

Supplementary material - Tables

Group characteristics (all studies)

Table 1. Group characteristics for the three studies.

	Study 1 (n = 19)	Study 2 (n = 18)	Study 3 (n = 28)
Age, y	22.5 (1.8)	25.9 (4.7)	24.4 (2.7)
Weight, kg	59.1 (5.6)	60.7 (7.8)	60.9 (6.2)
Height, cm	167.3 (4.7)	164.1 (5.4)	164.4 (6.1)
BMI, kg/m ²	21.1 (1.6)	22.5 (2.2)	22.5 (2.0)

Values are expressed as mean (SD)

Macronutrient composition of meals

Table 2. Macronutrient composition of foods served.

	Hash 1	Hash 2	Meat & Potatoes
Protein, g/100	9.6	9.1	9.4
Carbohydrate, g/100	8.2	7.8	8.5
Fat, g/100	2.0	2.8	6.8
Energy, kcal (kJ)	91.7 (383.3)	92.8 (387.9)	140.1 (585.6)

Eating behaviour characteristics of control meals (all studies)

Table 3. Group characteristics for the three studies.

	Study 1	Study 2	Study 3
Food intake, g	310.8 (79.5)	256.7 (101.8)	310 (108)
Meal duration, min	10.9 (3.3)	10.1 (5.9)	10.2 (3.6)
Bites, n	57.4 (25.6)	56.9 (24.3)	49.2 (17.9)
Chews, n	742.6 (256.2)	765.2 (419.0)	802 (316)

Values are expressed as mean (SD)

Eating behaviour characteristics of test meals (all studies)

Table 4. Eating behaviour characteristics in all studies.

	Study 1			Study 2		Study 3	
	Small	Medium	Large	Small	Large	Lunch	Dinner
Food intake, g	304 (116)	300 (92)	312 (107)	309 (98)	301 (101)	310 (108)	315 (112)
Meal duration, min	9.4 (3.4)	9.7 (3.5)	10.5 (3.2)	8.3 (4.7)	9.2 (6.1)	10.2 (3.6)	10.4 (3.6)
Bites, n	54.4 (24.4)	54.5 (24.7)	61.9 (29.6)	36.8 (11.1)	36.5 (13.6)	49.2 (17.9)	50.8 (19.1)
Chews, n	566 (212)	626 (238)	662 (195)	471 (251)	567 (383)	802 (316)	808 (315)

Values are expressed as mean (SD)

Eating behaviour differences

Study 1

Table 5. Difference in eating behaviour characteristics between conditions in study 1.

	Small - Medium				Medium - Large				Small - Large			
	Mean	SD	P	95% CI	Mean	SD	P	95% CI	Mean	SD	P	95% CI
Food intake, g	4.3	72.8	0.950	-28.8 - 37.4	-7.2	55.7	0.741	-44.4 - 23.2	-9.4	50.8	0.900	-40.1 - 27.5
Meal duration, min	-0.3	2.1	0.804	-1.3 - 0.8	-0.6	2.0	0.339	-1.7 - 0.4	-1.0	1.8	0.107	-2.0 - 0.1
Bites, n	-0.2	17.0	0.999	-8.6 - 8.3	-6.2	15.5	0.144	-15.6 - 1.7	-7.8	14.2	0.132	-15.7 - 1.6
Chews, n	-60.4	152.8	0.120	-132.2 - 11.5	-18.3	138.2	0.712	-97.8 - 47.7	-88.4	101.7	0.018*	-158.2 - -11.7

Study 2

Table 6. Difference in eating behaviour characteristics between conditions in study 2.

	Small - Large			
	Mean	SD	P	95% CI
Food intake, g	8.6	61.7	0.562	-22.1 - 39.3
Meal duration, min	-0.9	1.8	0.046*	-1.8 - -0.0
Bites, n	0.3	11.2	0.918	-5.3 - 5.9
Chews, n	-95.4	167.8	0.027*	-178.9 - -12.0

Study 3

Table 7. Difference in eating behaviour characteristics between conditions in study 3.

	Lunch - Dinner			
	Mean	SD	P	95% CI
Food intake, g	-3.2	73.6	0.819	-31.7 - 25.3
Meal duration, min	-0.1	1.6	0.651	-0.8 - 0.5
Bites, n	-0.6	10.2	0.766	-4.6 - 3.5
Chews, n	-6.8	137.7	0.799	-61.3 - 47.7

Association of eating behaviour characteristics

Table 8. Pearson correlation coefficient (R^2) of meal duration, food intake, bites and chews in all studies.

	Study 1			Study 2	Study 3
	Small - Medium	Small - Large	Medium - Large	Small - Large	Lunch - Dinner
Food intake	0.78 (<0.01)	0.90 (<0.01)	0.85 (<0.01)	0.81 (<0.01)	0.79 (<0.01)
Meal duration	0.81 (<0.01)	0.86 (<0.01)	0.82 (<0.01)	0.98 (<0.01)	0.90 (<0.01)
Bites	0.76 (<0.01)	0.88 (<0.01)	0.85 (<0.01)	0.60 (<0.01)	0.86 (<0.01)
Chews	0.78 (<0.01)	0.88 (<0.01)	0.80 (<0.01)	0.94 (<0.01)	0.91 (<0.01)

Values are expressed as R^2 (p-value)

Subjective scores

Table 9. Before and after meal questions in all studies.

	Study 1			Study 2		Study 3	
	Small	Medium	Large	Small	Large	Lunch	Dinner
Before meal							
Hunger	82.7 (17.0)	81.6 (19.5)	85.5 (19.7)	53.3 (26.9)	54.4 (27.8)	77.0 (15.5)	72.9 (16.6)
Desire to eat	81.3 (17.8)	81.6 (21.2)	84.3 (21.8)	62.7 (25.0)	57.8 (23.4)	78.2 (16.1)	72.8 (17.4)
After meal							
Hunger	12.5 (16.0)	12.3 (13.5)	9.8 (11.5)	5.7 (8.1)	5.8 (7.8)	10.7 (11.2)	8.9 (9.3)
Desire to eat	20.4 (20.0)	20.8 (19.7)	19.6 (16.2)	10.7 (12.8)	11.8 (13.9)	15.8 (14.7)	16.5 (14.9)

Food liking	54.6 (21.6)	58.3 (12.5)	56.8 (20.9)	47.4 (21.4)	48.1 (19.1)	67.8 (17.8)	62.9 (22.1)
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Values range between 0 and 100 on a Visual Analogue Scale

Subjective score difference

Study 1

Table 10. Difference in before and after meal ratings between conditions in study 1.

	Small - Medium				Medium - Large				Small - Large			
	Mean	SD	P	95% CI	Mean	SD	P	95% CI	Mean	SD	P	95% CI
Before meal												
Hunger	1.1	14.7	0.937	-8.6 - 6.4	-4.0	14.0	0.432	-3.6 - 11.7	-3.1	13.4	0.641	-4.7 - 10.6
Desire to eat	-0.3	12.5	0.995	-7.3 - 8.0	-2.9	12.8	0.647	-4.8 - 10.8	-3.4	17.3	0.587	-4.5 - 11.1
After meal												
Hunger	0.2	9.3	0.996	-4.7 - 4.3	1.2	6.8	0.879	-5.5 - 3.6	0.6	8.6	0.840	-5.7 - 3.5
Desire to eat	-0.5	11.9	0.989	-7.2 - 8.2	-0.1	16.9	1.000	-7.8 - 7.9	-0.9	13.8	0.988	-7.3 - 8.3
Food liking	-3.7	24.1	0.774	-9.0 - 16.3	0.7	19.7	0.967	-10.5 - 15.2	-2.2	26.6	0.905	-14.2 - 11.5

Values range between 0 and 100 on a Visual Analogue Scale

Study 2

Table 11. Difference in before and after meal ratings between conditions in study 2.

	Small - Large			
	Mean	SD	P	95% CI
Before meal				
Hunger	-1.1	25.0	0.853	-13.5 - 11.3
Desire to eat	4.9	17.3	0.246	-3.7 - 13.5
After meal				
Hunger	-0.1	8.4	0.956	-4.3 - 4.1
Desire to eat	-1.1	11.6	0.660	-6.9 - 4.7
Food liking	-0.7	17.3	0.872	-9.3 - 7.9

Values range between 0 and 100 on a Visual Analogue Scale

Study 3

Table 12. Difference in before and after meal ratings between conditions in study 3.

	Lunch - Dinner			
	Mean	SD	P	95% CI
Before meal				
Hunger	4.1	17.9	0.239	-2.9 - 11.0
Desire to eat	5.4	14.5	0.060	-0.2 - 11.0
After meal				
Hunger	1.8	9.8	0.344	-2.0 - 5.6
Desire to eat	-0.7	15.1	0.814	-6.5 - 5.2
Food liking	5.0	13.0	0.053	-0.1 - 10.0

Values range between 0 and 100 on a Visual Analogue Scale