

Table S1. Ingredients employed (per 100 mL) to prepare the different juice/milk beverages.

Ingredients	Orange Juice	Strawberry Juice	Grape Juice	Orange Juice/Milk Juice	Strawberry Juice/Milk Juice	Grape Juice/Milk Juice
Juice	70 mL	50 mL	60 mL	50 mL	30 mL	50 mL
Skim milk	0 mL	0 mL	0 mL	20 mL	20 mL	20 mL
Bottled water	30 mL	50 mL	40 mL	30 mL	50 mL	30 mL
Pectin	0.3 g	0.3 g	0.3 g	0.3 g	0.3 g	0.3 g
Sugar	7.5 g	7.5 g	7.5 g	7.5 g	7.5 g	7.5 g
Citric acid	0.1 g	0.1 g	0.1 g	0.1 g	0.1 g	0.1 g