

meat-free ham, name and the company								
products type tofu, name and the company								
other products type tempeh, name and the company								
other products in this group name and the company								
Legume seeds								
peas								
beans								
chickpeas								
lentils								
other legume seeds, name.....								
soybean paste g.e. SSAMJIANG PASTE. name and company								
legume seeds paste name and company								
legume seeds bars, name and company's								
soy sauce and other, name and company.....								
Nuts								
hazelnuts								
walnuts								
peanuts								
cashew nuts								
pistachios								
Other nuts, name								
cream with nuts e.g. peanuts, name								
peanut bars, name and company								
Onther products with nuts, name and company ...								
Grain products								
Crispbread, name and company ...								
toasted bread, name and company ...								
light bread name and company								
wheat bread								
wheat-rye bread								
graham bread								
rye bread								
Onther bread, name ...								
barley groats (whole grains)								
barley groats (broken grains, e.g. Masurian groats)								
porridge								
buckwheat groats								
millet groats								

cous cous								
bulgur groats								
other groats, type.....								
long-grain white rice								
rice, e.g. Basmati								
brown rice								
wild rice								
other rice, name								
pasta, name								
whole-grain pasta, name...								
Other special pasta (e.g. with vegetables, name								
Bran, name and company								
flakes wholemeal , name and company ...								
other flakes , name and company								
cereal bars, name and company								
Other grain product, name and company								
Vegetables								
cauliflower								
broccoli								
cabbage								
brussels sprouts								
beetroot								
tomatoes								
raw cucumber								
pickled cucumber								
potatoes								
pumpkin								
zucchini								
pepper								
leek								
garlic								
onion								
pepper								
asparagus								
spinach								
lettuce								
lamb's lettuce								
parsley root								
celery root								
other vegetables, name ...								
Fruits								
banana								
apple								
pear								
blueberries								
strawberries								
raspberries								

peaches								
apricots								
tangerines								
orange								
figs								
grape								
plum								
kiwi								
tangerine								
pineapple								
red currant								
black currant								
mango								
Other fruits, name ...								
Algae and products with the addition of algae								
WAKANE leaves, name and company...								
WAKANE drought, name and company....								
WAKANE tablets, name and company...								
WAKANE drinks, name and company....								
NORI leaves, name and company...								
NORI drought, name and company....								
NORI tablets, name and company...								
NORI drinks, name and company....								
KOMBU leaves, name and company...								
KOMBU drought, name and company....								
KOMBU tablets, name and company...								
KOMBU drinks, name and company....								
OTHER leaves, name and company...								
OTHER drought, name and company....								
OTHER tablets, name and company...								
OTHER drinks, name and company....								
salads with the addition of algae, name and company ,,,								
sushi algae, e.g. nori seaweed, name and company..								
other products with the addition of algae, name and company								
Fish and seafood								
salmon								
mackerel								

tuna								
cod								
haddock								
plaice								
pollock								
sprat								
herring								
trout								
other fish, name								
Cockles								
Conch								
Crab meat								
Crayfish								
Lobster								
Mussels								
Oysters								
Shrimp								
Other, name								

The most frequently chosen by your types of culinary processing for fish

cooking in water								
steam cooking (convection oven)								
frying in a pan								
microwave								
baking without foil								
baking in foil								
smoking								
raw, e.g. sushi								
other which								
jars								
canned fish								
salted								
other, name								

Meats products

pork meat								
beef meat								
meat of chicken								
meat of turkey								
meat of duck								
meat of goose								
cold cuts, name								
other meat, name.....								

The most frequently chosen by your types of culinary processing for fish

cooking in water								
steam cooking (convection oven)								
frying in a pan								
microwave								
baking without foil								
baking in foil								

smoking								
raw, e.g. Steak tartare								
other which								
Salt								
Regular table salt, name								
Himalayan salt, name...								
Indian salt, name								
Sea salt, name ...								
other salt,								
Minerals water and juices								
iodised water, name								
minerals water, name...								
flavored sparkling waters, name....								
fruit juices, name								
vegetable juices, name								
other drinks, name								

Supplementary Tables S2. Questions about how salt was added to the food (time of cooking).

	at the end of heating	halfway through heating	at the beginning	I don't salt
groats				
rice				
pasta				
noodles, e.g. gnocchi				
potatoes				
vegetables				
meat				
fish				
meat				
other, name				