

Examples from RiksmatenFlex

The image displays three screenshots of the RiksmatenFlex web application, illustrating the process of specifying a meal.

Left Screenshot: Riksmaten småbarn

- Header: Riksmaten småbarn
- Section: Frågor om mat- och rörelsevanor
- Section: Registrera måltider
- List of days: ☐ Dag 1, tisdag 9 nov Frukost, ☐ Dag 2, söndag 14 nov
- Footer: Livsmedelsverket, RiksmatenFlex

Middle Screenshot: Meal Selection

- Header: Tillbaka, Dag 1, tis 9 nov
- Time slots: 00.00 to 11.00
- Selected meal: **Frukost** (Yoghurt naturell, Polarbröd, Margarin fett 60-80%, Mjölk lättmjölk)

Right Screenshot: Meal Details (Måltid)

- Header: Avbryt, Måltid, Ändra
- Section: Detaljera måltid
- Fields: , ,
- Buttons: Lägg till mat och dryck, Klar

A red arrow points from the selected meal in the middle screenshot to the details form on the right.

Supplementary Figure 2a. Web page, specification of meal type, time, place and food items.

Examples from RiksmatenFlex

The figure consists of three screenshots from the RiksmatenFlex app, illustrating the process of selecting portion sizes and fish types for a dish.

Left Screenshot: A search results list for the query "gryta". The list includes various recipes, with "Fiskgryta med kokosmjölk" highlighted. A red arrow points from this item to the middle screenshot.

Middle Screenshot: The "Fiskgryta med kokosmjölk" recipe page. It shows a photo of the dish and a section for selecting portion sizes. The "Valda portioner" (Selected portions) section is empty, and the "Inga portioner valda" (No portions selected) message is displayed. Below this, the "Eller annan mängd" (Or other amount) section shows a "Matsked" (Spoon) unit with a quantity of 0. A red arrow points from the "Matsked" input field to the right screenshot.

Right Screenshot: The same recipe page, but with the "Detaljera livsmedel" (Detail ingredients) section expanded. The "typ av fisk" (Type of fish) dropdown menu is open, showing options: "Fet fisk t.ex. lax, sill, makrill" (Fatty fish e.g. salmon, herring, mackerel), "Vit fisk t.ex. torsk, hoki, rödspätta" (White fish e.g. cod, haddock, red pikeperch), "Blandad fisk" (Mixed fish), and "Vet ej" (Don't know). A red arrow points from the "typ av fisk" dropdown to this list.

Supplementary Figure 2b. Specification of portion sizes and where appropriate type of fish or meat in mixed dishes.

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Avbryt Måltid Ändra

✕ Q bröd

- Bröd - välj från bild
- Bröd halvljust
- Bröd hårt
- Bröd med 15-30% fullkorn
- Bröd mer än 30% fullkorn
- Bröd mjukt

Avbryt Bröd - välj från bild



Bröd mjukt



Bröd hårt

Avbryt Bröd mjukt



Bagel



Langos utan fyllning



Bröd halvljust



Bröd mer än 30% fullkorn



Bröd med 15-30% fullkorn



Glutenfritt bröd, grovt



Formbröd/rostbröd



Baguette grov

Supplementary Figure 2c. Specification of bread types.