix)	5.1	Sugar (beetroot)	/				/	19	<0.1 (<0.1)	4.6 (4.5)	/	0.1	0.008	0.0
			Cranberry juice Apple berry juice (concentrated) Apple juice (concentrated) Elderberry juice (concentrated) citron juice (concentrated) acerola juice (concentrated) Carbon dioxide Kombucha starter culture Lactobacillus														
	Tea infusion-based drink (b)	Low energy (low-calorie) No added sugars No preservatives No colorants No flavor-enhancers Natural ingredients	Water fruit extracts Lemon juice (concentrated) Elder blossom (extract) Tea-extract (rooibos) Prune juice (concentrate) Ascorbic acid (antioxidant) passion flower extract	2	Not labeled	Vit C	1600	/	/	/	19	<0.5 (<0.1)	5.0 (5.0)	<0.5	<0.5	<0.01	0.0
				0.04													
				0.28													
				0.2													
Tea infusion-based drink (c)	No artificial flavours No colorants No preservatives made with real brewed tea	Water Tea-extract (black tea) Citric acid (acidic regulator) Ascorbic acid (antioxidant) Aromas	95 0.1	Sugar Steviolglycosides	/				/	19	<0.5 (<0.1)	4.6 (4.5)	0.0	<0.5	<0.01	0.0	
Iced tea (a)	No colorants Low energy (low-calorie)	Water (carbonated) Tea-extract citric acid and malic acid (acidulant) tripotassium citrate (acidic regulator) Lemon juice (concentrated) Aroma Ascorbic acid (antioxidant)	0.3 0.1	Sugar (invert sugar) Fructose Steviolglycosides	/				/	20	<0.5 (< 0.1)	4.6 (4.5)	/	<0.5	0.11	0.0	
Iced tea (b)	/	Water Citric acid (acidic regulator) Sodium citrate (acidic regulator) Tea-extracts Potassium sorbate (preservative) Aromas Ascorbic acid (antioxidant)		Steviolglycosides Sugar Fructose	/			/	21	0.0 (0.0)	4.8 (4.8)	/	0.0	0.05	0.0		

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Non-alcoholic malt drinks	Chinese grain drink	100% vegetal	Water Grain extract Malt extract (concentrate) Antioxidant (E300) Acidulant (E500)	45 0.15	/	/	/	/	/	/	0	0.0 (0.0)	0.0 (0.0)	/	0.0	0.017	0.0	
	Icelandic malt drink	Non-alcoholic	Water Barley Hop Yeast Caramel (E150c) Licorice	/	Sugar	/	/	/	/	/	59	0.0 (0.0)	14.0 (8-11.4)	/	0.5-1	0.01	0.0	
	Non-alcoholic lager (a)	Non-alcoholic	Water Barley malt Corn Hop Caramel (E150c)	/	/	/	/	/	/	/	26	0.0 (0.0)	6.1 (3.9)	/	0.3	< 0.1	<0.25	
	Non-alcoholic lager (b)	Non-alcoholic	Water Barley malt Wheat malt Hop Hop extract	/	/	/	/	/	/	/	26	0.0 (0.0)	6.1 (6.1)	/	0.3	<0.1	0.4	
	Non-alcoholic wheat beer (a)	Non-alcoholic	Water D barley malt Wheat Aromas Carbon dioxide Citric acid (acidic regulator) Coriander Dried orange peels Hop Apple extract	/	Sugar	/	/	/	/	/	27	0.0 (0.0)	7.4 (3.7)	/	0.5	<0.1	0.0	
	Non-alcoholic wheat beer (b)	Contains vit B12 Low energy (low-calorie) Contains folacin Natural Isotonic Non-alcoholic	Water Barley malt Wheat malt Hop Yeast Carbon dioxide	/	/	Folic acid/ vit B9 Vit B12	29.6 0.14	/	/	/	/	20	0.0 (0.0)	4.5 (1.3)	/	0.6	<0.1	<0.5
Beers	Lager (a)	/	Water Barley malt Corn Hop Caramel (E150c)	/	/	/	/	/	/	/	43	0.0 (0.0)	3.2 (0.1)	/	0.4	<0.1	5.2	
	Lager (b)	/	Water Barley malt Hop	/	/	/	/	/	/	/	/	/	/	/	/	<0.1	5.2	
	Lager (c)	Reinheitsgebot	Water Barley malt Hop extract	/	/	/	/	/	/	/	32	0 (0)	2.0 (0.0)	/	0.3	<0.1	5.0	
	Lager (d)	/	Water Barley malt Hop	/	Sugar	/	/	/	/	/	/	/	/	/	/	<0.1	4.9	
	Wheat beer (a)	/	Water Barley malt Wheat	60 (rel.) 40 (rel.)	/	/	/	/	/	/	/	/	/	/	/	<0.01	5.0	
	Wheat beer (b)	/	Water Barley malt Wheat Hop Coriander Dried orange peels	/	/	/	/	/	/	/	/	/	/	/	/	<0.1	4.9	
	Wheat beer (c)	/	Water Barley malt Wheat	/	/	/	/	/	/	/	/	/	/	/	/	<0.1	4.5	
	Wheat beer (d)	/	Water Barley malt Wheat malt Hop Coriander Orange peels	/	/	/	/	/	/	/	/	/	/	/	/	<0.1	4.7	
	Ale (bottle fermented) (a)	/	Water Barley malt Hop Yeast	20	Sugar (refermentation)	/	/	/	/	/	/	<0.5 (0.0)	/	/	/	<0.01	7.8	
	Ale (bottle fermented) (b)	/	Water Barley malt Hop Hop extract Yeast	/	Glucose syrup Sugar	/	/	/	/	/	/	57	0 (0)	4.0 (0.0)	/	0.4	<0.01	7.0
	Ale (bottle fermented) (c)	/	Water Barley malt Hop Yeast	/	/	/	/	/	/	/	/	56	<0.5 (0.0)	/	/	<0.01	8.0	
	Ale (bottle fermented) (d)	/	Water Barley malt Hop Yeast	/	Sugar (refermentation)	/	/	/	/	/	/	52	<0.5 (0.0)	3.8 (0.0)	/	<0.5	<0.01	8.5
	Ale (bottle fermented) (e)	/	Water Barley malt Hop Yeast	/	Sugar	/	/	/	/	/	/	58	<0.5 (0.0)	4.3 (<0.5)	/	0.5	<0.01	6.8

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