



Supplementary file

Table 1. Examples of some desserts, ingredients, energy and and macronutrient contents

Menu	Ingredient (weight %)	E (kcal)	P (%)	F (%)	C (%)
 Purple sweet potato coconut milk (150 g)	34% purple sweet potatoes, 13% coconut milk, 13% soy milk, 34%water, 6%sugar, <1%salt	200	6	36	58
 Sweet glutinous rice with custard (100 g)	43% glutinous rice, 18% egg, 25% coconut milk, 6% coconut oil,<1%rice flour, 9%sugar, <1%salt	222	7	40	53
 Tapioca pearl with coconut milk (150 g)	12%tapioca pearl, 12%sweet corn, 8% coconut milk, 8%soy milk, 40%water, 20%sugar, <1%salt	208	4	17	79
 Milk custard with fruit salad (150 g)	40% coconut milk, 35% soy milk, 1%agar, 1%gelatin, 14%mixed fruits, 5%sugar, <1%salt	218	5	57	38

Menu	Ingredient (weight %)	E (kcal)	P (%)	F (%)	C (%)
 Coconut jelly (100 g)	19%coconut milk, 19% soy milk, 39% coconut water, 12% coconut meat, 1%agar, 9%sugar, <1%salt	153	3	41	56
 Mung bean flour and coconut dessert (50 g)	7% mung bean flour, 2% rice flour, 7% coconut milk, 7% soy milk, 12%sugar, <1%salt,	152	3	24	73
 Egg jelly (100 g)	21% egg, 1% agar, 12% coconut milk, 11% soy milk, 43% water, 13% sugar, <1%salt	175	11	36	53
 Sweet potatoes in heavy syrup (100 g)	37%sweet potatoes, 7% coconut milk, 7% soy milk, 25% water, 25% sugar, <1%salt	187	2	14	84

Data are shown in mean \pm SD. E=energy, P=protein, F=fat, C=carbohydrate. The estimated cost per 1 serving dessert was 13 baht.