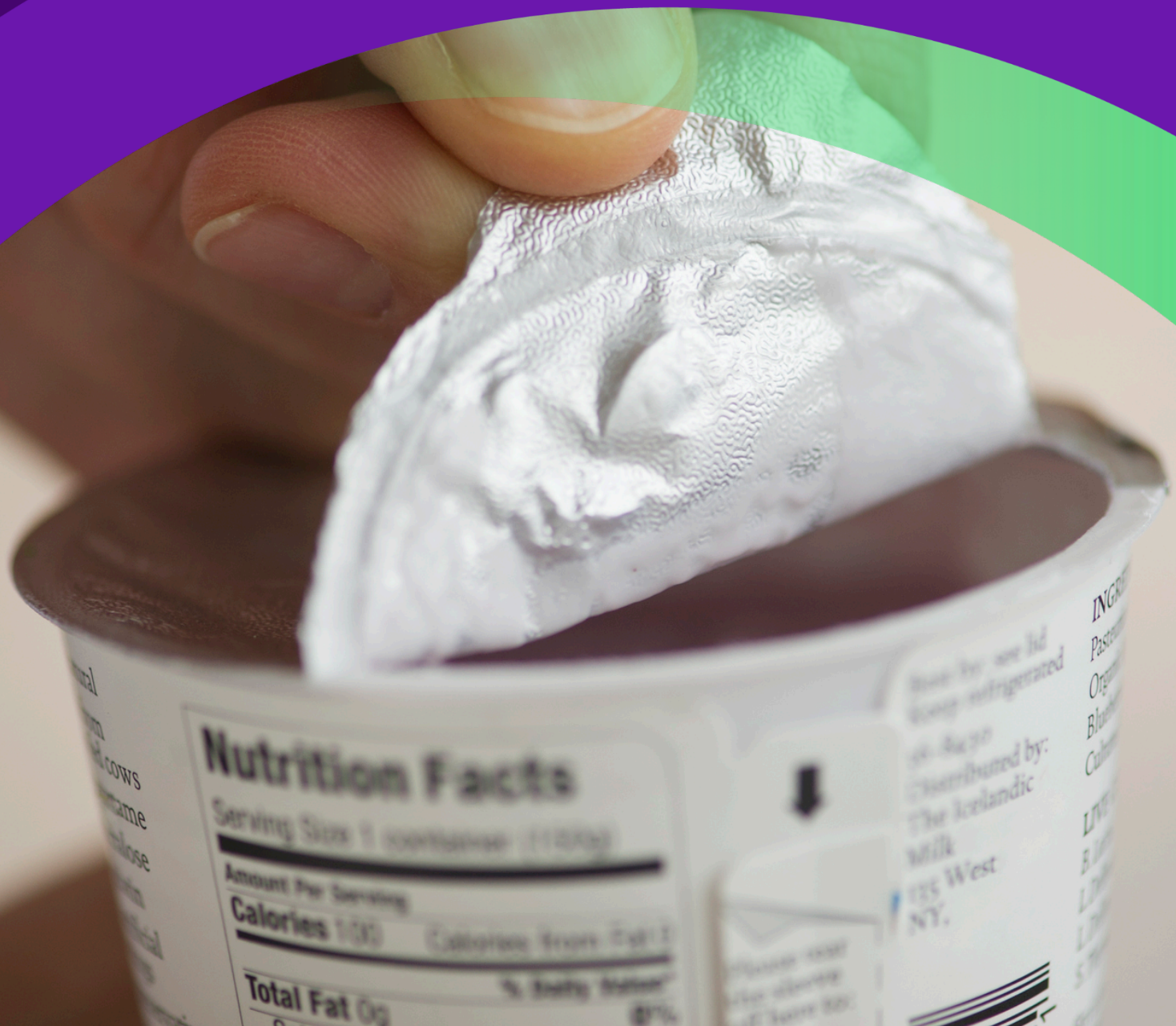


A survey of high-protein puddings and mousses



Nutrition Facts

Serving Size 1 container (110g)

Amount Per Serving

Calories 100

Calories from Fat 1

Total Fat 0g

% Daily Value*

Keep by: see lid
Keep refrigerated

16-16-20
Distributed by:
Milk
135 West
NY.

INGREDIENTS
Pasteurized
Organic
Blueberry
Custard

LIVESTRONG
B L
L
S

Publication Date: February 2026

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Executive summary

Introduction

High-protein diets have become increasingly popular on the island of Ireland. With busy lifestyles and a growing interest in foods that provide added health benefits, people are seeking convenient ways to increase protein intake. As a result, many food manufacturers now offer high-protein versions of snack bars, yoghurts, puddings, and mousses.

In 2019, Safefood examined the nutritional profile of several high-protein snacks such as bars, yoghurts, dairy drinks and smoothies. Building on that research, this report focuses on two product categories that have grown significantly in popularity since then: high-protein puddings and mousses. The objectives are to:

- Investigate public attitudes to and consumption patterns of high-protein puddings and mousses on the island of Ireland.
- Survey a sample of high-protein puddings and mousses available online in supermarkets on the island of Ireland.
- Carry out a literature review of recent scientific studies to identify the potential health outcomes associated with high-protein diets.

Methods

- In June 2025, Safefood commissioned the research company Ipsos B&A to run an online survey. The survey investigated the public attitudes to, and consumption patterns of, high-protein puddings and mousses on the island of Ireland. A total of 2,117 adults completed the 7-question survey.
- In February 2025, we undertook an online snapshot survey of high-protein puddings and mousses sold in 5 supermarket chains across the island of Ireland. For each product, we collected information from the nutrition label, ingredients list, and any health and marketing claims on the packaging. We then used the FSA “traffic light” labelling system to show whether each product was low (green), medium (amber), or high (red) in total fat, saturated fat, sugar, and salt.

- A literature review was conducted between 20 February 2025 and 11 March 2025 on studies published from January 2020 to February 2025. This review was carried out to identify the main health effects associated with high-protein intake.

Findings

- 60% of people on the island of Ireland report that they have consumed high-protein puddings and mousses, with reported consumption highest among younger people (aged 16-24) who also report that they are very active. The main motivations for choosing these products are:
 - to increase protein intake (45%)
 - liking their flavour or taste (35%)
 - perceiving them as healthy (29%)
 - viewing them as an alternative to a regular dessert (23%).
- From the product survey, high-protein puddings and mousses were found to have lower mean levels of energy, total fat, saturated fat and sugar than regular varieties, and a higher mean protein content.
- All high-protein puddings and mousses surveyed met the European Food Safety Authority definition of “high-protein”, which requires that at least 20% of a product’s energy comes from protein. In these products, protein contributed to around half (49.7%) of total energy and was sourced mainly from dairy ingredients such as milk protein powder and skimmed milk.
- Marketing for high-protein puddings and mousses focused on nutrition and performance benefits, to create the impression that the products are healthy.
- Co-branding strategies were observed where collaborations between brands associated with taste and indulgence were present alongside brands synonymous with fitness and nutrition to broaden their public reach and appeal.
- The findings from the literature review show that higher-than-recommended protein intakes can impact health both positively and negatively. Health benefits can be seen in relation to muscle maintenance, bone health, weight management, satiety (feeling of fullness), and cardiometabolic regulation,

especially in older adults and when combined with exercise. The evidence also shows that long-term high-protein diets may raise concerns for renal health, particularly in people with existing risk factors.

Conclusion

High-protein puddings and mousses have emerged as popular snack options, particularly among younger and active adults who are seeking to increase their protein intake. Nutritionally, these high-protein products often appear to be a healthier alternative to standard puddings and mousses, as they are typically lower in sugar, fat, saturated fat and overall calories.

However, recent data from across the island of Ireland indicate that most adults already consume more protein than national dietary recommendations. As a result, high-protein puddings and mousses are not necessary for the general population and are best eaten occasionally, rather than as everyday snacks. For most adults, following the national guidelines (as set out in the Healthy Ireland Food Pyramid and the UK's FSA Eatwell Guide) will provide enough protein. A balanced diet that includes foods such as pulses, dairy, eggs, poultry, lean meat and fish meets protein needs without the addition of specialised high-protein products.

1. Introduction

In 2019, Safefood conducted a study on high-protein snacks such as bars, yoghurts and drinks (1). The research found that many of these products were less healthy than the public believed, as they often contained high levels of saturated fat, sugar and salt. Since then, there has been a significant rise in the promotion and consumption of high-protein puddings and mousses, driven by increasing public interest in health, fitness and convenience (2).

This study therefore investigates the marketing approaches, nutritional composition and public perceptions of high-protein puddings and mousses on the island of Ireland, building on Safefood's earlier research on high-protein snacks. It seeks to understand how these products are being promoted to a population with a growing focus on health and fitness, and how this influences awareness, knowledge and consumption patterns.

Protein is an essential macronutrient required for growth and repair. Recommended daily protein intake levels are 0.83 g per kg of body weight in Ireland and 0.75 g per kg of body weight in Northern Ireland (3, 4). However, population intakes exceed these recommendations.

The National Adult Nutrition Survey reports a mean daily protein intake of 1.32 g per kg of body weight among adults in Ireland. In Northern Ireland, data from the National Diet and Nutrition Survey (Years 1–11) show that adults aged 19–64 consume a mean protein intake of 1.0 g per kg of body weight per day. (5, 6).

The term “high-protein” is legally defined: under European Food Safety Authority guidance, a food may only carry a “high-protein” claim if at least 20% of its energy value comes from protein (7).

Global sales of high-protein puddings reached approximately US\$179 million (€170 million) by the end of 2024, reflecting growing demand for products that combine health-related benefits with convenience and taste (8). This global trend is mirrored on the island of Ireland, where high-protein puddings and mousses are marketed as

everyday indulgences with perceived nutritional advantages. European Food Safety Authority regulations classify all puddings and mousses within the broader category of desserts (9).

By examining the marketing strategies, public attitudes, and nutritional profiles of these products, this study aims to inform public health messaging within this rapidly expanding food category.

A glossary of key terms used throughout this report is provided in Appendix 5.

2. Objectives

The objectives of this research are to:

- Explore people's attitudes, perceptions, behaviours, and awareness regarding high-protein puddings and mousses on the island of Ireland.
- Analyse the nutritional composition, and ingredients information of a selection of these products.
- Identify the health, nutritional and marketing claims of a selection of high-protein and standard puddings and mousses available on the island of Ireland.
- Review scientific literature published between January 2020 and February 2025 to identify potential health outcomes that are associated with high-protein diets.

3. Methods

Public survey

A survey of adults aged 16 and over across the island of Ireland (n = 2,117) was conducted by Ipsos B&A in 2025 to gather opinions on high-protein puddings and mousses. In total, 1,117 respondents in Ireland and 1,000 respondents in Northern Ireland completed the questionnaire. This formed a nationally representative sample of the adult population.

Fieldwork took place between 10 June and 26 June 2025. Data was weighted to national census estimates at the analysis stage to ensure representativeness.

Respondents were asked:

- Q.1 Have you ever eaten high-protein dessert-style pots, high-protein puddings, or high-protein mousses? These are the products often seen in the cold food or dairy aisles in supermarkets or convenience stores and labelled as being high in protein.
 - Yes
 - No

- Q.2 How often do you eat high-protein dessert-style pots, puddings, or mousses?
 - Daily/almost daily
 - 4-5 days a week
 - 2-3 days a week
 - One day a week
 - Not every week but a few times a month
 - Less than once a month
 - Don't know

- Q.3 Which of the following types of high-protein products do you eat?
 - High-protein puddings (e.g., creamy desserts, custards, rice pudding, or similar traditional-style puddings with added protein)
 - High-protein mousses (e.g., airy, whipped-style desserts with a mousse texture and high-protein content)

- Q.4 What are your main reasons for eating high-protein dessert style pots, puddings, or mousses?
 - I want to get extra protein in my diet
 - I like the flavour/taste
 - I view them as healthy
 - To support my fitness goals

- Due to dietary needs
 - To satisfy cravings
 - As an alternative to an “original” or “regular” dessert
 - They are a convenient option as a snack or meal replacement
 - Other, please specify:
 - Don't know
- Q.5 Here are some statements others have made about high-protein dessert-style pots, puddings, or mousses. How much do you agree or disagree with each of these statements, on a scale from 1-5 where 1 is “extremely disagree” and 5 is “extremely agree”?
 - These products are healthy
 - These products are a good source of protein
 - These products are low in fat
 - These products are low in calories
 - These products are an affordable source of protein
 - Eating these products is a healthier way to eat protein than meat
 - Eating these products is a fad
- Q.6 Which of the below statements best applies to you, when you buy high-protein dessert style pots, puddings, or mousses?
 - I focus mainly on the protein content
 - I look at both the protein content but also other nutritional information or health claims (e.g., low fat)
 - I do not look at any nutritional information, like protein content, other nutritional information, or health claims (e.g., low fat)
- Q.7 How would you describe your current level of physical activity?
 - Not at all active: I engage in little to no physical activity
 - Slightly active: I engage in some physical activity, but not regularly
 - Moderately active: I engage in physical activity on a regular basis, but not intensely
 - Very active: I engage in intense physical activity on a regular basis

- Extremely active: I am a professional athlete or engage in physical activity at an elite level.

pudding and mousse product survey

An online audit of high-protein and regular puddings and mousses available in supermarkets on the island of Ireland was carried out between 1 February and 28 February 2025.

Supermarket selection

- Supermarkets included in the audit were selected based on market share data from Kantar ([10](#)) and were accessed on 1 February 2025. Only supermarkets with an online food-shopping service could be selected for the purpose of the audit as it was conducted online.
- The supermarkets selected were:
 - Aldi, Dunnes, SuperValu and Tesco in Ireland
 - Sainsbury's and ASDA in Northern Ireland (the websites used were UK ones as the retailers do not have separate websites for Northern Ireland)

Product search terms

- High-protein and regular puddings and mousses were searched for on supermarket websites using the following terms:
 - "High-protein pudding"
 - "High-protein mousse"
 - "Protein pudding"
 - "Protein mousse"
 - "High-protein dessert pot"
 - "Protein dessert pot"
 - "High-protein dessert"
 - "Protein dessert"
 - "Pudding"

- “Mousse”
- “Dessert pot”
- “Pudding dessert”
- “Mousse dessert”

Product inclusion and exclusion criteria

- Where multiple flavours of a product existed, these were all included, because the nutritional profile (the fat, sugar and salt contents) of each may vary.
- If the same product was available in multiple supermarkets, it was reviewed only through the first online supermarket where it was found.

Data collection

- Screenshots of the products identified from the audit were taken, to capture the relevant data:
 - product description
 - product weight
 - nutrition information – energy, protein, fat, saturated fat, sugars and salt
 - serving size (taken from the narrative or front-of-pack labelling) or nutritional information on the packaging – if a serving size was not indicated, no assumptions were made and no data was inputted into the table
 - marketing terms – terms were only classified as “marketing terms” if they were displayed on the product, rather than given in the product description.
 - ingredients
 - cost
 - nutrition and health claims – European Food Safety Authority guidance was used to determine the official nutrition and health claims to record (9):
 - “source of”
 - “high in”

- “contains” – the guidance states that “contains” claims mean “Any claim likely to have the same meaning for the consumer”, so any similar claims, for example “added” or “with,” were also included
 - “increased”
 - “reduced”
- Front-of-pack “traffic light” labelling was used to classify products as “low,” “medium” or “high” in fat, saturated fat, sugars, and salt (11).
- Search information and data were recorded under clear headings:
 - Product type
 - Supermarket
 - Jurisdiction (NI or Ireland)
 - Product brand
 - Product name
 - Product size as sold (g)
 - Serving size (g)
 - Ingredients list
 - Nutrition composition per 100 grams
 - Nutrition and health claims
 - Marketing claims
 - Cost

Full product breakdown available: Appendix 2 and 3. Ingredients lists were also recorded: Appendix 4.

Data analysis

- Microsoft® Excel® software (Microsoft Corporation, Albuquerque, New Mexico, United States of America) was used for statistical analysis of the data.
- Criteria for front-of-pack “traffic light” labelling for food (Table 1) was used to classify products as “low”, “medium” or “high” in fat, saturated fat, sugars, and salt (11).

Table 1: “Traffic-light” labelling criteria per 100 grams of food

Nutrient	Low	Medium	High
Total fat	≤3.0 g/100 g	>3.0 g to ≤17.5 g/100 g	>17.5 g/100 g
Saturated fat	≤1.5 g/100 g	>1.5 g to ≤5.0 g/100 g	>5.0 g/100 g
Total sugars	≤5.0 g/100 g	>5.0 g and ≤22.5 g/100 g	>22.5 g/100 g
Salt	≤0.3 g/100 g	>0.3 g to ≤1.5 g/100 g	>1.5 g/100 g

Literature review to establish the health outcomes of high-protein diets

A search of electronic databases (PubMed, Web of Science, Google Scholar and ScienceDirect) was conducted between 20 February 2025 and 11 March 2025. The list of the search terms used is in Appendix 5. Reference lists of articles meeting the inclusion criteria were examined to identify other potential sources of information.

Inclusion criteria for literature review

A number of different study or paper types were considered for inclusion in the literature review.

- **Reviews:** A review paper evaluates and discusses the research methods and results of existing studies, and also looks at other, non-scientific, publications on a given topic. In a review paper, the author (the researcher) combines their findings to create an overview of the current knowledge on that topic, including any weaknesses or gaps in the knowledge.
- **Meta-analyses:** Meta-analysis is a way of combining and comparing data collected from multiple existing studies on a given topic.

- Systematic reviews: A systematic review also evaluates the methods and results of existing studies (secondary data) but focuses on finding measurable scientific evidence that will answer a specific, predefined question.
- Prospective cohort studies: A prospective cohort is a population study group that is relevant to the topic being investigated. The cohort is monitored, and their data is measured over time to identify changes associated with a given factor (for example, the effects of high levels of protein in the diet of adults on the island of Ireland).

Other inclusion criteria were:

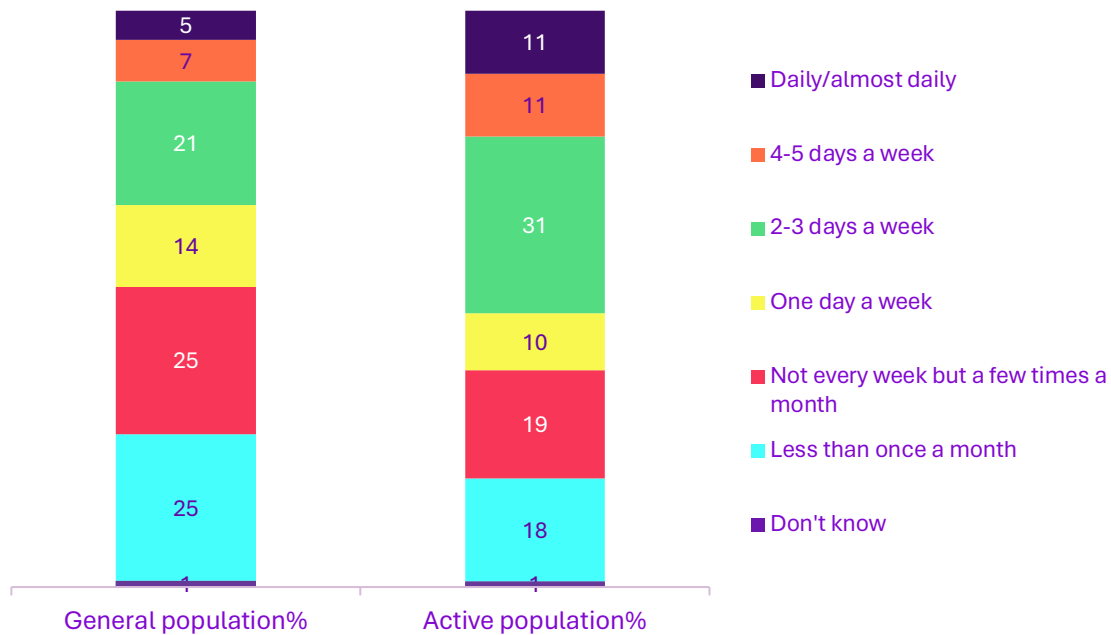
- Papers published in the last 5 years (January 2020 to February 2025)
- Full text of the study is available
- Only human studies with subjects aged 18 or older
- Studies could comprise of male and/or female subjects
- Only studies published in English

4. Results

Public survey

Results from the public survey showed that 3 in 5 people on the island of Ireland (60%) have consumed high-protein puddings or mousses at least once. Among people who are very active or extremely active, this is seen to be higher, with roughly 4 in 5 of this group (78%) having consumed the products. High-protein puddings are more popular than mousses, with 7 in 10 respondents eating them (71%) while almost half (46%) report eating high-protein mousses.

Figure 1: Frequency of eating high-protein puddings and mousses – general vs active adults on the island of Ireland



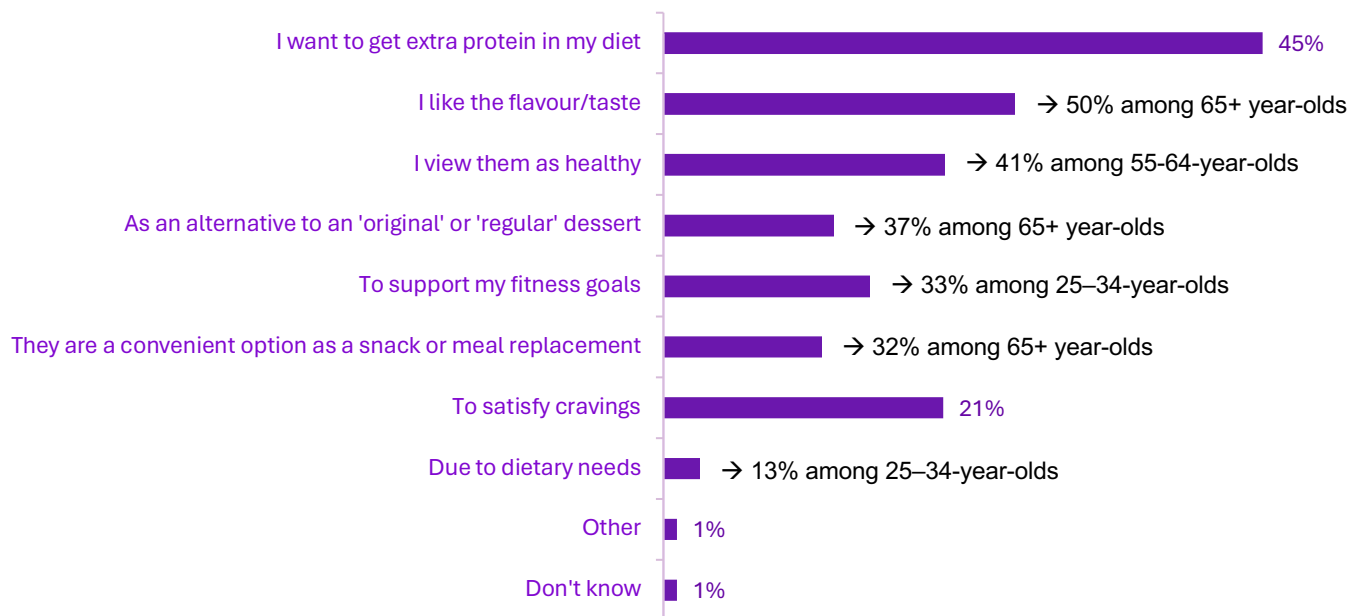
Question: How often do you eat high-protein dessert style pots, puddings, or mousses?

Respondents who reported consuming high-protein puddings or mousses were asked how often they eat these products. Figure 1 shows how frequently these products are consumed by the general public and by people who described themselves (self-reported) as being active individuals.

Just under half of the total respondents (47%) consume these products at least once a week, compared with a notably higher 63% among active individuals.

This shows that people who are active are more likely to eat these products several times per week. It also shows that 31% of this group consume them 2 to 3 times a week, compared with 21% of the total surveyed. In contrast, occasional consumption (“less than once a month”) is more common among the total (25%) than among active respondents (18%). Daily or almost daily consumption remains relatively low overall (5% of general respondents and 11% of active respondents).

Figure 2: Main reasons for eating high-protein puddings and mousses on the island of Ireland

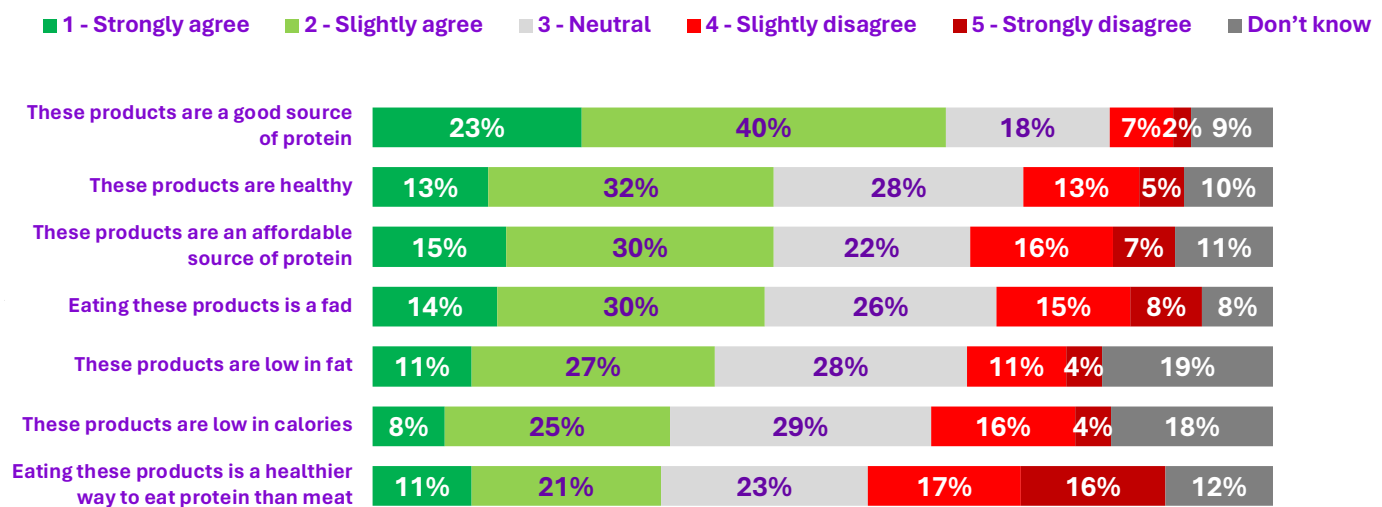


Question: What are your main reasons for eating high-protein dessert-style pots, puddings, or mousses?

As shown in Figure 2, the most common reason for eating high-protein puddings and mousses is to increase protein intake, cited by almost half (45%) of respondents of all ages. This is followed by liking the flavour or taste (35%) and viewing these products as healthy (29%). Almost one in 4 respondents (23%) choose them as an alternative to an original or regular dessert. Around one in 5 eat them to support fitness goals (22%), because they are a convenient snack or meal replacement (22%), or to satisfy cravings (21%). A much smaller proportion eat them due to dietary needs (8%).

Patterns by age group show clear differences in motivations: older respondents (aged 65+) are more likely to be influenced by taste, convenience, perceptions of healthiness, and the use of these products as an alternative to a 'regular' dessert, whereas younger adults (aged 25-34) are more likely to cite fitness goals and dietary needs as their primary motivations.

Figure 3: Perceptions of high-protein puddings and mousses among the general population on the island of Ireland



Perceptions are not as clear cut for other attributes: 38% agree that the products are low in fat, and 33% think they are low in calories. Around one-third (32%) view these products as a healthier way to eat protein than meat, while 43% agree that eating them is a fad.

pudding and mousse product survey

A total of 151 products was surveyed online from supermarkets across the island of Ireland:

37 high-protein puddings and mousses were sampled:

- 30 high-protein puddings
- 7 high-protein mousses

114 regular puddings and mousses were sampled:

- 83 puddings
- 31 mousses

Table 2: Nutrition content (mean, minimum and maximum) of high-protein and regular puddings and mousses surveyed, per 100 grams of product

Product Category	Nutrient profile	Mean	Minimum	Maximum
High-protein puddings and mousses (n=37)	Energy (kcal)	80	71	105
	Total fat (g)	1.7	0.2	3.2
	Saturated fat (g)	1.2	0.1	2
	Sugar (g)	4.5	3.5	6.4
	Salt (g)	0.25	0.1	0.43
	Protein (g)	9.8	7.5	10.7
Regular puddings and mousses (n=114)	Energy (kcal)	168	77	419
	Total fat (g)	8.2	1.3	33
	Saturated fat (g)	5.2	0.3	18.7
	Sugar (g)	15.9	6	33.3
	Salt (g)	0.16	0.01	0.55
	Protein (g)	3.5	0.4	8

As shown in Table 2, high-protein puddings and mousses have lower energy, total fat, saturated fat, and sugar levels than regular varieties, and have a higher protein content.

The mean nutrient content of high-protein products was 80 kcal, 1.7 g of total fat, 1.2 g of saturated fat, 4.5 g of sugar, 0.25 g of salt and 9.8 g of protein per 100 g.

Regular puddings and mousses had a higher mean energy, fat and sugar content, with 168 kcal, 8.2 g of total fat, 5.2 g of saturated fat, 15.9 g of sugar, 0.16 g of salt and 3.5 g of protein per 100 g.

Regular puddings and mousses varied much more in their nutritional content than high-protein products. For example, their energy content ranged widely, from 77 to 419 kcal per 100 g, and total fat ranged from 1.3 to 33 g.

In contrast, high-protein products were far more similar to each other, with energy values between 71 and 105 kcal and total fat between 0.2 and 3.2 g per 100 g.

Regular puddings and mousses also tended to be much higher in saturated fat, with a mean content of 5.2 g per 100 g and values reaching as high as 18.7 g.

In comparison, high-protein products had a mean saturated fat content of 1.2 g per 100 g and did not exceed 2 g.

All high-protein puddings and mousses surveyed met the European Food Safety Authority definition of “high-protein”, which requires at least 20% of a product’s energy to come from protein (9). The percentage of energy from protein for these products ranged from 30.48% to 56.34%, with a mean of 49.68%.

Regular puddings and mousses showed substantially lower values, with protein contributing only 1.18% to 19.75% of total energy (mean 9.56%), confirming that these products do not meet the criteria for a “high-protein” claim.

Figure 4: Sample ingredients list of a high-protein pudding

Skimmed Milk, Milk Proteins, Cream, Cocoa Powder (2%), Modified Maize Starch, Acidity Regulator: Sodium Phosphates; Sweeteners: Acesulfame K, Sucralose; Stabilisers: Carrageenan, Cellulose Gum

Figure 5: Sample ingredients list of regular pudding

Skimmed Milk, Whipping Cream (Milk) (13%), Sugar, Modified Maize Starch, Fat-Reduced Cocoa Powder (2%), Whey Powder (Milk), Thickeners (Carrageenan, Xanthan Gum), Emulsifier (Lactic Acid Esters of Mono- and Diglycerides of Fatty Acids), Skimmed Milk Powder, Flavouring

Figures 4 and 5 provide examples of ingredients lists for a high-protein pudding and a regular pudding. Full ingredients lists for all products in the survey are presented in Appendix 4.

High-protein puddings and mousses contained a mean of 10 ingredients per product. Sweeteners were present in 100% of these products, while flavourings appeared on 89% of ingredients lists. Salt was listed on 46% of ingredients lists, and added sugar was present in 8% of high-protein products.

Regular puddings and mousses contained a mean of 11 ingredients per product. Sweeteners were listed less frequently than in high-protein products, appearing in 5% of ingredients lists, whereas flavourings were present in 84% of lists. Salt was listed on 44% of ingredients lists, and added sugar was found in 100% of regular products.

Protein in the high-protein puddings and mousses came mainly from dairy-derived ingredients. Milk protein powder was the principal concentrated source of protein, and skimmed milk or whole milk formed the base of most of these products.

Marketing and claims used on puddings and mousses

High-protein pudding and mousse marketing placed a strong emphasis on nutrition and performance-related benefits. They frequently highlighted the role of protein in supporting physical function (such as, “Protein contributes to the maintenance of muscle mass”). Prominent protein claims such as “20g protein” were consistently displayed, alongside other nutrient-focused statements, including “complete protein”, “vitamin B9”, “magnesium”, “low fat”, “no added sugar” and “9 essential amino acids”.

These products also commonly featured fitness-oriented imagery, such as depictions of flexed arm muscles or people engaged in sport or physical activity, visually reinforcing associations with strength, performance and health.

In contrast, regular puddings and mousses tended to focus on taste, indulgence and sensory appeal, with descriptors highlighting texture and heritage ingredients (such as “British cream” and “Belgian chocolate sauce”). Messaging often emphasised pleasure and enjoyment, such as “Yummy white and milk chocolate crème dessert, always made with delicious ingredients like tasty milk”.

Some products used co-branding to strengthen trust and appeal among the public. For example, collaborations between a brand associated with taste and indulgence and a brand synonymous with fitness and nutrition combined the credibility of both domains. This dual-brand strategy leveraged cross-category expertise, linking the sensory appeal of traditional desserts with the functional benefits valued in sports nutrition.

Cost of high-protein vs regular puddings and mousses

Mean, maximum and minimum costs per unit of product in Ireland and Northern Ireland are summarised in Table 3 and Table 4. The full list for all product costs is in Appendix 3.

Regular puddings and mousses were the more expensive dessert-style product across the island of Ireland.

Table 3: Cost (mean, minimum and maximum) for high-protein and regular puddings and mousses surveyed, per unit in Ireland

Product Category	Serving size range (g)	Mean	Minimum	Maximum
High-protein puddings and mousses	140–250	€1.51	€0.99	€1.99
Regular puddings and mousses	45–190	€1.96	€0.79	€4.69

Table 4: Cost (mean, minimum and maximum) for high-protein and regular puddings and mousses surveyed, per unit in Northern Ireland

Product Category	Serving size range (g)	Mean	Minimum	Maximum
High-protein puddings and mousses	140–250	£1.57	£1.00	£1.88
Regular puddings and mousses	45–190	£1.95	£0.78	£4.00

Health outcomes of high-protein diets

The recommended dietary allowance (RDA) of daily protein intake for an adult are 0.83 g of protein per kg of body weight in Ireland and 0.75 g per kg of body weight in Northern Ireland (3, 4). However, evidence suggests that higher protein intakes (of

1.0 to 1.6 g/kg BW/d) have health benefits. For instance, it may support bone and muscle health, weight management and metabolic regulation, particularly when combined with resistance exercise and adequate micronutrient intake. Benefits include reduced hip-fracture risk, improved strength and function in older adults, preservation of lean mass during weight loss, enhanced satiety, and improvements in systolic blood pressure and lipid profiles.

However, risks are also noted: long-term high-protein diets can increase kidney workload, particularly among individuals with existing renal risk, and diets high in red or processed meat are associated with higher cardiovascular mortality. In contrast, plant-based protein sources are consistently linked with reduced mortality and cardiometabolic benefits.

While a higher protein intake, typically in the range of 1.0–1.6 grams of protein per kilogram of body weight per day is often associated with benefits, particularly for older adults, optimal intake levels and the balance between different protein sources remain under discussion in the literature reviewed.

Bone health

A higher protein intake than the recommended daily allowance for adults (typically around 1.0–1.5 g per kilogram of body weight per day) may be associated with a reduced risk of hip fracture, though not fractures overall. For every additional 100 g per day of total and animal protein intake, and for each additional 15 g per day of fish intake, the risk of hip fracture was reduced by 48%, 50% and 5%, respectively (12). These associations were strongest when higher protein intake was combined with calcium supplementation, resistance training and balance exercises (13).

High intake of protein both in mid-life and later in life is inversely associated with pre-frailty or frailty in older adults. This emphasises the importance of an adequate protein intake to facilitate healthy ageing in older adults (14).

Cardiovascular health

High total protein intake was associated with a low likelihood of developing heart-related illnesses such as heart attacks or stroke (that is, associated with low cardiovascular morbidity). In addition, high intake of protein, from both animal and

plant sources, may offer a protective effect on the incidence rate of cardiovascular disease (15).

In particular, diets that are high in total protein and plant protein support improvements in vascular health and lipid profiles, respectively, seen through reduced triglyceride levels and systolic blood pressure improvements (16-18).

Liver and kidney function

Over longer time periods, high-protein diets are linked with increased renal workload (for example, glomerular hyperfiltration) and renal function decline. In the general population, and particularly in those at risk of kidney disease, high-protein diets can contribute to faster decline in kidney function and higher risk of chronic kidney disease (CKD) (19, 20). In addition, compared with protein from plant sources, animal protein has been associated with an increased risk of End-Stage Kidney Disease (ESKD) in several observational studies (21).

However, conflicting data showed a lower CKD risk significantly associated with higher intake of dietary total, plant or animal protein (especially fish and seafood) (22).

Metabolic health

While protein is essential for metabolic health at all life stages, evidence on the optimal amount, type, and timing of intake remains inconsistent. Protein intake that is higher than the RDA (for example, 1.2–1.6 g/kg BW/d) enhances postprandial diet-induced thermogenesis and may help to preserve resting energy expenditure (REE) during weight loss. The muscle-sparing role of higher-protein intakes during weight loss likely contributes to this resting energy expenditure maintenance (23).

Mortality

Total protein intake is not consistently linked with higher all-cause mortality; the type of protein is significant. Higher intake of animal protein, particularly from red and processed meat, is associated with an increased risk of cardiovascular mortality, while plant-based protein is linked with reduced mortality risk (24).

Muscle function

Higher protein intake (particularly when combined with resistance exercise) supports muscle mass, strength and function in healthy adults (25). In older adults, protein supplementation enhances the response to exercise, leading to improvements in lean body mass and grip strength, helping to counteract age-related muscle decline (sarcopenia) (26).

In people with overweight or obesity, protein can aid in preserving lean mass during weight loss (27). Overall, adequate, and higher protein intake (1.0 to 1.6 g/kg BW/d) is beneficial for maintaining skeletal muscle health (28).

Older adults

Higher-quality and good-quality protein intake, when combined with physical exercise, is consistently linked with better muscle mass, strength and physical function in older adults, helping to prevent or slow sarcopenia and frailty (29-31). How protein intake is spread across meals during the day also matters, with regular intakes of nutrient-dense protein sources being particularly beneficial (32).

Several reviews and cohort studies suggest that optimal protein intake for older adults should exceed the current recommended daily allowance (RDA), which is 0.83 g/kg body weight per day in Ireland and 0.75 g/kg body weight per day in Northern Ireland (3, 4). Intakes of 1.0–1.6 g/kg body weight per day are commonly recommended, with levels of up to 2.0 g/kg body weight per day suggested in some cases, such as for people with chronic disease or sarcopenia (32–34).

Weight management and satiety

High-protein diets (providing approximately 18–59% of total daily energy intake) have consistently been shown to support weight loss and reduce body fat, particularly when combined with a reduced calorie intake and regular physical activity (35-40).

Systematic reviews and meta-analyses demonstrate that higher protein intake results in greater weight loss and fat loss compared with lower-protein diets, while also enhancing satiety and protecting against muscle loss during weight reduction (41, 42).

Studies indicate that weight regain in the short term (3–12 months) is lower by 1–2 kg with high-protein diets than low-protein diets (43).

5. Discussion

Growing health and fitness trends have contributed to the rise in popularity of high-protein products. The findings of this report highlight the intersection between demand for health-focused foods and the marketing strategies used to position high-protein puddings and mousses within our food environments.

Food manufacturers have been quick to capitalise on rising demand by positioning high-protein puddings and mousses as products that support strength, performance, and health. Prominent front-of-pack protein claims, often displayed in large, bold font are designed to capture attention and create a powerful “health halo” around these products.

Quantified claims (such as 15 g or 20 g protein per pot) are particularly effective, as research shows that the public view them as more credible and informative than broader statements such as “high protein” (44). In addition to on-pack messaging, co-branding strategies (such as partnerships between indulgent pudding and mousse brands and sports nutrition companies) help to extend the reach of these products. This combination of indulgence and functionality broadens appeal, allowing these products to be positioned simultaneously as a dessert-style product and a health-oriented choice.

Survey results highlight the potential influence of marketing on consumer behaviour. People who consume these products are highly likely to focus on their protein content (45%) and view them as healthier alternatives to traditional puddings and mousses (23%). However, while almost half (45%) of respondents reported eating high-protein puddings and mousses to increase protein intake, most adults on the island of Ireland already consume protein above recommended levels.

This discrepancy suggests that marketing may contribute to a perception among the public that they need more protein or high-protein products than their actual nutritional requirements justify.

When compared with regular puddings and mousses, high-protein versions are lower in calories, sugar, fat and saturated fat. The use of front-of-pack “traffic light” labelling highlights this contrast, with many high-protein products displaying predominantly green or amber lights. High-protein puddings and mousses are more likely to contain artificial sweeteners than their regular equivalents, which rely on added sugar to increase sweetness and improve palatability (45).

All high-protein products surveyed met the European Food Safety Authority requirement that at least 20% of their energy must come from protein. In our sample, protein contributed between 30% and 56% of total energy, with a mean of almost 50%, confirming that these products clearly satisfy the regulatory definition of “high-protein”. The protein content of these products was almost entirely derived from dairy ingredients. Milk protein powder was the primary source of concentrated protein, while skimmed or whole milk formed the base of most products.

Interestingly, older adults, who stand to benefit most from increased protein intake due to risks of frailty and sarcopenia, were less likely to consume these products or check protein content compared to younger age groups. Almost one third (32%) of younger adults (aged 16–24) reported checking protein content before purchasing, compared with only 13% of older adults (65+). This misalignment highlights a striking irony: protein supplementation is often more necessary for older people, yet the products are most popular among younger groups who are already consuming protein above recommended levels.

Taken together, the evidence suggests that high-protein puddings and mousses are best viewed as a healthier alternative to their regular counterparts. Although, they may offer a lower-calorie, sugar and fat alternative to conventional puddings and mousses, they are not the recommended source for meeting protein requirements in the general population. Whole food sources of protein, such as legumes, dairy, eggs, poultry, fish and lean meat provide a broader range of nutrients than more highly processed options, as set out in the Healthy Ireland Food Pyramid and the FSA Eatwell Guide (46, 47).

The literature reviewed in this report underscores both the potential benefits and risks of high-protein diets. Benefits include improved muscle mass and function, enhanced satiety, and better metabolic and cardiovascular outcomes, particularly when protein intake is sourced from lean foods or plant-based foods. For older adults, higher protein intake can help reduce frailty and support healthy ageing.

On the other hand, excessive long-term consumption of protein, particularly from animal sources, has been associated with increased renal workload and higher risks of chronic kidney disease.

Limitations

Products in this survey were sampled at one time-point, meaning the entire range of high-protein products on the market may not have been available.

6. Conclusions

High-protein puddings and mousses have become a prominent feature of supermarket chilled food and dairy aisles across the island of Ireland. All products surveyed met the European Food Safety Authority definition of “high-protein”, with protein contributing around half of their total energy (7). Their popularity is especially strong among younger, more active people motivated by fitness goals and perceptions of health. This growth reflects not only increased interest in health and convenience but also highly effective marketing strategies, including quantified protein claims, health halo effects, and co-branding with fitness-oriented imagery.

Nutritionally, these products are typically lower in sugar, fat, and calories than traditional puddings and mousses. However, they should remain an occasional food choice (a food you only eat once in a while, not every day) rather than an everyday snack – as most adults on the island of Ireland already meet or exceed recommended protein intakes. It is clear that their widespread appeal is driven more by marketing and lifestyle aspirations than by genuine nutritional need.

From a public health perspective, these products should not be positioned as necessary for meeting protein requirements. A balanced diet based on whole food

sources of protein provides greater nutritional value and supports long-term health. Targeted education may help the public, particularly younger adults, to better understand marketing messages, while also encouraging older adults, who can benefit most from increased protein intake, to prioritise nutrient-dense sources.

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8. Appendices

Appendix 1: Online supermarkets surveyed on the island of Ireland

Store	Ireland	Northern Ireland
Online supermarket	1. Dunnes 2. Tesco 3. Supervalu 4. ALDI	1. Sainsbury's 2. ASDA

Appendix 2: Nutrition content of high-protein and regular puddings and mousses surveyed on the island of Ireland per 100 g

Nutrition content of high-protein puddings surveyed on the island of Ireland per 100 g

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100 g	Protein per 100 g	Fat per 100 g	Saturated fat per 100 g	Salt per 100 g	Sugar per 100 g	Cost in Ireland (€)	Cost in Northern Ireland (£)
Muller xMyprotein	Muller x Myprotein Chocolate Flavour Pudding 200g	200	200	89	10	2.3	1.5	0.34	4.5	1.91	1.63
Muller xMyprotein	Muller x Myprotein Vanilla Flavour Pudding 200g	200	200	84	10	1.8	1.2	0.35	4.4	1.91	1.63
Arla	Arla Protein Chocolate Flavour Pudding 200g	200	200	74	10	1.5	0.9	0.19	4.4	2.05	1.75
Arla	Arla Protein Salted Caramel Flavour Pudding 200g	200	200	72	10	1.5	0.9	0.25	4.4	2.05	1.75
Danone	GetPro 18g Protein Pudding	180	180	73	10	0.8	0.5	0.4	4.6	2.00	1.71

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100 g	Protein per 100 g	Fat per 100 g	Saturated fat per 100 g	Salt per 100 g	Sugar per 100 g	Cost in Ireland (€)	Cost in Northern Ireland (£)
Arla	Caramel Flavour 180g										
	Arla Protein Hazelnut Latte Pudding 200g	200	200	74	10	1.5	1	0.18	4.7	2.05	1.75
Nestle	Lindahls Protein Chocolate Pudding 140g	140	140	75	10	0.4	0.2	0.14	4.6	1.54	1.32
	Danone GetPro 18g Protein Pudding Chocolate Hazelnut Flavour 180g	180	180	76	10	0.9	0.6	0.31	4.4	2.00	1.71
Muller	Muller Light Protein Choc Brownie Flavour Pudding 140g	140	140	89	10.1	1.5	0.9	0.15	6.4	1.69	1.44
	Everest Chocolate Protein Pudding 200g	200	200	73	10	1.6	1	0.18	4.1	1.75	1.50
Nestle	Lindahls Protein Pudding Salted Caramel 140g	140	140	71	10	0.2	0.1	0.28	5	1.50	1.28

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100 g	Protein per 100 g	Fat per 100 g	Saturated fat per 100 g	Salt per 100 g	Sugar per 100 g	Cost in Ireland (€)	Cost in Northern Ireland (£)
Everest	Everest Salted Caramel Protein Pudding 200g	200	200	74	10	1.5	1	0.31	4.6	1.75	1.50
Everest	Everest Caramel Peanut Protein Pudding 200g	200	200	74	10	1.5	1	0.38	4.4	1.75	1.50
Ehrmann	Ehrmann High Protein Chocolate Pudding 200g	200	200	76	10	1.5	1	0.12	4	1.89	1.62
Ehrmann	Ehrmann High Protein White Choc Style Pudding 200g	200	200	81	10	2.1	1.4	0.1	4	1.89	1.62
Brooklea	Dreemy Protein Pudding 200g Brooklea	200	200	73	10	3.2	1.5	0.3	4.4	1.29	1.10
Brooklea	White Chocolate Flavour Protein Pudding 200g Brooklea	200	200	81	10	2.2	1.5	0.19	4.1	0.99	0.85
Brooklea	Chocolate Flavour Protein Pudding 200g Brooklea	200	200	79	10	1.6	1.5	0.17	4.6	0.99	0.85

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100 g	Protein per 100 g	Fat per 100 g	Saturated fat per 100 g	Salt per 100 g	Sugar per 100 g	Cost in Ireland (€)	Cost in Northern Ireland (£)
Brooklea	pudding 200g Brooklea										
	Caramel Flavour Protein Pudding 200g Brooklea	200	200	80	10	1.6	1.5	0.22	4.6	0.99	0.85
Fit Foods	Fit Foods Chocolate Flavoured Pudding with Sweeteners 200g	200	200	82	10	1.8	1.5	0.26	4.8	1.89	1.62
Fit Foods	Fit Foods Vanilla Flavoured Pudding with Sweeteners 200g	200	200	78	10	1.4	1.5	0.23	4.9	1.89	1.62
Fit Foods	Fit Foods Caramel Flavoured Pudding with Sweeteners 200g	200	200	80	10	1.5	1.5	0.38	4.9	1.89	1.62
Muller	Muller Rice Protein Chocolate Flavour 180g	180	180	95	7.5	2.9	1.5	0.3	4.3	1.43	1.22

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100 g	Protein per 100 g	Fat per 100 g	Saturated fat per 100 g	Salt per 100 g	Sugar per 100 g	Cost in Ireland (€)	Cost in Northern Ireland (£)
Muller	Muller Rice Protein Vanilla Flavour 180g	180	180	91	8.1	2.8	1.5	0.3	4.2	1.43	1.22
Brooklea	Vanilla Protein Rice 180g Brooklea	180	180	101	7.9	2	1.5	0.26	5.3	0.99	0.85
Brooklea	Chocolate Protein Rice 180g Brooklea	180	180	105	8	2.5	1.5	0.25	5.4	0.99	0.85
Muller	Muller Light Protein Chocolate Orange Pudding 140g	140	140	88	10.1	1.5	1.5	0.15	6.3	1.17	1.00
Everest	Everest Milky Whip Nougat Protein Pudding 200g	200	200	74	10	1.6	1.5	0.3	4.4	1.75	1.50
Ufit	UFIT Pudding Double Chocolate 250g	250	250	76	10	1.5	1.5	0.12	4	2.20	1.88
Ufit	UFIT Pudding Creamy Caramel 250g	250	250	74	10	1.3	1.5	0.2	4	2.20	1.88

Nutrition content of high-protein mousses surveyed on the island of Ireland per 100g

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100g	Protein per 100g	Fat per 100g	Saturated fat per 100g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
Muller x Myprotein	Muller x Myprotein Chocolate Flavor Mousse 200g	200	200	84	10.2	2.7	2	0.26	3.5	2.67	2.28
Muller x Myprotein	Muller x Myprotein Salted Caramel Flavor Mousse 200g	200	200	85	10.7	2.6	2	0.43	3.5	2.67	2.28
Danone	GetPro 20g Protein Mousse Chocolate Flavour 200g	200	200	85	10	2.3	1.6	0.25	4.3	2.67	2.28
Ehrmann	Ehrmann High Protein Chocolate Mousse 200g	200	200	76	10	1.6	1.1	0.1	4	1.99	1.70

Brooklea	Chocolate Flavour Protein Mousse 200g Brooklea	200	200	77	10	1.5	1	0.24	4.2	1.39	1.19
Brooklea	Salted Caramel Flavour Protein Mousse 200g Brooklea	200	200	76	10	1.7	1.2	0.39	4.2	1.39	1.19
Brooklea	Protein Mousse White Chocolate Flavour 200g Brooklea	200	200	74	10	1.5	1	0.26	4.6	1.39	1.19

Nutrition content of regular puddings surveyed on the island of Ireland per 100 g

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100g	Protein per 100g	Fat per 100g	Saturated fat per 100g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
ASDA	ASDA Creme Caramel Dessert 6 x 100g (600g)	600	100	107	2.4	2	1.3	0.05	16	1.52	1.30
ASDA	ASDA 6 Chocolate Supremes 6 x 85g (510g)	510	85	126	3.1	5.2	3.2	0.13	14	1.70	1.45
ASDA	ASDA Strawberry Supremes 6 x 85g (510g)	510	85	125	2.6	4.6	3	0.18	15	1.70	1.45
Cadbury	Cadbury Flake with a Cadbury Milk Chocolate Dessert 75g	75	75	270	4.7	14.1	7.9	0.13	27.5	0.91	0.78
Cadbury	Cadbury Dairy Milk with Mini Eggs 75g	75	75	309	4.3	14.2	8	0.13	33.3	0.91	0.78

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100g	Protein per 100g	Fat per 100g	Saturated fat per 100g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
Cadbury	Cadbury Dairy Milk Pots of Joy Chocolate Dessert 4 x 60g (240g)	240	60	4.2	11.7	7.2	0.1	24.6	4.2	3.14	2.68
Cadbury	Cadbury Dairy Milk Pots of Joy Caramel Chocolate Dessert 4 x 60g (240g)	240	60	213	2.5	10.5	7.6	0.2	26	3.14	2.68
Cadbury	Cadbury Dairy Milk Buttons 75g	75	75	281	4.7	15	8.4	0.13	28	0.91	0.78
Cadbury	Cadbury Creme Egg Creamy Milk Chocolate Dessert Pots 4 x 60g (240g)	240	60	232	3.3	9.5	6.4	0.1	32.9	3.14	2.68
Nestle	Milkybar White Chocolate	260	65	150	4.4	7.9	5.1	0.18	17	3.32	2.84

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100g	Protein per 100g	Fat per 100g	Saturated fat per 100g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
Nestle	Dessert 4 x 65g (260g)										
	Milkybar Mixups White & Milk Chocolate Dessert 4 x 65g (260g)	260	65	158	5	6.3	3.8	0.18	18.5	2.90	2.48
Nestle	Milkybar Desserts 6 x 55g (330g)	330	55	156	3.4	7.5	4.7	0.54	14.4	2.90	2.48
	Milkybar Gold White Chocolate Caramel Dairy Dessert 4 x 65g (260g)	260	65	141	5.5	4.3	2.7	0.19	17.9	1.56	1.33
ASDA	Exceptional by ASDA Double Chocolate Pudding 400g	400	100	382	5.6	20	13	0.41	31	3.16	2.70

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100g	Protein per 100g	Fat per 100g	Saturated fat per 100g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
Muller	Muller Light Milk Chocolate & Caramel Flavour Layers Choc Pot 4 x 80g (320g)	320	80	89	2.9	2.4	1.5	0.17	9	4.66	3.98
Muller	Muller Light Choc Pot Milk Chocolate 4 x 80g (320g)	320	70	100	3.4	2.7	1.6	0.13	9.6	1.38	1.18
Muller	Muller Light Choc Pot Milk Chocolate & Orange Flavour 4 x 80g (320g)	320	80	96	3.4	2.6	1.6	0.14	10.4	1.38	1.18
Dessert Menu	Double Chocolate Dessert 190g Dessert Menu	190	190	125	3	5.4	3.9	0.11	12	1.38	1.18

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100g	Protein per 100g	Fat per 100g	Saturated fat per 100g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
Dessert Menu	Toffee Dessert 190g Dessert Menu	190	190	110	2.6	4.5	3.1	0.18	12	0.95	0.81
Dessert Menu	Vanilla Dessert 190g Dessert Menu	190	190	115	2.8	5.3	3.8	0.18	11	0.95	0.81
Nestle	Nestle Rolo Dessert 2 x 65g (130g)	130	65	209	3.4	9.7	6.3	0.3	23.2	0.95	0.81
Muller	Muller Rice Strawberry Low Fat Dessert 170g	170	170	100	3	1.8	1.1	0.2	12	1.69	1.44
Muller	Muller Rice Original Low Fat Dessert 170g	170	170	96	3.5	2.1	1.3	0.2	9.7	1.19	1.02
Muller	Muller Rice Vanilla Custard Low	170	170	104	3.2	2	1.2	0.2	12.5	1.19	1.02

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100g	Protein per 100g	Fat per 100g	Saturated fat per 100g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
Muller	Fat Dessert 170g										
	Muller Rice Apple Low Fat Dessert 170g	170	170	99	3	1.8	1.1	0.2	12.2	1.19	1.02
Rachel's Dairy Ltd.,	Rachel's Organic Divine Rice 2 x 150g (300g)	300	150	137	3.4	5.4	3.5	0.3	10.4	1.19	1.02
Nestle	Yorkie Milk Chocolate Dessert 2 x 65g (130g)	130	65	141	5.3	4.5	2.5	0.18	17.9	2.29	1.96
Alpro	Alpro Vanilla Dairy Free Vegan Soya Dessert 4 x 125g (500g)	500	125	87	3.2	1.8	0.3	0.14	11	1.69	1.44
Oddlygood Global	Oddly Good Plant-Based Dreamy	130	130	183	2.9	11	8	0.1	18	3.00	2.56

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100g	Protein per 100g	Fat per 100g	Saturated fat per 100g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
Oddlygood Global	Lemon Dessert 130g										
	Oddly Good Dreamy Caramel Dessert 130g	130	130	189	3	12	8.6	0.18	14	1.99	1.70
Oddlygood Global	Oddly Good Dreamy Berries Dessert 130g	130	130	185	3	11	8	0.09	14	1.99	1.70
Cadbury	Cadbury Dairy Milk Chunks Chocolate Dessert 75g	75	75	283	4.7	15.2	8.5	0.12	27.5	1.99	1.70
Ambrosia	Ambrosia Dessert Pots Chocolate & Salted Caramel Sauce 2 x 110g (220g)	220	110	129	2.7	3.5	1.9	0.22	16.1	1.48	1.26

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100g	Protein per 100g	Fat per 100g	Saturated fat per 100g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
The Coconut Collab Ltd.,	The Coconut Collab Chocolate & Caramel Dessert 110g	110	110	189	1.1	8.7	7.6	0.25	20.7	2.50	2.14
Alpro (UK) Ltd	Alpro Chocolate Dairy Free Vegan Soya Dessert 4 x 125g (500g)	500	125	83	3.1	2	0.6	0.14	10.1	2.00	1.71
Alpro (UK) Ltd	Alpro Dark Chocolate Dairy Free Vegan Soya Dessert 4 x 125g (500g)	500	125	95	3.1	2.3	0.8	0.13	12	3.00	2.56
Bonne Maman	Bonne Maman Creme Caramel Dessert 4 x 100g (400g)	400	100	174	4.2	8.6	4.7	0.11	19	3.00	2.56

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100g	Protein per 100g	Fat per 100g	Saturated fat per 100g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
Ambrosia	Ambrosia Rice Pudding 4 x 125g (500g)	500	125	94	3.1	2	1.1	0.14	8.7	3.74	3.20
Bonne Maman	Bonne Maman Creme Brulee Dessert 2 x 100g (200g)	200	100	237	4.5	15	8.5	0.11	21	3.45	2.95
Bonne Maman	Bonne Maman Salted Caramel Creme Dessert 2 x 90g (180g)	180	90	243	2	16	10	0.3	17	3.74	3.20
Pots & Co	Pots & Co Lemon & Lime Posset Dessert 91g	91	91	378	1.4	31.4	18.7	0.04	21.1	2.57	2.20
The Coconut Collab Ltd.,	The Coconut Collab Choc & Cream chocolate	240	60	232	1.5	18	15	0.06	12	2.57	2.20

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100g	Protein per 100g	Fat per 100g	Saturated fat per 100g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
Ambrosia	dessert 4 x 60g (240g)										
	Ambrosia Deluxe Rice Pudding Salted Caramel 2 x 100g (200g)	200	100	118	3.3	4.5	2.7	0.25	8.9	3.45	2.95
The Coconut Collab Ltd.,	The Coconut Collab Choc Pots chocolate dessert 4 x 45g (180g)	180	45	205	2	13	11	0.06	14	1.87	1.60
Cadbury	Cadbury Big Pot Caramilk Dessert 350g	350	58	217	4.1	8	4.7	0.11	31	3.45	2.95
Sainsbury's	Sainsbury's Cream Rice Pudding 2 x 125g (250g)	250	125	188	2.6	9.9	7.6	0.07	8.7	3.51	3.00

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100g	Protein per 100g	Fat per 100g	Saturated fat per 100g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
Sainsbury's	Sainsbury's Cream Rice Pudding 500g	500	125	196	3.3	10.8	7.9	0.06	9.5	3.22	2.75
Pots & Co	Pots & Co Salted Caramel & Chocolate Ganache 2 x 82g (164g)	164	82	419	3.5	33	17	0.5	24	4.68	4.00
Ambrosia	Ambrosia Deluxe Rice Madagascar Vanilla 2 x 110g (220g)	220	110	120	3.3	4.4	2.6	0.22	9.6	2.57	2.20
Sainsbury's	Crème Caramel Milk Desserts with Caramel Sauce 4 x 100g (400g)	400	100	110	2.2	1.6	1	0.2	20.6	1.87	1.60
Zott	Zott Monte Maxi	400	100	181	2.6	11.8	7.8	0.07	13.7	1.46	1.25

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100g	Protein per 100g	Fat per 100g	Saturated fat per 100g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
	Chocolate & Hazelnut Milk Dessert 4 x 100g (400g)										
Ambrosia	Ambrosia Low Fat Custard Pots 4 x 125g (500g)	500	125	78	2.9	2	1	0.12	7.4	3.04	2.60
Ambrosia	Ambrosia Deluxe Custard Belgian Chocolate 2 x 120g (240g)	240	120	133	3.1	4.5	2.4	0.1	14.7	3.45	2.95
Pots & Co	Pots & Co Little Pots of 70% Chocolate Ganache 4 x 50g (200g)	200	50	379	3.1	30	17	0.34	15	1.87	1.60

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100g	Protein per 100g	Fat per 100g	Saturated fat per 100g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
The Coconut Collab Ltd.,	The Coconut Collab Vanilla Custard 400g	400	100	110	0.4	4.9	4.2	0.01	8.3	4.62	3.95
Dessert Menu	Chocolate & Cream Dessert 190g Dessert Menu	190	190	117	3.1	5.2	3.6	0.1	12	3.45	2.95
Brooklea	Strawberry Rice Pudding 180g Brooklea	180	180	99	3	2	1.3	0.12	11	0.95	0.81
Brooklea	Rice Original 180g Brooklea	180	180	101	3.3	2.4	1.6	0.12	9.6	0.79	0.68
Brooklea	Vanilla Custard Rice 180g Brooklea	180	180	112	3.1	2	1.3	0.12	14	0.79	0.68
Brooklea	Apple Rice Pudding 180g Brooklea	180	180	105	3	2	1.3	0.12	13	0.79	0.68
Brooklea	Light Choc Pots With Milk Chocolate 4 x	320	80	81	4	1.8	1.1	0.14	8.6	0.79	0.68

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100g	Protein per 100g	Fat per 100g	Saturated fat per 100g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
Brooklea	80g (320g) Brooklea										
	Light Choc Pots With Milk Chocolate & Caramel 4 x 80g (320g) Brooklea	320	80	80	3.8	1.6	1	0.22	9.6	1.99	1.70
Dessert Menu	Custard Dessert Menu 4 x 150g (600g)	600	150	80	3	1.3	0.9	0.13	12	1.99	1.70
Alpro	Alpro Desserts Caramel 4 x 125g (500g)	500	125	86	3.2	1.8	0.3	0.14	10.9	2.09	1.79
The Coconut Collab Ltd	The Coconut Collaborative Salted Caramel Pots 4 x 45g (180g)	180	45	263	2.1	14	11	0.36	27	2.89	2.47
Ambrosia	Ambrosia Caramelised	220	110	122	3.3	3.9	2.3	0.15	11.1	3.49	2.98

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100g	Protein per 100g	Fat per 100g	Saturated fat per 100g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
Ambrosia	Biscuit Flavour Deluxe Rice 2 x 110g (220g)										
	Ambrosia Dessert Pots Belgian Chocolate & Mint Fondant Sauce 2 x 110g (220g)	220	110	127	2.9	3.6	2	0.11	15.2	1.15	0.98
Nestle	Nesquik Chocolate Desserts 6 x 55g (330g)	330	55	171	4.2	6.9	4.5	0.55	19	1.87	1.60
Sunny South	Sunny South 4 pack Ready to Eat Custard Pots 150g (600g)	600	150	98	3.2	2.3	1.4	0.1	12	1.56	1.33
Dunnes (IR)	Dunnes Stores My Family	500	125	122	3	4	2.5	0.15	15.4	3.50	2.99

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100g	Protein per 100g	Fat per 100g	Saturated fat per 100g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
	Favourites										
	Chocolate Dessert with Dairy Milk 4 x 125g (500g)										
Ambrosia	Ambrosia	150	150	89	2.8	2.9	1.5	0.1	8.6	0.99	0.85
	Banana Devon Custard Pot 150g										
Ambrosia	Ambrosia	150	150	77	3.2	1.3	0.7	0.13	6	1.15	0.98
	Light Rice Pudding Pot 150g										
Ambrosia	Ambrosia	220	110	120	3.3	4.3	2.5	0.14	9.6	1.15	0.98
	Apple & Cinnamon Flavour Deluxe Rice 2 x 110g (220g)										
Ambrosia	Ambrosia	500	125	96	2.8	2.9	1.5	0.11	10.6	1.15	0.98
	Ready To Eat										

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100g	Protein per 100g	Fat per 100g	Saturated fat per 100g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
Ambrosia	Devon Custard 4 x 125g (500g)										
Ambrosia	Ambrosia Mini Custard 30% Less Sugar 6 x 55g (330g)	330	55	88	2.9	3	1.5	0.11	8	4.55	3.89
Ambrosia	Ambrosia Devon Custard Strawberry 150g	150	150	89	2.8	2.9	1.5	0.1	8.6	3.60	3.08
Ambrosia	Ambrosia Chocolate Flavour Devon Custard 4 x 120g (480g)	480	120	100	3.1	2.9	1.5	0.1	11.4	1.10	0.94
Sunny South	Sunny South Low Fat Custard Pots 4 x 150g (600g)	600	150	88	3.2	1.3	0.8	0.1	12	4.69	4.01

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100g	Protein per 100g	Fat per 100g	Saturated fat per 100g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
Sainsbury's	Sainsbury's Vanilla Custard, Taste the Difference 500g	500	125	181	2.7	12.6	7.9	0.08	10.2	3.50	2.99
Sainsbury's	Sainsbury's Fresh Custard 500g	500	125	97	2.6	4.4	2.9	0.11	6.8	3.45	2.95
Ambrosia	Ambrosia Deluxe Custard Madagascar Vanilla 2 x 120g (240g)	220	120	122	2.8	5	2.7	0.11	11.1	2.81	2.40
Ambrosia	Ambrosia Custard Mini Pots 6 x 55g (330g)	330	55	100	2.8	2.9	1.5	0.1	11.6	1.60	1.37
Ambrosia	Ambrosia Banana Devon	150	150	89	2.8	2.9	1.5	0.1	8.6	2.93	2.50

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100g	Protein per 100g	Fat per 100g	Saturated fat per 100g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
	Custard Pot	150g									

Nutrition content of regular mousses surveyed on the island of Ireland per 100 g

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100 g	Protein per 100 g	Fat per 100 g	Saturated fat per 100 g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
Cadbury	Cadbury Caramilk Mousse 4 x 45g (180g)	180	45	159	4.8	4	2.6	0.1	22	2.32	1.98
Cadbury	Cadbury Dairy Milk Mousse 4 x 45g (180g)	180	45	200	6.1	5.2	3.3	0.09	23	2.32	1.98
Cadbury	Cadbury Wispa Chocolate Dessert 4 x 45g (180g)	180	45	195	5.7	5.3	3.3	0.09	17.6	2.32	1.98

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100 g	Protein per 100 g	Fat per 100 g	Saturated fat per 100 g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
Nestle	Aero Peppermint & Chocolate Bubbly Mousse 4 x 58g (232g)	232	58	128	5.1	4	2.8	0.21	17.6	2.01	1.72
Nestle	Aero Milk Chocolate Bubbly Mousse 4 x 59g (236g)	236	59	152	4.9	4.3	2.9	0.22	21.8	2.01	1.72
Nestle	Aero Chocolate Caramel Bubbly Mousse 4 x 58g (232g)	232	58	142	5.1	3.9	2.6	0.22	20.2	2.01	1.72
ASDA	ASDA Strawberry Mousses 6 x 60g (360g)	360	60	127	3	5.6	4.8	0.08	14	1.16	0.99

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100 g	Protein per 100 g	Fat per 100 g	Saturated fat per 100 g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
ASDA	ASDA Chocolate Mousses 6 x 60g (360g)	360	60	152	4	5.7	4.3	0.08	18	1.29	1.10
ASDA	Exceptional by ASDA Belgian Chocolate Mousse 100g	100	100	285	6.2	18	12	0.09	23	1.17	1.00
ASDA	Exceptional by ASDA Salted Caramel Mousse 100g	100	100	242	3.4	17	11	0.46	16	1.17	1.00
ASDA	ASDA Free From Chocolate Mousses	180	90	274	1.9	12	10	0.1	16	2.22	1.90
Nestle	After Eight Chocolate Peppermint Flavoured Mousse 4 x 57g (228g)	228	57	214	4.2	13.7	9	0.16	17.8	2.32	1.98

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100 g	Protein per 100 g	Fat per 100 g	Saturated fat per 100 g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
ASDA	Just Essentials by ASDA 6 Chocolate Mousses 6 x 60g (360g)	360	60	133	4.5	4.5	3.6	0.14	16	1.01	0.86
Nestle	Milkybar White Chocolate Mousse 4 x 55g (220g)	220	55	127	4.9	4	2.6	0.2	17.6	2.01	1.72
Nestle	Ski Strawberry Mousses 4 x 60g (240g)	240	60	121	3.9	4.9	3.4	0.1	13	1.56	1.33
Nestle	Aero Creations Chocolate Mousse 4 x 57g (228g)	228	57	207	5.6	11.6	7.5	0.13	17.9	2.59	2.21
Nestle	Aero Chocolate Caramel	232	58	142	5.1	3.9	2.6	0.22	20.2	4.50	3.85

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100 g	Protein per 100 g	Fat per 100 g	Saturated fat per 100 g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
	Bubbly Mousse 4 x 58g (232g)										
Dunnes Stores Simply Better	Dunnes Stores Simply Better French Chocolate Mousse 2 x 100g (200g)	200	100	347	8	25	15	0.24	18	5.50	4.70
Dunnes Stores Simply Better	Dunnes Stores Simply Better Handmade Mango & Passion Fruit Mousse 2 x 125g (250g)	250	125	207	2	12	7.4	0.15	20	2.57	2.20
Bonne Maman	Bonne Maman Chocolate Mousse Dessert 2 x 70g (140g)	140	70	295	3.6	22.7	14.1	0.1	18.1	2.57	2.20

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100 g	Protein per 100 g	Fat per 100 g	Saturated fat per 100 g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
Bonne Maman	Bonne Maman Strawberry Mousse Dessert 2 x 70g (140g)	140	70	172	2.4	7.7	4.7	0.1	22	2.57	2.20
Bonne Maman	Bonne Maman Clementine & Lemon Mousse Dessert 2 x 70g (140g)	140	70	171	2.8	9.3	6.4	0.1	15.9	2.57	2.20
Bonne Maman	Bonne Maman Blackcurrant Mousse Dessert 2 x 70g (140g)	140	70	166	2.6	7.6	4.7	0.08	19.3	3.22	2.75
Gü	Gü Dark Chocolate Mousses with Ganache Desserts 2 x 70g (140g)	140	70	375	6.4	28	16	0.44	25	1.29	1.10

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100 g	Protein per 100 g	Fat per 100 g	Saturated fat per 100 g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
Sainsbury's	Sainsbury's Colombian Coffee Mousse, Taste the Difference 100g	100	100	265	4.5	17.9	12.2	0.09	19	1.29	1.10
Sainsbury's	Sainsbury's Belgian Chocolate Mousse, Taste the Difference 100g	100	100	285	5.3	18.4	11.7	0.06	19.2	1.40	1.20
Sainsbury's	Sainsbury's Mousse Chocolate 6 x 60g (360g)	360	60	152	4	5.7	4.3	0.08	18.4	2.87	2.45
Plant Pioneers	Plant Pioneers Chocolate & Salted Caramel Pots	200	100	237	0.7	10.8	9.2	0.22	16.5	1.87	1.60

Product brand	Product name	Product size as sold (g)	Serving size (g)	kcal per 100 g	Protein per 100 g	Fat per 100 g	Saturated fat per 100 g	Salt per 100g	Sugar per 100g	Cost in Ireland (€)	Cost in Northern Ireland (£)
Ambrosia	2 x 100g (200g)										
	Ambrosia Mousse Belgian Chocolate 2 x 60g (120g)	120	60	194	4.1	9.4	6	0.19	19.5	1.17	1.00
ASDA	ASDA Toffee Layered Mousse 100g	100	100	235	3.8	15	10	0.11	19	1.10	0.94
ASDA	ASDA Sweet Toffee Dessert 100g	100	100	235	3.8	15	10	0.11	19	1.17	1.00
ASDA	ASDA Chocolate Layered Mousse 100g	100	100	231	4.6	16	10	0.1	15	1.17	1.00

Appendix 3: Ingredients lists of high-protein and regular puddings and mousses surveyed on the island of Ireland

Ingredients in high-protein puddings

Product (n=30)	Ingredients list
Muller x Myprotein Chocolate Flavour Pudding 200g	Skimmed Milk, Milk Proteins, Cream, Cocoa Powder (2%), Modified Maize Starch, Acidity Regulator: Sodium Phosphates; Sweeteners: Acesulfame K, Sucralose; Stabilisers: Carrageenan, Cellulose Gum
Muller x Myprotein Vanilla Flavour Pudding 200g	Skimmed Milk, Milk Proteins, Cream, Modified Maize Starch, Acidity Regulator: Sodium Phosphates, Sweeteners: Acesulfame K, Sucralose, Stabilisers: Carrageenan, Cellulose Gum, Colour: Carotenes, Natural Flavouring
Arla Protein Chocolate Flavour Pudding 200g	Milk (87%), Milk Protein, Sweeteners (Erythritol, Steviol Glycosides from Stevia), Fat-Reduced Cocoa Powder ² (1.8%), Stabilisers (carrageenan, Guar Gum), Natural Flavourings, Lactase Enzyme, Branched Chain Amino Acids (Leucine, Isoleucine, Valine), Acidity Regulator (Trisodium Citrate Dihydrate), Magnesium Carbonate, Vitamin D3, Lactose Content <0,01 g/100 g, ² Rainforest Alliance Certified. ra.org
Arla Protein Salted Caramel Flavour Pudding 200g	Milk (87%), Milk Protein, Sweeteners (Erythritol, Steviol Glycosides from Stevia), Stabilisers (Carrageenan, Guar Gum), Natural Flavourings, Lactase Enzyme, Branched Chain Amino Acids (Leucine, Isoleucine, Valine), Acidity Regulator (Trisodium Citrate Dihydrate), Magnesium Carbonate, Salt, Vitamin D3, Lactose Content <0,01g/100g
GetPro 18g Protein Pudding Caramel Flavour 180g	Skimmed Milk (87%), Milk Protein, Modified Maize Starch, Cream (Milk), Magnesium Salt of Citric Acid, Stabilisers (Sodium Phosphates,

Product (n=30)	Ingredients list
Arla Protein Hazelnut Latte Pudding 200g	Triphosphates, Diphosphates), Colours (Sulphite Ammonia Caramel, Paprika Extract, Carotenes), Flavourings, Salt, Sweetener (Sucralose), Folic Acid (Vitamin B9) Milk 87%, Milk Protein, Sweeteners (Erythritol, Steviol Glycosides from Stevia), Stabilisers (Carrageenan, Guar Gum), Natural Flavourings, Lactase Enzyme, Branched Chain Amino Acids (Leucine, Isoleucine, Valine), Magnesium Carbonate, Acidity Regulators (E450, E451), Vitamin D3, Lactose Content <0,01g/100g
Lindahls Protein Chocolate Pudding 140g	Skimmed Milk (86%), Milk Protein, Modified Starch, Fat Reduced Cocoa Powder (2.0%), Thickener (Pectins), Sweeteners (Acesulfame-K, Sucralose)
GetPro 18g Protein Pudding Chocolate Hazelnut Flavour 180g	Skimmed Milk (86%), Milk Protein, Modified Maize Starch, Cream (Milk), Fat Reduced Cocoa Powder, Magnesium Salt of Citric Acid, Flavouring, Stabiliser (Sodium Phosphates), Emulsifier (Polyphosphates), Salt, Sweetener (Sucralose), Folic Acid (Vitamin B9)
Muller Light Protein Choc Brownie Flavour Pudding 140g	Water, Skimmed Milk from Concentrate, Milk Protein, Milk Chocolate [4%] [Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Skimmed Milk Powder, Emulsifier: Soya Lecithin; Salt, Vanilla Extract], Fat Reduced Cocoa Powder, Modified Maize Starch, Flavourings, Stabiliser: Pectin;, Sugar, Sweeteners: Sucralose, Acesulfame K;, Vitamin B6
Everest Chocolate Protein Pudding (200g)	Skimmed and Pasteurised MILK (82%), MILK Protein Powder, Water, Pasteurised CREAM (MILK), Cocoa (1.8%), Modified Starch, Flavouring, Stabiliser: Carrageenan, Acidity

Product (n=30)	Ingredients list
Lindahls Protein Pudding Salted Caramel (140g)	Regulator: Sodium Phosphate, Sweetener: Sucralose Skimmed MILK (86%), MILK Protein, Modified Starch, Caramel (Glucose Syrup, Sugar, Water), Thickener (Pectins), Flavouring, Salt, Colour (Carotenes), Sweeteners (Sucralose, Acesulfame K)
Everest Salted Caramel Protein Pudding (200g)	MILK, MILK PROTEIN, Stabiliser: Carrageenan, Modified Starch, Sweetener: Sucralose, Acidity Regulator: Sodium Carbonate, Natural Flavouring, Salt
Everest Caramel Peanut Protein Pudding (200g)	Skimmed MILK (82%), MILK Protein Powder, Water, CREAM (MILK), Fat-Reduced Cocoa Powder, Modified Starch, Stabilisers: Carrageenan, Sodium Carboxymethylcellulose, Flavouring, Acidity Regulator: Sodium Phosphate, Salt, Sweetener: Sucralose
Ehrmann High Protein Chocolate Pudding (200g)	Skimmed MILK, MILK Protein 8,5%, CREAM, Cocoa Powder 1,8%, Low Fat Cocoa Powder 0,2%, Modified Starch, Lactase, Thickeners (Carrageenan, E 466), Sweeteners (Acesulfame K, Sucralose), Natural Flavouring
Ehrmann High Protein White Choc Style Pudding (200g)	Skimmed MILK, MILK Protein 8,5%, Whipping CREAM, Modified Starch, Thickeners (Carrageenan, E 466), Flavouring, Lactase, Sweeteners (Acesulfame K, Sucralose)
Dreemy Protein Pudding 200g Brooklea	Skimmed Milk (82%), Milk Protein Powder, Water, Single Cream (Milk) (3%), Fat Reduced Cocoa Powder (1.5%), Stabilisers: Carrageenan, Sodium Carboxy Methyl Cellulose; Flavouring, Modified Maize Starch, Salt, Acidity Regulator: Sodium Phosphates; Sweetener: Sucralose.
White Chocolate Flavour Protein Pudding 200g Brooklea	Skimmed Milk, Milk Protein (8%), Whipping Cream (Milk), Cocoa Powder* (1.5%), Modified Starch, Thickeners:

Product (n=30)	Ingredients list
	Carrageenan, Sodium Carboxy Methyl Cellulose; Low Fat Cocoa Powder*, Lactase, Flavouring, Sweeteners: Acesulfame K, Sucralose.
Chocolate Flavour Protein Pudding 200g Brooklea	Skimmed Milk, Milk Protein (8%), Whipping Cream (Milk), Cocoa Powder* (1.5%), Modified Starch, Thickeners: Carrageenan, Sodium Carboxy Methyl Cellulose; Low Fat Cocoa Powder*, Lactase, Flavouring, Sweeteners: Acesulfame K, Sucralose.
Caramel Flavour Protein Pudding 200g Brooklea	Skimmed Milk, Milk Protein (9%), Whipping Cream (Milk), Modified Starch, Flavouring, Thickeners: Carrageenan, Sodium Carboxy Methyl Cellulose; Colours: Carotenes, Sulphite Ammonia Caramel; Lactase, Salt, Sweeteners: Acesulfame K, Sucralose.
Fit Foods Chocolate Flavoured Pudding with Sweeteners 200g	Low-Fat Milk (87%), Milk Protein (8%), , Cocoa Powder (1.8%), Modified Starch, Low-Fat Cocoa Powder (0.7%), Thickeners: Carrageenan, Sodium Carboxymethyl Cellulose, Stabiliser: Sodium Phosphates, Natural Flavouring Sweeteners: Acesulfame K Sucralose Acidity Regulator: Sodium Hydroxide
Fit Foods Vanilla Flavoured Pudding with Sweeteners 200g	Low-Fat Milk (89%), Milk Protein (8%), Modified Starch, Thickeners: Carrageenan, Sodium Carboxymethyl Cellulose, Natural Flavouring, Stabiliser: Sodium Phosphates, Acidity Regulator: Sodium Hydroxide, Sweeteners: Acesulfame K, Sucralose, Extracted Vanilla Seeds, Colour: Carotene
Fit Foods Caramel Flavoured Pudding with Sweeteners 200g	Low-Fat Milk (89%), Milk Protein (8%), Modified Starch, Natural Flavouring, Thickeners: Carrageenan, Sodium Carboxymethyl Cellulose, Stabiliser: Sodium Phosphates, Colours: Ammonium Sulphite Caramel, Carotene, Salt, Sweeteners: Acesulfame K Sucralose

Product (n=30)	Ingredients list
Muller Rice Protein Chocolate Flavour 180g	Skimmed Milk, Buttermilk, Water, Rice (6%), Milk Protein Powder, Cream [Milk], Whole Egg Powder, Cocoa Powder [0.5%], Modified Maize Starch, Stabilisers: Carob Bean Gum, Guar Gum, Carrageenan, Cellulose Gum, Salt, Sweeteners: Acesulfame K, Sodium Cyclamate, Flavouring
Muller Rice Protein Vanilla Flavour 180g	Skimmed Milk, Buttermilk, Water, Rice (6%), Milk Protein Powder, Cream (Milk), Skimmed Milk Powder, Whole Egg Powder, Modified Maize Starch, Stabilisers: Carob Bean Gum, Guar Gum, Carrageenan, Cellulose Gum, Salt, Natural Vanilla Flavouring, Flavouring, Sweeteners: Aspartame, Acesulfame K, Sodium Cyclamate, Colour: Carotenes, Spent Ground Vanilla
Vanilla Protein Rice 180g Brooklea	Buttermilk, Water, Skimmed Milk Concentrate, Whole Milk, Rice (7%), Concentrated Milk Protein, Cream (Milk), Skimmed Milk, Modified Maize Starch, Sweeteners: Erythritol, Sucralose, Acesulfame K; Modified Tapioca Starch, Antifoaming Agent: Sunflower Oil; Flavouring, Acidity Regulators: Potassium Phosphates, Sodium Citrates; Flavouring (Contains Milk), Thickener: Carrageenan; Salt, Vanilla Pod, Colour: Carotenes.
Chocolate Protein Rice 180g Brooklea	Buttermilk, Water, Skimmed Milk Concentrate, Whole Milk, Rice (7%), Concentrated Milk Protein, Cream (Milk), Skimmed Milk, Cocoa Mass, Modified Maize Starch, Sweeteners: Erythritol, Sucralose, Acesulfame K; Antifoaming Agent: Sunflower Oil; Modified Tapioca Starch, Flavouring, Acidity Regulator: Potassium Phosphates; Thickener: Carrageenan; Flavouring (Contains Milk), Salt.

Product (n=30)	Ingredients list
Muller Light Protein Chocolate Orange Pudding 140g	Water, Skimmed Milk from Concentrate, Milk Protein, Milk Chocolate (4%) (Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Skimmed Milk Powder, Emulsifier: Soya Lecithin; Salt, Vanilla Extract), Fat Reduced Cocoa Powder, Modified Maize Starch, Stabiliser: Pectin;, Sugar, Natural Orange Flavouring, Sweeteners: Sucralose, Acesulfame K;, Flavouring, Vitamin B6
Everest Milky Whip Nougat Protein Pudding 200g	Skimmed MILK (82%), MILK Protein Powder, Water, CREAM (MILK), Fat Reduced Cocoa Powder, Modified Starch, Stabilisers: Carrageenan, Sodium Carboxymethylcellulose, Flavouring, Acidity Regulator: Sodium Phosphate, Sweetener: Sucralose
UFIT Pudding Double Chocolate 250g	Skimmed Milk, Milk Protein, Whipping Cream (Milk), Cocoa Powder (1.7%), Modified Starch, Thickeners: Carrageenan, Sodium Carboxy Methyl Cellulose, Low Fat Cocoa Powder (0.2%), Lactase Enzyme, Sweeteners: Sucralose, Acesulfame K, Natural Flavouring
UFIT Pudding Creamy Caramel 250g	Skimmed Milk, Milk Protein, Whipping Cream (Milk), Modified Starch, Natural Flavouring, Thickeners: Carrageenan, Sodium Carboxy Methyl Cellulose, Colour: E150d, Carotenes, Lactase Enzyme, Salt, Sweeteners: Sucralose, Acesulfame K

Ingredients in high-protein mousses

Product (n=7)	Ingredients list
Muller x Myprotein Chocolate Flavor Mousse 200g	Water, Milk Proteins, Skimmed Milk Powder, Fat Reduced Cocoa Powder (4%), Cream (Milk), Emulsifier: E471; Beef Gelatine, Acidity Regulator:

Product (n=7)	Ingredients list
Muller x Myprotein Salted Caramel Flavor Mousse 200g	Sodium Citrates; Sweeteners: Aspartame, Acesulfame K Water, Milk Proteins, Skimmed Milk Powder, Fat Reduced Cocoa Powder, Cream (Milk), Emulsifier: E471, Beef Gelatine, Acidity Regulator: Sodium Citrates, Natural Flavouring, Salt, Sweeteners: Aspartame, Acesulfame K
GetPro 20g Protein Mousse Chocolate Flavour 200g	Skimmed Milk, Whole Milk, Milk Protein, Alkalisied Cocoa Powder, Modified Maize Starch, Emulsifier (Lactic Acid Esters of Mono- and Diglycerides of Fatty Acids), Beef Gelatine, Acidity Regulator (Sodium Citrate), Sweetener (Sucralose)
Ehrmann High Protein Chocolate Mousse 200g	Skimmed MILK, MILK Protein Product 6,5%, Low Fat Cocoa Powder 4,0%, Whipping CREAM, Gelatin (Beef), Modified Starch, Natural Flavouring, Thickeners (Carrageenan, Guar Gumi), Latase, Sweeteners (Acesulfame K, Sucralose), Whipped with Nitrogen
Chocolate Flavour Protein Mousse 200g Brooklea	Skimmed Milk, Milk Protein (6%), Low Fat Cocoa Powder* (4%), Whipping Cream (Milk), Beef Gelatine, Modified Starch, Flavouring, Thickeners: Carrageenan, Guar Gum; Lactase, Sweeteners: Acesulfame K, Sucralose. Whipped With Nitrogen.
Salted Caramel Flavour Protein Mousse 200g Brooklea	Skimmed Milk, Milk Protein (7%), Whipping Cream (Milk), Beef Gelatine, Modified Starch, Flavouring, Salt, Thickeners: Carrageenan, Guar Gum; Colours: Sulphite Ammonia Caramel, Carotenes; Lactase, Sweeteners: Acesulfame K, Sucralose. Whipped With Nitrogen.
Protein Mousse White Chocolate Flavour 200g Brooklea	Skimmed Milk, Milk Protein (7%), Whipping Cream (Milk), Beef Gelatine, Modified Maize Starch, Flavourings, Thickeners: Carrageenan, Guar Gum;

Product (n=7)	Ingredients list
	Lactase, Sweeteners: Acesulfame K, Sucralose. Whipped With Nitrogen.

Ingredients in regular puddings

Product (n=83)	Ingredients list
ASDA Creme Caramel Dessert 600g	Skimmed Milk, Sugar, Water, Caramel Sauce (6%) [Sugar, Water, Acidity Regulator (Sodium Hydroxide)], Cream (Milk) (4.5%), Maize Starch, Skimmed Milk Powder, Flavouring, Gelling Agent (Carrageenan), Dextrose, Colour (Carotenes)
ASDA 6 Chocolate Supremes 6 x 85g (510g)	Skimmed Milk, Whipping Cream (Milk) (13%), Sugar, Modified Maize Starch, Fat-Reduced Cocoa Powder (2%), Whey Powder (Milk), Thickeners (Carrageenan, Xanthan Gum), Emulsifier (Lactic Acid Esters of Mono- and Diglycerides of Fatty Acids), Skimmed Milk Powder, Flavouring
ASDA Strawberry Supremes 6 x 85g (510g)	Skimmed Milk, Whipping Cream (Milk) (13%), Sugar, Whey Powder (Milk), Modified Maize Starch, Flavourings, Thickeners (Carrageenan, Xanthan Gum), Emulsifier (Lactic Acid Esters of Mono- and Diglycerides of Fatty Acids), Skimmed Milk Powder, Colour (Carmine)
Cadbury Flake with a Cadbury Milk Chocolate Dessert 75g	Water, Milk Chocolate (28%) (Milk, Sugar, Cocoa Butter, Cocoa Mass, Vegetable Fats (Palm, Shea), Emulsifier (E442) Flavourings), Concentrated Skimmed Milk, Sugar, Palm Oil, Cream, Fat Reduced Cocoa Powder, Modified Maize Starch, Emulsifier (E471), Pork Gelatine, Dried Whey (from Milk), Stabilisers (Pectin, E412), Dried Glucose Syrup, Acidity Regulator (Sodium Citrates), Salt
Cadbury Dairy Milk with Mini Eggs 75g	Water, Solid Milk Chocolate Eggs in a Crisp Sugar Shell (21%) (Sugar, Milk, Cocoa Butter, Cocoa Mass, Skimmed

Product (n=83)

Ingredients list

Cadbury Dairy Milk Pots of Joy
Chocolate Dessert 4 x 60g (240g)

Milk Powder, Whey Powder (from Milk), Vegetable Fats (Palm, Shea), Milk Fat, Modified Starches (Maize, Tapioca), Emulsifiers (E442, E476), Flavourings, Maltodextrin, Colours (Anthocyanins, Beetroot Red, Paprika Extract, Carotenes)), Milk Chocolate (14%) (Milk, Sugar, Cocoa Butter, Cocoa Mass, Vegetable Fats (Palm, Shea), Emulsifier (E442), Flavouring), Concentrated Skimmed Milk, Sugar, Palm Oil, Cream, Fat Reduced Cocoa Powder, Modified Maize Starch, Emulsifier (E471), Pork Gelatine, Dried Whey (from Milk), Stabilisers (Pectin, E412), Dried Glucose Syrup, Acidity Regulator (Sodium Citrates), Salt

Cadbury Dairy Milk Pots of Joy Caramel
Chocolate Dessert 4 x 60g (240g)

Water, Milk Chocolate (18%) (Milk, Sugar, Cocoa Butter, Cocoa Mass, Vegetable Fats (Palm, Shea), Emulsifier (E442), Flavourings), Concentrated Skimmed Milk, Sugar, Palm Oil, Cream, Fat Reduced Cocoa Powder, Modified Maize Starch, Pork Gelatine, Emulsifiers (E471), Dried Whey (from Milk), Stabilisers (Pectin, E412), Dried Glucose Syrup, Salt, Acidity Regulators (Sodium Citrates)

Cadbury Dairy Milk Buttons 75g

Water, Sugar, Concentrated Skimmed Milk, Milk Chocolate (7%) (Milk, Sugar, Cocoa Butter, Cocoa Mass, Vegetable Fats (Palm, Shea), Emulsifier (E442), Flavourings), Palm Oil, Cream, Modified Maize Starch, Fat Reduced Cocoa Powder, Pork Gelatine, Stabilisers (Pectin, E407, E412), Dried Glucose Syrup, Caramelised Sugar Syrup, Emulsifiers (E471), Flavouring, Dried Whey (from Milk), Dextrose, Salt, Acidity Regulators (Sodium Citrates)

Water, Milk Chocolate (30%) (Milk, Sugar, Cocoa Butter, Cocoa Mass,

Product (n=83)	Ingredients list
	Vegetable Fats (Palm Shea), Emulsifier (E442), Flavourings), Concentrated Skimmed Milk, Sugar, Palm Oil, Cream, Fat Reduced Cocoa Powder, Modified Maize Starch, Emulsifier (E471), Pork Gelatine, Dried Whey (from Milk), Stabilisers (Pectin, E412), Dried Glucose Syrup, Acidity Regulator (Sodium Citrates), Salt
Cadbury Creme Egg Creamy Milk Chocolate Dessert Pots 4 x 60g (240g)	Water, Sugar, Concentrated Skimmed Milk, Milk Chocolate (7%) (Milk, Sugar, Cocoa Butter, Cocoa Mass, Vegetable Fats (Palm, Shea), Emulsifier (E442), Flavourings), Palm Oil, Cream, Dextrose, Modified Maize Starch, Fat Reduced Cocoa Powder, Pork Gelatine, Stabilisers (E407, Pectin, E412), Dried Glucose Syrup, Emulsifiers (E471), Dried Whey (from Milk), Colours (Carotenes, Paprika Extract), Flavouring, Salt, Acidity Regulators (Sodium Citrates)
Cadbury Dairy Milk Orange Pots of Joy 350g	Water, Milk Chocolate (18%) (Milk, Sugar, Cocoa Butter, Cocoa Mass, Vegetable Fats (Palm, Shea), Emulsifier (E442), Flavourings), Concentrated Skimmed Milk, Sugar, Palm Oil, Cream, Fat Reduced Cocoa Powder, Modified Maize Starch, Pork Gelatine, Emulsifiers (E471), Dried Whey (from Milk), Stabilisers (Pectin, E412), Natural Orange Flavouring, Dried Glucose Syrup, Salt, Acidity Regulators (Sodium Citrates)
Milkybar White Chocolate Dessert 260g	Skimmed Milk 65%, White Chocolate 15.8% (Sugar, Whole Milk Powder, Cocoa Butter, Natural Flavouring, Emulsifier: Lecithins), Cream (from Milk), Skimmed Milk Powder, Sugar, Modified Starch, Gelatine, Stabilisers: Cellulose, Carrageenan, Flavourings,

Product (n=83)	Ingredients list
Milkybar Mixups White & Milk Chocolate Dessert 260g	<p>Emulsifier: Mono- and Diglycerides of Fatty Acids</p> <p>Skimmed Milk 70%, White Chocolate 7.9% (Sugar, Whole Milk Powder, Cocoa Butter, Natural Flavouring, Emulsifier: Lecithins), Milk Chocolate 7.5% (Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Whey Powder (Milk), Natural Vanilla Flavouring, Emulsifiers: Lecithins), Cream (Milk), Skimmed Milk Powder, Sugar, Modified Starch, Cocoa Powder, Gelatine, Stabilisers: Cellulose, Cellulose Gum, Carrageenan, Flavourings, Acidity Regulator: Sodium Hydroxide, Emulsifier: Mono- and Diglycerides of Fatty Acids</p>
Milkybar Desserts 330g	<p>"Milk 76%, White Chocolate 15.0% (Sugar, Cocoa Butter, Skimmed Milk Powder, Whole Milk Powder, Milk Fat, Emulsifier (Sunflower Lecithin), Natural Vanilla Flavouring), Modified Maize Starch, Cream (from Milk), Sugar, Acidity Regulator (Sodium Citrates), Skimmed Milk Powder, Natural Flavouring"</p>
Milkybar Gold White Chocolate Caramel Dairy Dessert 4 x 65g (260g)	<p>Skimmed Milk 71%, White Chocolate 10% (Sugar, Whole Milk Powder, Cocoa Butter, Natural Flavouring, Emulsifier: Lecithin), Skimmed Milk Powder, Caramel 3.5% (Sugar, Water, Acidity Regulator E524), Cream (Milk), Modified Starch, Sugar, Gelatine, Flavourings</p>
Exceptional by ASDA Double Chocolate Pudding 400g	<p>Sugar, Belgian Milk Chocolate (13%) [Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Emulsifier (Soya Lecithins), Vanilla Extract], Whipping Cream (Milk) (12%), Whole Milk, Unsalted Butter (Milk), Pasteurised Whole Egg, Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron,</p>

Product (n=83)

Ingredients list

Muller Light Milk Chocolate & Caramel Flavour Layers Choc Pot 4 x 80g (320g)

Niacin (B3), Thiamin (B1)], Belgian Dark Chocolate (7%) [Cocoa Mass, Sugar, Emulsifier (Soya Lecithins), Vanilla Extract], Water, Demerara Sugar, Fat-Reduced Cocoa Powder, Golden Syrup, Cornflour, Tapioca Starch, Sea Salt, Raising Agents (Diphosphates, Potassium Carbonates), Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Xanthan Gum, Guar Gum)

Water, Skimmed Milk from Concentrate, Sugar, Modified Maize Starch, Belgian Milk Chocolate (3%) (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier: Soya Lecithin; Natural Vanilla Flavouring), Cream (Milk), Fat Reduced Cocoa Powder, Stabilisers: Pectins, Carob Bean Gum, Flavourings, Caramel Syrup, Salt, Sweeteners: Aspartame, Acesulfame K

Muller Light Choc Pot Milk Chocolate
4 x 80g (320g)

Water, Skimmed Milk from Concentrate, Belgian Milk Chocolate (6%) (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier: Soya Lecithin; Natural Vanilla Flavouring), Sugar, Modified Maize Starch, Fat Reduced Cocoa Powder, Cream (Milk), Stabilisers: Pectins, Carob Bean Gum, Sweeteners: Aspartame, Acesulfame K, Flavourings

Muller Light Choc Pot Milk Chocolate &
Orange Flavour 4 x 80g (320g)

Water, Skimmed Milk from Concentrate, Belgian Milk Chocolate (6%) (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier: Soya Lecithin; Natural Vanilla Flavouring), Sugar, Modified Maize Starch, Fat Reduced Cocoa Powder, Stabilisers: Pectins, Carob Bean Gum, Cream (Milk), Natural Orange Flavouring, Sweeteners: Aspartame, Acesulfame K, Flavouring

Double Chocolate Dessert 190g
Dessert Menu

Skimmed Milk, Whipping Cream (11%) (Milk), Water, Sugar, Modified Maize Starch, Fat-reduced Cocoa Powder* (1.5%), Glucose-fructose Syrup, Chocolate (1%) (Sugar, Cocoa Powder*, Cocoa Butter*), Whey Protein Concentrate (Milk), Thickeners: Carrageenan, Guar Gum; Beef Gelatine, Emulsifier: Lactic Acid Esters Of Mono- And Di-glycerides Of Fatty Acids; Flavourings.

Toffee Dessert 190g Dessert Menu

Skimmed Milk, Whipping Cream (12%) (Milk), Water, Sugar, Modified Maize Starch, Glucose-fructose Syrup, Whey Concentrate (Milk), Lactose (Milk), Caramelised Sugar Syrup, Thickeners: Carrageenan, Guar Gum; Flavouring, Beef Gelatine, Emulsifier: Lactic Acid Esters Of Mono- And Di-glycerides Of Fatty Acids; Toffee Sauce (Sugar, Water, Skimmed Milk Powder, Glucose Syrup), Whole Milk Powder, Salt.

Vanilla Dessert 190g Dessert Menu

Skimmed Milk, Whipping Cream (13%) (Milk), Water, Sugar, Modified Maize Starch, Glucose-fructose Syrup, Whey Concentrate (Milk), Lactose (Milk), Beef Gelatine, Thickeners: Carrageenan, Guar Gum; Flavouring, Emulsifier: Lactic Acid Esters Of Mono- And Di-glycerides Of Fatty Acids; Salt, Ground Extracted Vanilla Pod, Colour: Carotenes.

Nestle Rolo Dessert 2 x 65g (130g)

Skimmed Milk 46%, Cream (from Milk), Sugar, Milk Chocolate 12% (Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Whey Powder (from Milk), Emulsifiers: Lecithins, Flavouring), Toffee Syrup 7.9% (Glucose Syrup, Sweetened Condensed Milk (Milk, Sugar), Coconut Fat, Emulsifiers: Lecithins, Flavouring, Salt), Modified Starch, Skimmed Milk Powder, Gelatine, Cocoa Powder, Caramel (Glucose Syrup, Water, Sugar), Reduced Fat Cocoa Powder, Salt, Stabilisers: Carrageenan, Xanthan Gum, Emulsifier: Mono- and Diglycerides of Fatty Acids, Dextrose

Muller Rice Strawberry Low Fat Dessert 170g

Buttermilk, Water, Sugar, Rice (7%), Skimmed Milk from Concentrate, Strawberries (5%), Cream (Milk) (4%), Skimmed Milk, Modified Maize Starch, Stabiliser: Guar Gum, Salt, Flavourings, Colouring Food: Beetroot Juice Concentrate, Acidity Regulators: Citric Acid, Sodium Citrates, Colour: Carmines

Muller Rice Original Low Fat Dessert 170g

Buttermilk, Water, Rice (8%), Skimmed Milk from Concentrate, Sugar, Cream (Milk) (5%), Skimmed Milk, Stabiliser: Guar Gum, Salt, Flavourings

Muller Rice Vanilla Custard Low Fat Dessert 170g

ButterMilk, Water, Sugar, Rice (7%), Skimmed Milk, Skimmed Milk from Concentrate, Cream (Milk) (4%), Modified Maize Starch, Stabilisers: Guar

Muller Rice Apple Low Fat Dessert 170g

Gum, Carob Bean Gum, Salt, Natural Vanilla Flavouring, Flavourings, Colours: Plain Caramel, Carotenes, Colouring Foods: Safflower, Paprika, Apple and Tomato Concentrates, Coconut Oil

Buttermilk, Water, Sugar, Rice (7%), Skimmed Milk from Concentrate, Apples (5%), Cream (Milk) (4%), Skimmed Milk, Apple Juice from Concentrate (3%), Modified Maize Starch, Stabiliser: Guar Gum, Salt, Acidity Regulators: Ascorbic Acid, Sodium Citrates, Citric Acid, Flavourings

Rachel's Organic Divine Rice 2 x 150g (300g)

Organic Milk, Organic Rice 10.4%, Organic Sugar, Organic Cream 5.3% (from Milk), Organic Pasteurised Whole Egg, Organic Rice Starch, Sea Salt

Yorkie Milk Chocolate Dessert 2 x 65g (130g)

Skimmed Milk 71%, Milk Chocolate 15% (Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Whey Powder (Milk), Natural Vanilla Flavouring, Emulsifier: Lecithins), Skimmed Milk Powder, Sugar, Modified Starch, Cocoa Powder, Gelatine, Acidity Regulator: Sodium Hydroxide, Natural Flavouring

Alpro Vanilla Dairy Free Vegan Soya Dessert 4 x 125g (500g)

Soya base [84.8%] [Water, Hulled Soya Beans [8.6%]], Sugar, Modified starch, Maltodextrin, Calcium [Tri-Calcium phosphate], Carrot concentrate, Flavouring, Thickeners [Pectins, Carrageenan], Sea salt, Vitamins B2, B12, D2

Oddly, Good Plant-Based Creamy Lemon Dessert 130g

Water, Sugar, Fully Hydrogenated Coconut Oil, Gluten-Free Oat Flour (4%), Faba Bean Protein, Lemon Juice from Concentrate, Lemon Pulp, Rapeseed Oil, Modified Starch, Flavourings, Emulsifier (E472e), Calcium, Salt, Acidity Regulator (Sodium Citrates), Vitamins (Riboflavin (B2).B12, D2), Iodine, Colour (Curcumin), Starter Culture, Lactobacillus Acidophilus,

Oddly, Good Dreamy Caramel Dessert
130g

Bifidobacterium Sp., Contains Lemon 5,
4% (Juice 2, 8%, Pulp 2, 6%)

Water, Sugar, Fully Hydrogenated
Coconut Oil, Gluten-Free Oat Flour
(4%), Coconut Milk (4%), Faba Bean
Protein, Rapeseed Oil, Flavourings,
Modified Starch, Salt, Emulsifiers
(E472e, E471), Calcium, Vitamins
(Riboflavin (B2), B12, D2), Iodine,
Starter Culture, Lactobacillus
Acidophilus, Bifidobacterium Sp

Oddly, Good Dreamy Berries Dessert
130g

Water, Sugar, Fully Hydrogenated
Coconut Oil, Gluten-Free Oat Flour
(4%), Raspberry, Faba Bean Protein,
Rapeseed Oil, Blueberry, Blueberry-and
Lingonberry Juice from Concentrate,
Modified Starch, Flavourings, Emulsifier
(E472e), Calcium, Salt, Acidity
Regulator (Sodium Citrates), Vitamins
(Riboflavin (B2), B12, D2), Iodine,
Starter Culture, Lactobacillus
Acidophilus, Bifidobacterium Sp.,
Contains Berries 6% (Raspberry 3%,
Blueberry 2%, Blueberry Juice 0, 5%,
Lingonberry Juice 0, 5%)

Cadbury Dairy Milk Chunks Chocolate
Dessert 75g

Water, Milk Chocolate (16%) (Milk,
Sugar, Cocoa Butter, Cocoa Mass,
Vegetable Fats (Palm Shea), Emulsifier
(E442), Flavourings), Concentrated
Skimmed Milk, Sugar, Palm Oil, Cream,
Fat Reduced Cocoa Powder, Modified
Maize Starch, Emulsifier (E471), Pork
Gelatin, Dried Whey (from Milk),
Stabilisers (Pectin, E412), Dried
Glucose Syrup, Acidity Regulator
(Sodium Citrates), Salt

Ambrosia Dessert Pots Chocolate &
Salted Caramel Sauce 2 x 110g (220g)

Chocolate Dessert Layer (64%)
(Skimmed Milk, Sugar, Buttermilk,
Modified Starches, Sustainable Palm
Oil, Milk Chocolate Powder made with
Belgian Milk Chocolate (2.5%) (Sugar,
Cocoa Mass, Whole Milk Powder,
Cocoa Butter, Skimmed Milk Powder),

The Coconut Collab Chocolate & Caramel Dessert 110g

Cream (Milk), Fat Reduced Cocoa Powder, Inulin, Whey (Milk), Water), Salted Caramel Sauce (36%) (Skimmed Milk, Buttermilk, Sugar, Water, Modified Starch, Butter Powder (Dried Butter (Milk), Dried Glucose Syrup, Milk Proteins), Dried Glucose Syrup, Inulin, Salt, Colour (Plain Caramel), Thickeners (Carrageenan, Xanthan Gum), Potassium Chloride, Flavourings)

Alpro Chocolate Dairy Free Vegan Soya Dessert 4 x 125g (500g)

Coconut Milk (43%), Caramel Preparation (15%) (Coconut Milk, Brown Sugar, Water, Corn Starch, Salt, Lactic Acid, Natural Flavouring), Dark Chocolate (8.5%) (Cocoa Mass, Sugar, Soya Lecithin, Natural Vanilla Flavouring), Sugar, Chicory Root Fibre, Modified Corn Starch, Stabilisers (Carrageenan, Guar Gum), Emulsifier (Mono & Di-Glycerides of Fatty Acids), Salt, Cocoa Powder (1%), Natural Flavouring

Alpro Dark Chocolate Dairy Free Vegan Soya Dessert 4 x 125g (500g)

Soya Base (Water, Hulled Soya Beans (6.8%)), Sugar, Modified Starch, Fat Reduced Cocoa* (2%), Chocolate (1%), Calcium (Calcium Carbonate), Acidity Regulator (Potassium Phosphates), Thickener (Carrageenan), Flavouring, Sea Salt, Vitamins (B2, D2), *Rainforest Alliance Certified™

Bonne Maman Creme Caramel Dessert 4 x 100g (400g)

Soya Base (80.8%) (Water, Hulled Soya Beans (6.4%)), Sugar, Cocoa* (3%), Modified Starch, Chocolate (1%), Calcium (Tri-Calcium Phosphate), Flavouring, Thickener (Carrageenan), Sea Salt, Vitamins B2, D2, *Rainforest Alliance Certified

Ambrosia Rice Pudding 4 x 125g (500g)

Whole Milk, Cream (Milk) 12,9%, Caramel (Sugar, Water, Starch) 11%, Whole Egg 9,8%, Sugar, Egg Yolk 7,1%

Full Cream Milk, Skimmed Milk, Whey (Milk), Rice (9%), Sugar, Total Milk content 72%

Bonne Maman Creme Brulee Dessert
2 x 100g (200g)

Fresh Cream 36%, Skimmed Milk,
Sugar, Fresh Egg Yolk, Whole Fresh
Egg 6,7%, Natural Vanilla Extract,
Vanilla Seeds, Topping: Caramel
Powder

Bonne Maman Salted Caramel Creme
Dessert 2 x 90g (180g)

Whole Milk, Cream (34%) (Milk), Sea
Salted Butter Caramel (13%)
(Sweetened Condensed Skimmed Milk,
Sugar, Water, Glucose Syrup, Sea
Salted Butter (Milk), Salt, Gelling Agent
(Pectin)), Sugar, Cornflour, Tapioca
Starch, Caramel (Sugar, Water), Gelling
Agent (Pectin), Salt

Pots & Co Lemon & Lime Posset
Dessert 91g

Double Cream (Milk), Whipping Cream
(Milk), Sugar, Lemon Juice (11.6%),
Lime Juice, Lemon Zest (0.5%),
Thickener: Agar, Corn Flour

The Coconut Collab Choc & Cream
chocolate dessert 4 x 60g (240g)

Water, Coconut Cream (27%), Dark
Chocolate (11%) (Cocoa Mass, Sugar,
Soya Lecithin (Emulsifier), Natural
Vanilla Flavouring), Coconut Oil, Sugar,
Potato Starch, Corn Flour, Organic Rice
Powder, Cocoa Powder (1%), Modified
Corn Starch, Modified Tapioca Starch,
Calcium Lactate, Stabilisers
(Carrageenan, Guar Gum, Cellulose
Gum), Emulsifiers (Polysorbate 60,
Mono- and Diacetyl Tartaric Acid Esters
of Mono- and Diglycerides of Fatty
Acids, Cellulose, Lactic Acid Esters of
Mono- and Diglycerides of Fatty Acids),
Natural Flavouring, Salt

Ambrosia Deluxe Rice Pudding Salted
Caramel 2 x 100g (200g)

Full Cream Milk, Skimmed Milk, Rice
(9%), Sugar, Whey (Milk), Butter
Powder (2%) (Dried Butter (Milk), Dried
Glucose Syrup, Milk Proteins), Cream
(2%) (Milk), Skimmed Milk Powder,
Natural Flavourings (contain Milk), Salt,
Potassium Chloride, Total Milk content
78%

The Coconut Collab Choc Pots
chocolate dessert 4 x 45g (180g)

Coconut Cream (32%), Water, Dark
Chocolate (16%) (Cocoa Mass, Sugar,
Soya Lecithin, Natural Vanilla

Cadbury Big Pot Caramilk Dessert 350g

Flavouring), Sugar, Cocoa Powder (2%), Modified Corn Starch, Stabilisers (Carrageenan, Guar Gum), Modified Tapioca Starch, Salt, Emulsifier (Mono & Diglycerides of Fatty Acids), Natural Flavouring

Water, Concentrated Skimmed Milk, Sugar, White Chocolate with Caramelised Milk Powder (12%) (Sugar, Cocoa Butter, Caramelised Milk Powder (7%) (Skimmed Milk Powder, Whey Powder (from Milk), Sugar, Butter, Natural Flavouring), Whey Powder (from Milk), Skimmed Milk Powder, Milk Fat, Emulsifier (Soya Lecithin), Cream, Palm Oil, Modified Maize Starch, Caramelised Sugar Syrup, Emulsifier (E471), Stabilisers (Pectin, E412), Pork Gelatine, Flavourings

Sainsbury's Cream Rice Pudding
2 x 125g (250g)

Whole Cows' Milk, Whipping Cream (Cows' Milk) (14%), Pudding Rice (13%), Double Cream (Cows' Milk) (8%), Sugar, Water, Nutmeg.

Sainsbury's Cream Rice Pudding 500g

Whole Cows' Milk, British Whipping Cream (Cows' Milk) (13%), Pudding Rice (13%), Water, British Double Cream (Cows' Milk) (7%), Sugar, Nutmeg.

Pots & Co Salted Caramel & Chocolate Ganache 82g

Whipping Cream (Milk), 40% Cocoa Colombian Milk Chocolate (16%) [Sugar, Cocoa Butter, Cocoa Mass, Milk Powder, Emulsifier: Soya Lecithin; Vanilla Extract], Milk, Caramel (13%) [Sugar, Glucose-Fructose Syrup, Water], Double Cream (Milk), 61% Cocoa Colombian Dark Chocolate (6%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Soya Lecithin, Vanilla Extract], Pasteurised Egg Yolk, Unsalted Butter (Milk), Rice Starch, Cornish Sea Salt (0.4%), Gelling Agent: Carrageenan

Ambrosia Deluxe Rice Madagascan
Vanilla 2 x 110g (220g)

Full Cream Milk, Rice (9%), Sugar,
Whey (Milk), Cream (3.5%) (Milk),
Skimmed Milk, Skimmed Milk Powder,
Vanilla Extract, Salt, Natural
Flavourings, Total Milk content 77%

Crème Caramel Milk Desserts with
Caramel Sauce 4 x 100g (400g)

Skimmed Cows' Milk, Sugar, Caramel
(6.7%) (Sugar, Water), Cream (Cows'
Milk) (3.5%), Maize Starch, Natural
Vanilla Flavouring, Gelling Agent:
Carrageenan, Salt, Acidity Regulator:
Sodium Citrate, Lactose (Cows' Milk)
and Milk Proteins (Cows' Milk), Colour:
Beta-Carotene

Zott Monte Maxi Chocolate & Hazelnut
Milk Dessert 4 x 100g (400g)

Whole Milk (53%), Cream (Milk), Sugar,
Modified Starch, Fat-Reduced Cocoa
Powder (0,7%), Hazelnut Paste (0,5%),
Chocolate Powder (0,5%), Starch,
Thickeners: Carrageenan, Locust Bean
Gum, Guar Gum, Calcium Citrates,
Flavouring

Ambrosia Low Fat Custard Pots 4 x
125g (500g)

Skimmed Milk, Buttermilk, Modified
Starch, Sugar, Sustainable Palm Oil,
Whey (Milk), Natural Flavourings,
Colours (Curcumin, Annatto Norbixin),
Total Milk Content 78%

Ambrosia Deluxe Custard Belgian
Chocolate 2 x 120g (240g)

Skimmed Milk, Sugar, Buttermilk,
Modified Starches, Sustainable Palm
Oil, Milk Chocolate Powder made with
Belgian Milk Chocolate (2.5%) (Sugar,
Cocoa Mass, Whole Milk Powder,
Cocoa Butter, Skimmed Milk Powder),
Cream (2%) (Milk), Fat Reduced Cocoa
Powder, Inulin, Whey (Milk), Total Milk
content 64%

Pots & Co Little Pots of 70% Chocolate
Ganache 4 x 50g (200g)

Whipping Cream (Milk) (32%), Whole
Milk, 70% Cocoa Colombian Dark
Chocolate (14%) [Cocoa Mass, Sugar,
Cocoa Butter, Emulsifier: Soya Lecithin;
Vanilla Extract], 61% Cocoa Colombian
Dark Chocolate (13%) [Cocoa Mass,
Sugar, Cocoa Butter, Emulsifier: Soya
Lecithin; Vanilla Extract], Unsalted

<p>The Coconut Collab Vanilla Custard 400g</p>	<p>Butter (Milk), Glucose Syrup, Sugar, Invert Sugar Syrup, Cornish Sea Salt Water, Sugar, Coconut Oil, Chicory Root Fibre, Stabilisers (Modified Corn and Tapioca Starch), Peruvivan Carob, Fava Bean Protein, Salt, Natural Vanilla Flavouring (0.2%), Beta-Carotene</p>
<p>Chocolate & Cream Dessert 190g Dessert Menu</p>	<p>Skimmed Milk, Whipping Cream (Milk) (12%), Water, Sugar, Modified Maize Starch, Glucose-fructose Syrup, Chocolate (1%) (Sugar, Cocoa Powder, Cocoa Butter), Low Fat Cocoa Powder (1%), Whey Protein Concentrate (Milk), Beef Gelatine, Thickeners: Carrageenan, Guar Gum; Emulsifier: Lactic Acid Esters Of Mono- And Di-glycerides Of Fatty Acids; Flavouring.</p>
<p>Strawberry Rice Pudding 180g Brooklea</p>	<p>Skimmed Milk, Water, Sugar, Rice (7%), Cream (Milk), Skimmed Milk Concentrate, Strawberry (2.5%), Strawberry Purée (2.5%), Modified Maize Starch, Stabilisers: Guar Gum, Pectins; Flavouring, Salt, Acidity Regulators: Citric Acid, Calcium Citrates, Sodium Citrates; Plant Extract (Beetroot Concentrate).</p>
<p>Rice Original 180g Brooklea</p>	<p>Skimmed Milk, Water, Rice (8%), Sugar, Cream (Milk), Skimmed Milk Concentrate, Stabiliser: Guar Gum; Salt, Flavouring.</p>
<p>Vanilla Custard Rice 180g Brooklea</p>	<p>Rice Pudding (85%) (Skimmed Milk, Water, Rice (8%), Sugar, Skimmed Milk Concentrate, Cream (Milk), Stabilisers: Locust Bean Gum, Guar Gum; Flavourings, Salt), Vamilla Flavour Custard (15%) (Water, Sugar, Whole Milk Powder, Modified Maize Starch, Flavouring, Carrot Concentrate, Thickeners: Guar Gum, Locust Bean Gum; Acidity Regulators: Lactic Acid, Potassium Phosphates).</p>
<p>Apple Rice Pudding 180g Brooklea</p>	<p>Skimmed Milk, Water, Sugar, Rice (7%), Cream (Milk), Skimmed Milk</p>

Light Choc Pots With Milk Chocolate
4 x 80g (320g) Brooklea

Concentrate, Apple (2.5%), Apple Purée (2.5%), Modified Maize Starch, Concentrated Apple Juice (0.5%), Stabiliser: Guar Gum; Acidity Regulators: Citric Acid, Calcium Chloride, Calcium Citrates, Sodium Citrates; Flavouring, Salt, Flavourings, Firming Agent: Enzymes; Emulsifier: Lecithins (Sunflower).

Light Choc Pots With Milk Chocolate & Caramel 4 x 80g (320g) Brooklea

Water, Skimmed Milk Concentrate, Milk Chocolate (5.5%) (Sugar, Whole Milk Powder, Cocoa Butter*, Cocoa Mass*, Skimmed Milk Powder, Emulsifier: Lecithins (Soya, Sunflower); Salt, Flavouring), Modified Waxy Maize Starch, Reduced Fat Cocoa Powder*, Sugar, Stabilisers: Pectin, Locust Bean Gum; Flavouring, Sweeteners: Acesulfame K, Aspartame

Custard Dessert Menu 4 x 150g (600g)

Light Chocolate Dessert (50%) [Water, Skimmed Milk Concentrate, Milk Chocolate (5.5%) (Sugar, Whole Milk Powder, Cocoa Butter*, Cocoa Mass*, Skimmed Milk Powder, Emulsifier: Lecithins (Soya, Sunflower); Salt, Flavouring), Modified Waxy Maize Starch, Reduced Fat Cocoa Powder*, Sugar, Stabilisers: Pectin, Locust Bean Gum; Flavouring, Sweeteners: Acesulfame K, Aspartame], Light Caramel Dessert (50%) (Water, Skimmed Milk Concentrate, Sugar, Cream (Milk), Modified Waxy Maize Starch, Stabilisers: Pectin, Locust Bean Gum; Colour: Plain Caramel; Flavouring, Salt, Sweeteners: Aspartame, Acesulfame K).

Alpro Desserts Caramel 4 x 125g (500g)

Reconstituted Dried Skimmed Milk, Sugar, Whipping Cream (5%) (Milk), Modified Potato Starch, Flavouring, Colour: Carotenes.

Soya base [Water, Hulled Soya Beans (8.6%)], Sugar, Modified Starch,

The Coconut Collaborative Salted Caramel Pots 4 x 45g (180g)

Caramelised Sugar (1.8%), Calcium [Tri-Calcium Phosphate], Maltodextrin, Thickeners [Pectins, Carrageenan], Flavourings, Sea Salt, Natural Flavouring, Vitamins [B2, B12, D2]

Ambrosia Caramelised Biscuit Flavour Deluxe Rice 2 x 110g (220g)

Coconut Cream (32%) (Coconut Extract, Water), Dark Chocolate (18%) (Cocoa Mass, Sugar, Emulsifier (Soya Lecithin), Natural Vanilla Flavouring), Water, Caramel (15%) (Sugar, Water), Sugar, Cocoa Powder (2%), Modified Corn Starch, Stabilisers (Carrageenan, Guar Gum), Modified Tapioca Starch, Salt, Emulsifier (Mono & Diglycerides of Fatty Acids), Natural Flavourings Full Cream Milk, Rice (9%), Skimmed Milk, Whey (Milk), Demerara Sugar (3.5%), Sugar, Butter Powder (1%) (Dried Butter (Milk), Dried Glucose Syrup, Milk Proteins), Cream (1%) (Milk), Skimmed Milk Powder, Colour (Plain Caramel), Natural Flavouring, Total Milk Content 77%

Ambrosia Dessert Pots Belgian Chocolate & Mint Fondant Sauce 2 x 110g (220g)

Chocolate Dessert Layer (73%) (Skimmed Milk, Sugar, Buttermilk, Modified Starches, Sustainable Palm Oil, Milk Chocolate Powder made with Belgian Milk Chocolate (2.5%) (Sugar, Cocoa Mass, Whole Milk Powder, Cocoa Butter, Skimmed Milk Powder), Cream (Milk), Fat Reduced Cocoa Powder, Inulin, Whey (Milk), Water), Mint Flavoured Fondant Sauce (27%) (Water, Sugar, Skimmed Milk Powder, Modified Starch, Cream (Milk), Inulin, Dried Glucose Syrup, Emulsifier (Sucrose Esters of Fatty Acids), Thickeners (Carrageenan, Xanthan Gum), Mint Extract, Colour (Copper Complexes of Chlorophyllins), Flavouring)

Nesquik Chocolate Desserts 330g

Whole Milk (66.1%), Sugar, Cream (Milk) (9.5%), Skimmed Milk Powder,

<p>Sunny South Ready to Eat Custard Pots 150g</p>	<p>Modified Maize Starch, Reduced Fat Cocoa Powder (1.5%), Acidity Regulator (Sodium Citrate), Milk Minerals Concentrate, Cinnamon, Vitamin D</p> <p>Reconstituted Skimmed MILK, Sugar, Cream (Milk) (5%), Modified Potato Starch, Natural Vanilla Flavouring, Colour (Beta-Carotene)</p>
<p>Dunnes Stores My Family Favourites Chocolate Dessert with Dairy Milk 4 x 125g (500g)</p>	<p>"Whole Milk (82%) Sugar Fructose</p> <p>Modified Maize Starch</p> <p>Chocolate (2%) [Cocoa Mass, Sugar, Fat Reduced Cocoa Powder]</p> <p>Cocoa Powder</p> <p>Lactose (Milk)</p> <p>Fat Reduced Cocoa Powder</p> <p>Cream (Milk)</p>
<p>Ambrosia Banana Devon Custard Pot 150g</p>	<p>Skimmed Milk, Buttermilk, Modified Starch, Sugar, Sustainable Palm Oil, Whey (Milk), Natural Flavourings, Colour (Curcumin), Total Milk content 76%</p>
<p>Ambrosia Light Rice Pudding Pot 150g</p>	<p>Skimmed Milk, Full Cream Milk, Whey (Milk), Rice (9%), Sugar, Natural Flavourings, Total Milk content 74%</p>
<p>Ambrosia Apple & Cinnamon Flavour Deluxe Rice 2 x 110g (220g)</p>	<p>Full Cream Milk, Rice (9%), Skimmed Milk, Sugar, Whey (Milk), Cream (3.5%) (Milk), Skimmed Milk Powder, Natural Apple Flavouring with other Natural Flavourings, Natural Cinnamon Flavouring, Total Milk Content 77%</p>
<p>Ambrosia Ready To Eat Devon Custard 4 X 125g (500g)</p>	<p>Skimmed Milk, Buttermilk, Sugar, Modified Starch, Palm Oil, Whey (Milk), Natural Flavouring, Colours (Curcumin, Annatto Norbixin), Total Milk content 75%</p>
<p>Ambrosia Mini Custard 30% Less Sugar 330G</p>	<p>Skimmed Milk, Buttermilk, Modified Starch, Sugar, Sustainable Palm Oil, Whey (Milk), Milk Calcium Complex, Natural Flavouring, Colours (Curcumin, Annatto Norbixin), Vitamin D, Total Milk Content 76%</p>

<p>Ambrosia Devon Custard Strawberry 150g</p>	<p>Skimmed Milk, Buttermilk, Modified Starch, Sugar, Palm Oil, Whey (Milk), Natural Flavourings, Colour (Carmine), Total Milk content 76%</p>
<p>Ambrosia Chocolate Flavour Devon Custard 4 x 120g (480g)</p>	<p>Skimmed Milk, Buttermilk, Sugar, Modified Starch, Sustainable Palm Oil, Fat Reduced Cocoa Powder, Whey (Milk), Natural Flavourings, Total Milk content 74%</p>
<p>Sunny South Low Fat Custard Pots 4 x 150g (600g)</p>	<p>Reconstituted Skimmed Milk, Sugar, Modified Potato Starch, Cream (Milk) (3%), Natural Vanilla Flavouring, Colour (Beta-Carotene)</p>
<p>Sainsbury's Vanilla Custard, Taste the Difference 500g</p>	<p>British Cows' Milk, British Cream (Cows' Milk) (25%), Water, Pasteurised Free Range Egg Yolk, Demerara Sugar, Sugar, Tapioca Starch, Madagascan Vanilla Extract, Cornflour, Flavouring, Madagascan Vanilla Seed.</p>
<p>Sainsbury's Fresh Custard 500g</p>	<p>British Cows' Milk (Cows' Milk), Water, Sugar, Thickener: Modified Maize Starch; British Whipping Cream (3.5%) (Cows' Milk), Flavouring, Stabiliser: Tara Gum; Colour: Carotenes.</p>
<p>Ambrosia Deluxe Custard Madagascan Vanilla 2 x 120g (240g)</p>	<p>Skimmed Milk, Buttermilk, Sugar, Modified Starches, Cream (5%) (Milk), Sustainable Palm Oil, Inulin, Whey (Milk), Skimmed Milk Powder, Colours (Plain Caramel, Carotenes), Vanilla Extract, Natural Flavourings, Total Milk content 67%</p>
<p>Ambrosia Custard Mini Pots 6 x 55g (330g)</p>	<p>Skimmed Milk, Buttermilk, Sugar, Modified Starch, Sustainable Palm Oil, Whey (Milk), Milk Calcium Complex, Natural Flavouring, Colours (Curcumin, Annatto Norbixin), Vitamin D, Total Milk Content 74%</p>
<p>Ambrosia Banana Devon Custard Pot 150g</p>	<p>Skimmed Milk, Buttermilk, Modified Starch, Sugar, Sustainable Palm Oil, Whey (Milk), Natural Flavourings, Colour (Curcumin), Total Milk content 76%</p>

Ingredients in regular mousses

Product (n=31)	Ingredients list
Cadbury Caramilk Mousse 4 x 45g (180g)	Water, Concentrated Skimmed Milk, Sugar, White Chocolate with Caramelised Milk Powder (9%) (Sugar, Cocoa Butter, Caramelised Milk Powder (7%) (Skimmed Milk Powder, Whey Powder (from Milk), Sugar, Butter, Natural Flavouring), Whey Powder (from Milk), Skimmed Milk Powder, Milk Fat, Emulsifier (Soya Lecithin)), Cream, Inulin, Pork Gelatine, Caramelised Sugar Syrup, Emulsifier (E471), Modified Maize Starch, Flavourings, Stabiliser (E412)
Cadbury Dairy Milk Mousse 4 x 45g (180g)	Water, Concentrated Skimmed Milk, Sugar, Cream, Fat Reduced Cocoa Powder, Milk Chocolate (5%) (Milk, Sugar, Cocoa Butter, Cocoa Mass, Vegetable Fats (Palm, Shea), Emulsifier (E442), Flavourings), Inulin, Pork Gelatine, Modified Maize Starch, Emulsifier (E471), Maltodextrin, Caramelised Sugar Syrup, Stabiliser (E412)
Cadbury Wispa Chocolate Dessert 180g	Water, Concentrated Skimmed Milk, Sugar, Cream, Fat Reduced Cocoa Powder, Milk Chocolate (5%) (Milk, Sugar, Cocoa Butter, Cocoa Mass, Vegetable Fats (Palm, Shea), Emulsifier (E442), Flavourings), Inulin, Pork Gelatine, Modified Maize Starch, Emulsifier (E472b), Maltodextrin, Stabiliser (E412)
Aero Peppermint & Chocolate Bubbly Mousse 4 x 58g (232g)	Whole Milk, Sugar, Chocolate Sauce 9.0% [Skimmed Milk, Sugar, Cocoa Powder ¹ , Chocolate 0.5% (Cocoa Mass ¹ , Sugar, Natural Vanilla Flavouring, Emulsifier: Lecithins (contains Soya), Reduced Fat Cocoa Powder ¹ , Modified Starch, Skimmed Milk Powder, Cream (Milk)], Skimmed Milk Powder, Cream (Milk), Gelatine, Emulsifier (Lactic Acid Esters of Mono- and Diglycerides of Fatty Acids), Gelling Agent: Sodium Alginate, Colours (Copper Complexes of Chlorophyll, Curcumin), Acidity Regulator: Sodium

Product (n=31)	Ingredients list
Aero Milk Chocolate Bubbly Mousse 4 x 59g (236g)	Hydroxide, Natural Peppermint Flavouring, ¹ Rainforest Alliance Certified Skimmed Milk, Sugar, Milk Chocolate 6.0% [Sugar, Cocoa Butter ¹ , Skimmed Milk Powder, Cocoa Mass ¹ , Whey Powder (Milk), Milk Fat, Natural Vanilla Flavouring, Emulsifiers: Lecithins (contains Soya)], Cream (Milk), Fat Reduced Cocoa Powders ¹ , Caramel (Sugar, Water, Glucose Syrup), Skimmed Milk Powder, Gelatine, Emulsifier: Lactic Acid Esters of Mono- and Diglycerides, Gelling Agent: Sodium Alginate, ¹ Rainforest Alliance Certified
Aero Chocolate Caramel Bubbly Mousse 4 x 58g (232g)	Skimmed Milk 70.3%, Sugar, Milk Chocolate 6.5% (Sugar, Cocoa Butter, Skimmed Milk Powder, Cocoa Mass, Whey Protein (from Milk), Milk Fat, Natural Vanilla Flavouring, Emulsifier: Lecithins (contains Soya)), Fat Reduced Cocoa Powders, Cream (from Milk), Caramel 3.0% (Sugar, Water, Glucose Syrup), Skimmed Milk Powder, Gelatine, Flavouring, Emulsifier: Lactic Acid Esters of Mono- and Diglycerides of Fatty Acids, Gelling Agent: Sodium Alginate
ASDA Strawberry Mousses 360g	Skimmed Milk, Water, Sugar, Strawberry Puree from Concentrate (8%), Coconut Oil, Pork Gelatine, Whey Powder (Milk), Rice Starch, Tapioca Starch, Acidity Regulator (Citric Acid), Emulsifier (Lactic Acid Esters of Mono- and Diglycerides of Fatty Acids), Skimmed Milk Powder, Whipping Cream (Milk), Carrot Extract, Milk Proteins, Flavouring, Thickener (Pectins)
ASDA Chocolate Mousses 360g	Skimmed Milk, Water, Sugar, Milk Chocolate Powder (8%) [Sugar, Cocoa Mass, Whole Milk Powder, Cocoa Butter, Skimmed Milk Powder], Coconut Oil, Fat-Reduced Cocoa Powder, Tapioca Starch, Pork Gelatine, Skimmed Milk Powder, Emulsifier (Lactic Acid Esters of Mono- and Diglycerides of Fatty Acids), Whipping Cream (Milk), Flavouring
Exceptional by ASDA Belgian Chocolate Mousse 100g	Whole Milk (39%), Belgian Chocolate (25%) [Cocoa Mass, Sugar, Cocoa

Product (n=31)	Ingredients list
Exceptional by ASDA Salted Caramel Mousse 100g	Butter, Fat-Reduced Cocoa Powder, Emulsifier (Soya Lecithins)], Whipping Cream (Milk) (25%), Sugar, Skimmed Milk Powder, Beef Gelatine, Tapioca Starch
ASDA Free From Chocolate Mousses	Whipping Cream (Milk) (37%), Whole Milk (24%), Water, Sugar, Skimmed Milk Powder, Glucose Syrup, Double Cream (Milk), Salted Butter [Butter (Milk), Salt], Maize Starch, Beef Gelatine, Tapioca Starch, Cornish Sea Salt, Colour (Plain Caramel), Flavouring, Acidity Regulator (Lactic Acid)
After Eight Chocolate Peppermint Flavoured Mousse 4 x 57g (228g)	Water, Glucose Syrup, Coconut Oil, Sugar, Dark Chocolate (3%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (Lecithins)], Stabiliser (Sorbitols), Fat-Reduced Cocoa Powder, Alcohol, Thickeners (Carrageenan, Carob Bean Gum, Sodium Alginate), Cocoa Dusting [Sugar, Fat-Reduced Cocoa Powder, Cocoa Butter, Maize Starch], Pea Protein, Pasteurised Whole Egg, Caramelised Sugar Powder, Emulsifier (Lactic Acid Esters of Mono and Diglycerides of Fatty Acids), Tapioca Starch, Flavouring
Just Essentials by ASDA 6 Chocolate Mousses 360g	Whole Milk (63%), Sugar, Cream (Milk), Chocolate Flavour Pieces 8.8% (Cocoa Mass, Cocoa Butter), Skimmed Milk Powder, Lactose (Milk), Gelatine, Emulsifier (E472b), Thickeners (Sodium Alginate, Carrageenan), Acidity Regulator: Sodium Hydroxide, Natural Mint Flavouring
Milkybar White Chocolate Mousse 220g	Skimmed Milk, Water, Sugar, Coconut Oil, Cocoa Powder, Skimmed Milk Powder, Whey Powder (Milk), Pork Gelatine, Fat-Reduced Cocoa Powder, Tapioca Starch, Emulsifier (Lactic Acid Esters of Mono and Diglycerides of Fatty Acids), Whipping Cream (Milk), Milk Proteins, Flavouring
	Skimmed Milk 76%, White Chocolate 7.5% (Sugar, Whole Milk Powder, Cocoa Butter ¹ , Natural Flavouring, Emulsifier Soya Lecithin), Sugar, Cream (Milk), Skimmed Milk Powder, Gelatine, Emulsifier: Lactic Acid Esters of Mono-

Product (n=31)	Ingredients list
Ski Strawberry Mousses 240g	and Di Glycerides of Fatty Acids, Thickener: Sodium Alginate, Acidity Regulator: Sodium Hydroxide, Flavourings, Carrot Concentrate, ¹ Rainforest Alliance Certified Strawberry Mousse 88% [Whole Milk, Strawberry Puree 8.8% Sugar, Cream (from Milk), Skimmed Milk Powder, Pork Gelatine, Glucose Fructose Syrup, Acidity Regulators (Citric Acid, Sodium Hydroxide), Modified Maize Starch, Emulsifier (Lactic Esters of Mono- and Di-Glyceride Fatty Acids), Thickeners (Locust Bean Gum, Guar Gum), Colour (Carmine), Flavouring], Strawberry Sauce 12% [Water, Sugar, Strawberry Puree 0.6%, Modified Maize Starch, Cream Powder (from Milk), Thickeners (Pectin, Guar Gum), Natural Flavouring, Acidity Regulators (Citric Acid, Trisodium Citrate), Colour (Carmine)]
Aero Creations Chocolate Mousse 4 x 57g (228g)	Chocolate Mousse (91.2%) with Chocolate Layer Pieces (8.8%), Whole Milk (65.2%), Sugar, Skimmed Milk Powder, Cocoa Mass ¹ , Cocoa Butter ¹ , Cream (Milk), Chocolate (2.7%) [Cocoa Mass ¹ , Sugar, Emulsifier: Lecithin (Soya), Natural Vanilla Flavouring], Fat Reduced Cocoa Powder ¹ , Cocoa Powder ¹ , Gelatine, Emulsifier (E471), ¹ Rainforest Alliance Certified
Dunnes Stores Simply Better French Chocolate Mousse 2 x 100g (200g)	Dark Chocolate (42%) [Cocoa Paste, Sugar, Cocoa Butter, Emulsifier: Lecithin; Natural Vanilla Flavouring] Pasteurised Free Range Egg Whites Pasteurised Free Range Egg Yolks Irish Butter [Milk, Salt]
Dunnes Stores Simply Better Handmade Mango & Passion Fruit Mousse 2 x 125g (250g)	Mango & Passion Fruit Mousse (54%) [Irish Cream (Milk), Sugar, Water, Irish Cream Cheese (Milk, Cream (Milk), Milk Solids, Salt, Lactic Acid Starter Culture), Mango Purée, Passion Fruit Purée, Irish Free Range Egg Yolks, Maize Starch, Beef Gelatine, Irish Butter (Milk, Salt), Gelling Agents: Pectin, Calcium Lactate] Mango & Passion Fruit Curd (31%) [Mango Purée, Sugar, Passion Fruit Purée, Water, Irish Free Range Egg Yolks, Irish Butter (Milk, Salt), Maize

Product (n=31)	Ingredients list
Bonne Maman Chocolate Mousse Dessert 2 x 70g (140g)	Starch, Gelling Agents: Pectin, Calcium Lactate] Mango & Passion Fruit Glaze (15%) [Passion Fruit Purée, Mango Purée, Water, Glycerine, Irish Butter (Milk, Salt), Sugar, Gelling Agent: Pectin] Cream (42%), Whole Milk, Milk Chocolate (Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Emulsifier: Sunflower Lecithin, Natural Vanilla Flavouring), Sugar, Cocoa Powder, Skim Milk Powder, Pork Gelatine, Fat Reduced Cocoa Powder, Gelling Agent (Fruit Pectin)
Bonne Maman Strawberry Mousse Dessert 2 x 70g (140g)	Strawberries (31%), Yogurt (26%) (Milk), Cream (18%) (Milk), Sugar, Cornflour, Pork Gelatine, Concentrated Lemon Juice
Bonne Maman Clementine & Lemon Mousse Dessert 2 x 70g (140g)	Yoghurt (Milk) 38%, Fruit Preparation 34% (Clementine Juice 30%, Lemon Juice 15%, Clementine 7.5%, Lemon Puree 5.8%, Water, Sugar, Corn Starch), Cream (Milk) 24%, Sugar, Pork Gelatine
Bonne Maman Blackcurrant Mousse Dessert 2 x 70g (140g)	Blackcurrant (30%) (Blackcurrant 15% and Blackcurrant Purée 15%), Yoghurt (26%) (Milk), Cream (18%) (Milk), Sugar, Cornflour, Pork Gelatine, Concentrated Lemon Juice
Gü Dark Chocolate Mousses with Ganache Desserts 2 x 70g (140g)	Dark Chocolate (38%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (Soya Lecithin), Natural Flavouring), Pasteurised Egg White, Whipping Cream (Milk), Salted Butter (Butter (Milk) Salt), Whole Milk, Pasteurised Egg Yolk, Milk Chocolate (3%) (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier (Soya Lecithin), Natural Flavouring), Sugar, Glucose Syrup, Stabilisers (Guar Gum, Xanthan Gum), Preservative (Potassium Sorbate), Water, Acidity Regulator (Citric Acid), Fat Reduced Cocoa Powder
Sainsbury's Colombian Coffee Mousse, Taste the Difference 100g	West Country Whipping Cream (Cows' Milk) (43%), Cows' Milk, Sugar, Skimmed Cows' Milk Powder, Golden Syrup, Colombian Coffee Powder

Product (n=31)	Ingredients list
<p>Sainsbury's Belgian Chocolate Mousse, Taste the Difference 100g</p>	<p>(1.5%), Beef Gelatine, Tapioca Starch, Cornflour. British Cows' Milk, West Country Whipping Cream (Cows' Milk) (25%), Belgian Dark Chocolate (25%) (Cocoa Mass, Sugar, Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier: Soya Lecithin), Sugar, Skimmed Cows' Milk Powder, Beef Gelatine, Tapioca Starch.</p>
<p>Sainsbury's Mousse Chocolate 6 x 60g (360g)</p>	<p>Skimmed Cows' Milk, Water, Sugar, Milk Chocolate Powder (8%) (Sugar, Cocoa Mass, Whole Cows' Milk Powder, Cocoa Butter, Skimmed Cows' Milk Powder), Coconut Oil, Fat Reduced Cocoa Powder, Tapioca Starch, Pork Gelatine, Skimmed Cows' Milk Powder, Emulsifier:Lactic Acid Esters of Mono- and Diglycerides of Fatty Acids; Cream (Cows' Milk), Flavouring.</p>
<p>Plant Pioneers Chocolate & Salted Caramel Pots 2 x 100g (200g)</p>	<p>Water, Glucose Syrup, Coconut Oil, Caramel (5%) (Sugar, Water), Sugar, Rice, Chicory Fibre, Dried Glucose Syrup, Milk Free Chocolate Drops (3%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Sunflower Lecithin; Flavouring), Coconut Cream, Ethanol, Cocoa Powder, Milk Free Dark Chocolate (1%) (Cocoa Mass, Sugar, Fat Reduced Cocoa Powder, Cocoa Butter, Emulsifier: Sunflower Lecithin), Citrus Fibre, Maltodextrin, Corn Starch, Thickener: Carrageenan; Emulsifier: Mono- and Diglycerides of Fatty Acids; Fat Reduced Cocoa Powder, Stabiliser: Starch Sodium Octenyl Succinate, Sunflower Oil, Salt, Flavouring, Acidity Regulator: Sodium Hydrogen Carbonate.</p>
<p>Ambrosia Mousse Belgian Chocolate 2 x 60g (120g)</p>	<p>Skimmed Milk, Sugar, Palm Oil, Milk Chocolate Powder made with Belgian Milk Chocolate (5%) (Sugar, Cocoa Mass, Whole Milk Powder, Cocoa Butter, Skimmed Milk Powder), Fat Reduced Cocoa Powder, Skimmed Milk Powder, Whey (Milk), Maltodextrin, Emulsifiers (Propylene Glycol Esters of Fatty Acids, Mono- and Diglycerides of Fatty Acids, Lecithins), Modified Starch,</p>

Product (n=31)	Ingredients list
ASDA Toffee Layered Mousse 100g	Palm Fat, Milk Proteins, Gelling Agent (Carrageenan), Flavouring, Salt, Total Milk Content 59% Whipping Cream (Milk) (33%), Water, Whole Milk (19%), Sugar, Skimmed Milk Powder, Modified Maize Starch, Sweetened Condensed Skimmed Milk [Skimmed Milk, Sugar, Lactose (Milk)], Beef Gelatine, Glucose Syrup, Tapioca Starch, Maize Starch, Salted Butter [Butter (Milk), Salt], Stabilisers (Carrageenan, Xanthan Gum), Colour (Plain Caramel), Dextrose, Flavourings, Vanilla Extract, Salt
ASDA Sweet Toffee Dessert 100g	Whipping Cream (Milk) (33%), Water, Whole Milk (19%), Sugar, Skimmed Milk Powder, Modified Maize Starch, Sweetened Condensed Skimmed Milk [Skimmed Milk, Sugar, Lactose (Milk)], Beef Gelatine, Glucose Syrup, Tapioca Starch, Maize Starch, Salted Butter [Butter (Milk), Salt], Stabilisers (Carrageenan, Xanthan Gum), Colour (Plain Caramel), Dextrose, Flavourings, Vanilla Extract, Salt
ASDA Chocolate Layered Mousse 100g	Whipping Cream (Milk) (30%), Whole Milk (27%), Water, Sugar, Skimmed Milk Powder, Milk Chocolate (4%) [Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier (Soya Lecithins)], Fat-Reduced Cocoa Powder, Beef Gelatine, Modified Maize Starch, Cocoa Powder, Tapioca Starch, Stabilisers (Xanthan Gum, Carrageenan), Dextrose

Appendix 4: List of search terms used for literature review to establish health outcomes of high-protein diets and glossary of terms

Search terms

("high protein" OR "protein diet" OR "protein consumption" AND "health")

("high protein intake" OR "high protein diet" OR "high protein" AND "health risks" OR "negative health outcomes")

("high protein diet" OR "high protein intake" AND "weight loss")

("high protein diet" OR "high protein intake" AND "lipids")

("high protein diet" OR "high protein intake" AND "bone health")

("high protein diet" OR "high protein intake" AND "kidney health")

Search terms

("function" OR "importance" AND "dietary protein")

("high protein diet" AND "older adults" AND "sarcopenia")

("high protein diet" AND "renal health" AND "kidneys")

("high protein diet" AND "kidney disease")

("high protein diet" AND "GFR")

("high protein diet" AND "weight management" OR "weight loss")

("high protein diet" AND "weight loss")

("high protein diet" AND "CVD")

Databases used: PubMed, ScienceDirect, Web of Science, Google Scholar

Appendix 5: Glossary of terms

Cardiometabolic: Refers to the interaction between cardiovascular function (heart and blood vessels) and metabolic processes (such as how the body uses and stores energy, regulates blood sugar and fats).

CVD: Cardiovascular disease – diseases that affect the heart and blood vessels.

Frailty: Frailty is where someone is less able to cope and recover from accidents, physical illness or other stressful events.

GFR: Glomerular filtration rate – a test that is used to check how well the kidneys are functioning.

Lipid profiles: A lipid profile is a blood test that measures the levels of different types of fats, known as lipids, in your bloodstream. It typically includes measurements of total cholesterol, HDL (good cholesterol), LDL (bad cholesterol), and triglycerides.

Postprandial diet-induced thermogenesis: The increase in the energy expenditure above the basal fasting level associated with the digestion, absorption, transport, metabolism, and storage of food.

Renal: Relating to kidneys.

Sarcopenia: Loss of skeletal muscle mass and strength as a result of ageing.

Systolic blood pressure: Systolic pressure is the amount of force exerted on artery walls when your heart pumps out blood during contraction.

Appendix 6: Health outcomes associated with a high-protein diet: Results from literature review

Health outcome	Report author	Study characteristics	Main conclusions
Bone	Zeraattalab-Motlagh and colleagues (2023) (12)	<ul style="list-style-type: none"> • Systematic review and meta-analysis. • Subjects included general adults aged ≥ 18 years. • Dietary total and animal proteins, as well as fish, total dairy and dairy products were included. 	<ul style="list-style-type: none"> • A higher intake of animal protein (per 100 g/day) might be related to reduced risk of hip fracture, but not any fracture. • For every 100-g/day increment in dietary total and animal proteins and each 15-g/day increment in fish intake were related to 48%, 50%, and 5% reduction in risk of hip fracture respectively.
Bone	Zhao and colleagues (2022) (13)	<ul style="list-style-type: none"> • Review article. 	<ul style="list-style-type: none"> • There is evidence to suggest that bone loss and increased fracture risk during intentional weight loss may be mitigated by some intervention approaches, such as high protein intake, calcium supplementation, and resistance and balance training.
Bone	Moxness Konglevoll and colleagues (2022) (14)	<ul style="list-style-type: none"> • Prospective cohort study. • In total, 1,906 women and 1,820 men aged ≥ 45 years in 1994 who participated in both Tromsø4 	<ul style="list-style-type: none"> • Intake of protein in g/kg BW both in mid-life and later in life was inversely associated with pre-frailty/frailty in older adults. This emphasises the

Health outcome	Report author	Study characteristics	Main conclusions
		(1994–95) and Tromsø7 (2015–16).	importance of an adequate protein intake to facilitate healthy ageing in Norwegian older adults.
Cardiovascular	Yibin and colleagues (2024) (15)	<ul style="list-style-type: none"> • Systematic review and meta-analysis. • The results of 124 prospective cohort studies were included in the systematic review and 101 in the meta-analysis. 	<ul style="list-style-type: none"> • The results of this meta-analysis support that protein intake is associated with a decreased risk of CVD morbidity. • High total protein intake was associated with low CVD morbidity. High intake of protein, from both animal and plant sources, may offer a protective effect on the incidence rate of CVD.
Cardiovascular	Yueying and colleagues (2024) (16)	<ul style="list-style-type: none"> • Standard meta-analysis of 100 articles, and 41 articles were also analysed using network meta-analysis. • Adults with a mean age ≥ 19 years. • ‘High protein diet’ was defined as $>20\%$ of total energy intake from dietary protein and a “plant-protein-rich diet” was defined as $>50\%$ of total protein intake 	<ul style="list-style-type: none"> • Consumption of high-protein diets and plant-protein-rich diets support improvements in vascular health and lipid-lipoprotein profiles, respectively.

Health outcome	Report author	Study characteristics	Main conclusions
		from plant-based protein.	
Cardiovascular	Davies (2023) (17)	<ul style="list-style-type: none"> Review article. 	<ul style="list-style-type: none"> The implementation of high-protein diets (lower in carbohydrates) emerges as a promising strategy for reducing triglyceride levels, although outcomes related to LDL-C and other cardiovascular risk markers remain inconclusive.
Cardiovascular health	Vogtschmidt and colleagues (2021) (18)	<ul style="list-style-type: none"> Systematic Review and Meta-analysis of 57 articles, involving 4344 participants. Adults ≥ 18 years with no presence of chronic medical conditions. 	<ul style="list-style-type: none"> Higher protein diets showed small, but favourable effects on weight loss, fat mass loss, systolic blood pressure, some lipid outcomes, and insulin, compared to lower protein diets. Findings suggest that higher protein diets can lead to improvements in weight loss and reduction in fat mass, compared to lower protein diets.
Liver and kidney function	de Lorenzo and colleagues (2024) (19)	<ul style="list-style-type: none"> Review article. 	<ul style="list-style-type: none"> Existing data suggest that glomerular hyperfiltration

Health outcome	Report author	Study characteristics	Main conclusions
			<p>caused by high-protein diets induce an initial, acute increase that can be followed by a long-term, subsequent decline in Glomerular Filtration Rate (GFR), leading to CKD, if high-protein diet intake is prolonged over time, even in individuals without preexisting kidney disease.</p> <ul style="list-style-type: none"> • A follow-up of renal function during a high protein diet and after discontinuation is highly recommended.
Liver and kidney function	Jhee and colleagues (2020) (20)	<ul style="list-style-type: none"> • Prospective cohort study. 	<ul style="list-style-type: none"> • A high-protein diet increases the risk of RHF and a rapid renal function decline in the general population. • These findings suggest that a high-protein diet has a deleterious effect on renal function in the general population.
Liver and kidney function	Ko and colleagues (2020) (21)	<ul style="list-style-type: none"> • Review article. 	<ul style="list-style-type: none"> • High dietary protein intake can cause intraglomerular hypertension,

Health outcome	Report author	Study characteristics	Main conclusions
			<p>which may result in kidney hyperfiltration, glomerular injury and proteinuria.</p> <ul style="list-style-type: none"> • It is possible that long-term high protein intake may lead to de novo CKD. • Compared with protein from plant sources, animal protein has been associated with an increased risk of ESKD in several observational studies.
Liver and kidney function	Cheng and colleagues (2024) (22)	<ul style="list-style-type: none"> • Systematic review and meta-analysis of 6 studies. 	<ul style="list-style-type: none"> • Data showed a lower CKD risk significantly associated higher-level dietary total, plant, or animal protein (especially for fish and seafood) intake.
Metabolic health	Carbone and colleagues (2024) (23)	<ul style="list-style-type: none"> • Review article. 	<ul style="list-style-type: none"> • Higher-than-RDA (that is, 1.2–1.6 g/kg/d) protein intakes enhance postprandial diet-induced thermogenesis and may help to preserve resting energy expenditure (REE) during weight loss. • The muscle-sparing role of higher-protein

Health outcome	Report author	Study characteristics	Main conclusions
			<p>intakes during weight loss likely contributes to this resting energy expenditure maintenance.</p>
Mortality	Chen and colleagues (2020) (24)	<ul style="list-style-type: none"> • Meta-analysis of 11 studies. 	<ul style="list-style-type: none"> • Higher total protein intake is associated with higher all-cause mortality, primarily driven by a positive association between animal protein intake and CVD mortality. • In contrast, higher plant protein intake is associated with lower all-cause and CVD mortality.
Muscle function	Nunes (2022) (25)	<ul style="list-style-type: none"> • Systematic review and meta-analysis of 74 studies. • Only randomized controlled trials (RCT) where participants increased their daily protein intake and were healthy, and non-obese adults were included. 	<ul style="list-style-type: none"> • Increasing daily protein ingestion results in small additional gains in lean body mass and lower body muscle strength gains in healthy adults enrolled in resistance exercise training. • There is a slight effect on bench press strength and minimal effect performance in physical function tests.
Muscle function	Kirwan and colleagues (2021) (26)	<ul style="list-style-type: none"> • Systematic review and meta-analysis of 	<ul style="list-style-type: none"> • In older adults, increased protein intake leads to

Health outcome	Report author	Study characteristics	Main conclusions
		28 randomised controlled trials.	greater ALM (appendicular lean mass) and HG (handgrip) strength in older adults, but only when combined with resistance exercise.
Muscle function	Boirie and colleagues (2023) (27)	<ul style="list-style-type: none"> • Review article. 	<ul style="list-style-type: none"> • Dietary protein intake during obesity is a relevant determinant of muscle preservation. • Inversely, the excess amount of protein intake in early infancy promotes later obesity, suggesting that the amount, the quality, and the periods of higher protein intake have to be properly allocated in accordance with the clinical conditions and expected outcomes. • It is important to keep in mind that while protein and amino acid supplementation may have potential benefits for the treatment of obesity, it is not a substitute for a healthy diet and lifestyle behaviour.

Health outcome	Report author	Study characteristics	Main conclusions
Muscle function	Campbell and colleagues (2023) (28)	<ul style="list-style-type: none"> Narrative review. 	<ul style="list-style-type: none"> Some observational studies suggest protein intakes from 1.0 to 1.6 g/kg BW/d may promote greater muscle strength and function more so than muscle size. Experimental findings from randomised controlled feeding trials indicate protein intakes greater than the RDA (averaging ~1.3 g/kg BW/d) do not influence indices of lean body mass or muscle and physical functions with non-stressed conditions, but positively influence changes in lean body mass with purposeful catabolic (energy restriction) or anabolic (resistance exercise training) stressors.
Older adults	Mendonça and colleagues (2021) (29)	<ul style="list-style-type: none"> Meta-analysis. Pooled analysis of individual participant data from cohorts in the PROMISS (Prevention Of Malnutrition In Senior Subjects 	<ul style="list-style-type: none"> Higher daily protein intake can reduce physical function decline not only in older adults with protein intake below the current RDA of 0.8 g/kg

Health outcome	Report author	Study characteristics	Main conclusions
		<p>in the European Union) consortium (the Health Aging and Body Composition Study, Quebec Longitudinal Study on Nutrition and Successful Aging, Longitudinal Aging Study Amsterdam, and Newcastle 85+) in which 5,725 community-dwelling older adults were followed up to 8.5 years.</p>	<p>BW/d, but also in those with a protein intake that is already considered sufficient.</p>
Older adults	Coelho-Junior and colleagues (2024) (30)	<ul style="list-style-type: none"> Review article. 	<ul style="list-style-type: none"> Intake levels exceeding current guidelines (≥ 0.8 g/kg of BW/day) appear essential for preserving or enhancing muscle mass and function, especially in those with sarcopenia and frailty.
Older adults	Hengeveld and colleagues (2022) (31)	<ul style="list-style-type: none"> Review article. 	<ul style="list-style-type: none"> Results indicate that increasing protein intake beyond 0.8 g/kg BW/d) has a possible beneficial effect on lean body mass in older adults and, when combined with

Health outcome	Report author	Study characteristics	Main conclusions
			<p>physical exercise, muscle strength, but that an effect on physical performance and bone health is unlikely.</p>
Older adults	Nunes and colleagues (2021) (32)	<ul style="list-style-type: none"> Review article. 	<ul style="list-style-type: none"> The current evidence endorses an increase in the daily ingestion of protein with emphasis on the ingestion of NDP choices by older adults. Ageing adults can expect to experience several metabolic and functional benefits from consuming protein above the current RDA; specifically, older adults should aim to consume more protein each day (about 1.6 g/kg BW/d) and at each eating occasion (0.4 g/kg BW/meal), particularly at breakfast and lunchtime meals.
Older adults	Goes-Santos and colleagues (2024) (33)	<ul style="list-style-type: none"> Review article. 	<ul style="list-style-type: none"> The current recommendations to offset losses in muscle mass suggest a consumption of 1.0–1.2 g/kg BW/d for older adults.

Health outcome	Report author	Study characteristics	Main conclusions
Older adults	Coelho-Junior and colleagues (2020) (34)	<ul style="list-style-type: none"> Review article. 	<ul style="list-style-type: none"> Many studies have described an inverse association between the amount of protein intake and frailty prevalence, leading experts in the field to suggest that greater amounts of protein than the current RDA (1.0–1.5 g/kg BW/day) are necessary to prevent frailty.
Weight management and satiety	Eglseer and colleagues (2023) (35)	<ul style="list-style-type: none"> Systematic review and network meta-analysis. 66 studies which included 4,957 participants. High-protein intake was defined as 1.1–1.7 g/kg BW. 	<ul style="list-style-type: none"> The overall results of this analysis indicate that the most effective strategy to improve body composition, i.e., losing fat without increasing risk of sarcopenia in persons with obesity around retirement age, was combining energy restriction with resistance training or with mixed exercise (resistance combined with aerobic exercise) and/or high-protein intake. Overall, the most effective strategy for nearly all outcomes was combining energy restriction with

Health outcome	Report author	Study characteristics	Main conclusions
			<p>resistance training or mixed exercise and high protein.</p>
Weight management and satiety	Grosicki and colleagues (2024) (36)	<ul style="list-style-type: none"> Review article. 	<ul style="list-style-type: none"> Incorporating higher protein intake and regular resistance training should be prioritised to help preserve muscle mass and function and optimise weight loss outcomes.
Weight management and satiety	Jacob and colleagues (2024) (37)	<ul style="list-style-type: none"> Systematic review of 7 studies including 660 participants. High protein diets defined as a protein intake of 20%-45% of energy intake. 	<ul style="list-style-type: none"> The most promising nutritional intervention for the management of Normal Weight Obesity (NWO) and Overweight Obesity (OWO) is high protein intake. High protein intake in the current review was the second most effective intervention for percentage fat loss. This finding aligns with those of a review by Vogtschmidt et al. who found greater reductions in fat mass, systolic BP, total cholesterol and triacylglycerol in high protein diets (protein % energy intake: 20%–45%) compared

Health outcome	Report author	Study characteristics	Main conclusions
			<p>with low protein diets (protein % energy intake:10%–23%).</p> <ul style="list-style-type: none"> • Similar results on high protein intake were reported in a review by Hudson et al. Their review suggested that protein intakes greater than the recommended daily allowance beneficially influenced changes in lean mass (weighted mean difference: 0.32 kg).
Weight management and satiety	Antonio and colleagues (2020) (38)	<ul style="list-style-type: none"> • Review article. 	<ul style="list-style-type: none"> • Increased protein consumption, particularly when paired with rigorous resistance training, can enhance lean body mass and decrease fat mass, potentially exceeded the benefits associated with the RDA.
Weight management and satiety	Hansen and colleagues (2021) (39)	<ul style="list-style-type: none"> • Systematic review and meta-analysis. • 43 papers were included. • No specific criteria for “high dietary protein” were set, but the studies were 	<ul style="list-style-type: none"> • Diets rich in protein (ranging from 18–59 energy percentage [E%]) may have a beneficial effect on body weight management.

Health outcome	Report author	Study characteristics	Main conclusions
		<p>required to justify a relative difference.</p>	
Weight management and satiety	Moon and Koh (2020) (40)	<ul style="list-style-type: none"> Review article. 	<ul style="list-style-type: none"> High-protein diets are a safe method for losing weight while preserving fat-free mass; it is thought to also prevent obesity and obesity-related diseases, such as metabolic syndrome, non-alcoholic fatty liver disease, type 2 diabetes, and cardiovascular diseases.
Weight management and satiety	Lauran and colleagues (2024) (41)	<ul style="list-style-type: none"> Systematic review. 4 studies which included 383 adults with obesity aged 36 to 55 years old. High-protein diets were defined as at least 25% of total energy of the diet. 	<ul style="list-style-type: none"> Weight loss was significantly greater in the hypocaloric, high-protein group as compared to other hypocaloric, non-high-protein diet groups.
Weight management and satiety	McCarthy and Berg (2021) (42)	<ul style="list-style-type: none"> Review article. 	<ul style="list-style-type: none"> The results of this review support the recommendations for intakes of protein above the current guidelines of 0.8 g/kg BW/d for the healthy elderly population to also be incorporated into the dietary

Health outcome	Report author	Study characteristics	Main conclusions
			prescription for weight management in this age group.
Weight management and satiety	Magkos and colleagues (2020) (43)	<ul style="list-style-type: none"> • Review article. 	<ul style="list-style-type: none"> • In line with findings during the active weight loss phase, studies assessing the efficacy of protein-rich diets to improve weight loss maintenance report beneficial effects in the short term, which nevertheless dissipate over time. • Studies indicate that weight regain in the short term (3–12 months) is lower by 1–2 kg with high-protein diets than low-protein diets.

