

Table S1. An example of a menu from kindergartens.

Full day kindergarten programme menu				
	Breakfast	Morning snack	Lunch	Afternoon snack
Monday	milk, chocolate hazelnut spread on a white bread	apple or other seasonal fruit	beef and potato stew, lettuce, bread; muffin	chocolate pudding
Tuesday	cocoa, butter and rose-hip jam on a white bread	tangerine/orange	pumpkin soup, roast chicken breasts with cooked cabbage and potatoes (olive oil), white bread	probiotic yogurt
Wednesday	milk, gouda cheese with butter on white bread	pear or other seasonal fruit	lentil stew with meatballs, white bread	berry fruit tea with lemon and honey
Thursday	: fruit tea, cheese spread (30% milk fat) on a white bread	apple or other seasonal fruit	soup with millet, turkey in sauce with polenta, beetroot salad, bread; marble cake	milk, cornflakes
Friday	chocolate milk, butter with honey on a whole grain bread	banana	fried sardines with cooked chard and potatoes (olive oil), whole grain bread	semolina cooked with milk and chocolate
- Five-hour and six-hour kindergarten programme –				
	First snack		Second snack	
Monday :	: milk, chocolate hazelnut spread on a white bread		apple or other seasonal fruit	
Tuesday	cocoa, butter and rose-hip jam on a white bread		tangerine/orange	
Wednesday	milk, gouda cheese with butter on a white bread		pear or other seasonal fruit	
Thursday	: fruit tea, cheese spread (30% milk fat) on a white bread		apple or other seasonal fruit	
Friday	chocolate milk, butter and honey on a whole grain bread		banana	