

	<b>Analysis approach</b>	<b>Aim</b>	<b>Instrument MHz</b>	<b>mode</b>	<b>Food/study</b>	<b>sample prep</b>	<b>statistics / data treatment</b>
1	NMR, Untargeted	Polar metabolite and lipid profiling	NMR 600/500	liquid state 1H	biological fluids (blood, urine), feces extracts, cell culture, olive, olive oil, wine, honey, natural products and extracts	none	PCA, OPLS-DA, OPLS
2	NMR, Untargeted	Polar metabolite profiling	NMR 300, 500	liquid state 1H	liquid foods (wine, honey, juice, coffee, milk etc.)	none	PCA, OPLS-DA, OPLS
3	QNMR, Targeted	Phenolic profiling	NMR 500	liquid state 1H, 31P	wine, olive oil, fruits, plants, etc	freeze drying, SPE	PCA, OPLS-DA, OPLS
4	NMR, Untargeted	Polar metabolite profiling	NMR 300, 500	liquid state 1H	solid foods (cheese, coffee, plants)	freeze drying, LE	PCA, OPLS-DA, OPLS
5	NMR, Untargeted	Lipid profiling	NMR 300, 500	liquid state 1H	solid foods (cheese, coffee, etc)	freeze drying, LE	PCA, OPLS-DA, OPLS
6	QNMR, Targeted	Small molecule compositional analysis	NMR 300, 500	liquid state 1H	foods, plants	depending on sample	-
7	NMR, Untargeted	Compositional analysis	NMR 400	solid state 1H, 13C	meat, cheese, plants, fruits, etc	none	PCA, OPLS-DA, OPLS
8	NMR, Untargeted	Polar metabolite and lipid profiling	NMR 400	solid state 1H, 13C	tissues, cell culture	none	PCA, OPLS-DA, OPLS