



Supporting Information

Supplementary results

**This appendix was part of the submitted manuscript and has been peer reviewed.
It is posted as supplied by the authors.**

Appendix to: Yousef O, De Souza S. Meals and movies: making our microbiota merry. *Med J Aust* 2022; doi: 10.5694/mja2.51782.

Table. Components of the festive foods identified: naughty or nice?

Movie/Food depicted	References for effect on microbiota
<i>Muppets Christmas Carol</i> : Christmas dinner	
Turkey	3,4
Breadcrumbs/bread	10
Unsaturated fat (butter/oil)	5,6
Sage/herbs	No evidence
Egg	17,18
Onion	3
Carrots	3,5
Potatoes	6,15
Cranberry	3
Sugar	5, 6,-7,16
<i>A Christmas Carol</i> : Christmas pudding	
Flour	11
Egg	17,18
Sugar	5,6,-7,16
Brandy	4,14
Butter	5,6
Raisins/dried fruit/candied peel	3
Apple	3
Orange	3,7
Breadcrumbs	10
Mixed spice (highest volume: cinnamon)	12, 13
Almonds	3
<i>It's a Wonderful Life</i> : mulled wine	
Red wine	6,7,14
Sugar	5, 6,7,16
Orange (good)	3,7
Cinnamon (good)	12,13
Cloves	No evidence
<i>National Lampoon's Christmas Vacation</i> : turkey	3,4
<i>Home Alone</i> : mac and cheese	
Pasta	11
Milk	9
Cheese	1
<i>Gremlins</i> : chicken drumsticks	3,4

Movie/Food depicted	References for effect on microbiota
<i>National Lampoon's Christmas Vacation</i> : eggnog	
Egg	17,18
Sugar	5,6,7,16
Cream	7
Milk	9
Rum/bourbon	4,14
Nutmeg	No evidence
Cloves	No evidence
<i>Love Actually</i> : chocolate biscuits	
Chocolate	4
Flour	11
Sugar	5,6,7,16
Butter	5,12
Milk	9
<i>Scrooged</i> : 5 lb veal	3, 4, 5, 6
<i>A Christmas Story</i> : Chinese "turkey" (duck) at Chop Suey Palace	3,2,5,6,19
<i>Elf</i> : Candy Spaghetti Breakfast	
Spaghetti	11
Cocoa	2
Sugar	5,6,7,16
Maple syrup	5,6,7,16
Gelatin	No evidence
Vegetable fats	3
Milk (powder)	9
Dried strawberry and apple pieces	3,7
<i>Bad Santa</i> : candy corn	
Sugar/corn syrup	5,6,7,16
Gelatin	No evidence
<i>Home Alone</i> : cheese pizza	
Yeast	No evidence
Flour	11
Oil (saturated)	5,6
Tomato puree/passata	8
Cheese	1
<i>Die Hard</i> : Twinkies	
Sugar	5,6,7,16

Movie/Food depicted	References for effect on microbiota
Glucose-Fructose Syrup	5,6,7,16
Fortified Wheat Flour	11
Hydrogenated Vegetable Oil (Palm)	2
Egg	17,18
Whey (Milk)	4

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