Supplemental table 1: Average scores (±SD) for the four separate appetite measures assessed via visual-analogue scales

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| Appetite measure | Breakfast time average score (mm) (± SD) | Lunch time average score (mm) (±SD) | t | p | r |
| Hunger | 71.2 (21.7) | 68.0 (20.7) | 0.82 | 0.41 | 0.06 |
| Fullness | 19.0 (20.7) | 27.1 (19.6) | -1.93 | 0.06 | 0.15 |
| General desire to eat | 70.4 (23.3) | 71.0 (20.9) | -0.18 | 0.86 | 0.01 |
| Prospective food consumption | 69.4 (20.2) | 70.0 (15.6) | -0.20 | 0.84 | 0.02 |

\*degrees of freedom for all t-values = 39