

Supplementary Material - Appendix A

Complete questionnaire:

Welcome to our study

Thank you for participating! Please follow the instructions below:

STEP 1: Fill out the attached consent form and keep a copy for yourself.

STEP 2: Fill out section #1, #2, and #3.

STEP 3: Eat! Please remember to check in your bracelet every time before serving yourself at each different food section. You are welcome to eat as much as you like.

STEP 4: After finishing your meal, please fill out section #4 and hand it in to one of us.

Section #1: BEFORE eating

1. What is your gender?
 - Female
 - Male
2. How old are you?

3. What is your occupation?
 - Student
 - Employed
 - Unemployed
4. What is your highest level of education?
 - High school or lower
 - Bachelor
 - Master degree

- PhD or higher

5. How tall are you (in cm)?

6. How much do you weigh (in kg)? If you do not know the exact answer, you just write an estimate.

7. How would you classify yourself in terms of your food consumption?

- Omnivore
- Flexitarian
- Vegetarian
- Pescetarian
- Vegan
- I do not know

8. Have you changed any of the following habits in the last two months: diet, smoking or exercising?

- Yes
- No

Section #2 - BEFORE eating

Below are a number of statements that describe ways in which people act and think. For each statement, please indicate how much you agree or disagree with the statement. If you **Agree Strongly** circle **1**, if you **Agree Somewhat** circle **2**, if you **Disagree Somewhat** circle **3**, and if you **Disagree Strongly** circle **4**. Be sure to indicate your agreement or disagreement for every statement below.

	Agree Strongly	Agree Somewhat	Disagree Somewhat	Disagree Strongly
1. I generally like to see things through to the end.	1	2	3	4
2. My thinking is usually careful and purposeful.	1	2	3	4
3. When I am in a great mood, I tend to get into situations that could cause me problems.	1	2	3	4
4. Unfinished tasks really bother me.	1	2	3	4
5. I like to stop and think things over before I do them.	1	2	3	4
6. When I feel bad, I will often do things I later regret in order to make myself feel better now.	1	2	3	4
7. Once I get going on something I hate to stop.	1	2	3	4
8. Sometimes when I feel bad, I can't seem to stop what I am doing even though it is making me feel worse.	1	2	3	4
9. I quite enjoy taking risks.	1	2	3	4
10. I tend to lose control when I am in a great mood.	1	2	3	4
11. I finish what I start.	1	2	3	4
12. I tend to value and follow a rational, "sensible" approach to things.	1	2	3	4
13. When I am upset I often act without thinking	1	2	3	4
14. I welcome new and exciting experiences and sensations, even if they are a little frightening and unconventional.	1	2	3	4
15. When I feel rejected, I will often say things that I later regret.	1	2	3	4
16. I would like to learn to fly an airplane	1	2	3	4
17. Others are shocked or worried about the things I do when I am feeling very excited.	1	2	3	4

18. I would enjoy the sensation of skiing very fast down a high mountain slope.	1	2	3	4
19. I usually think carefully before doing anything	1	2	3	4
20. I tend to act without thinking when I am really excited	1	2	3	4

Section #3: BEFORE eating

Please answer these questions BEFORE you start to eat.

9. **How hungry do you feel now?** Please circle a number on the scale below.



10. **How much do you think you can eat?** Please indicate how much you can eat on a scale of 1 to 10, from **nothing at all = 1** to **a lot = 10**. Please circle a number on the scale below.



Section #4: AFTER eating

Please answer these questions AFTER you have finished eating.

11. **How satiated are you?** Please circle a number on the scale below.



12. **How much did you like the food available at the buffet?** Please indicate how much you liked the food on a scale of 1 to 10, from **I didn't like it at all = 1** to **I liked it a lot = 10**. Please circle a number on the scale below.



Thank you for your time.

Have a nice day!

Supplementary Material - Appendix B

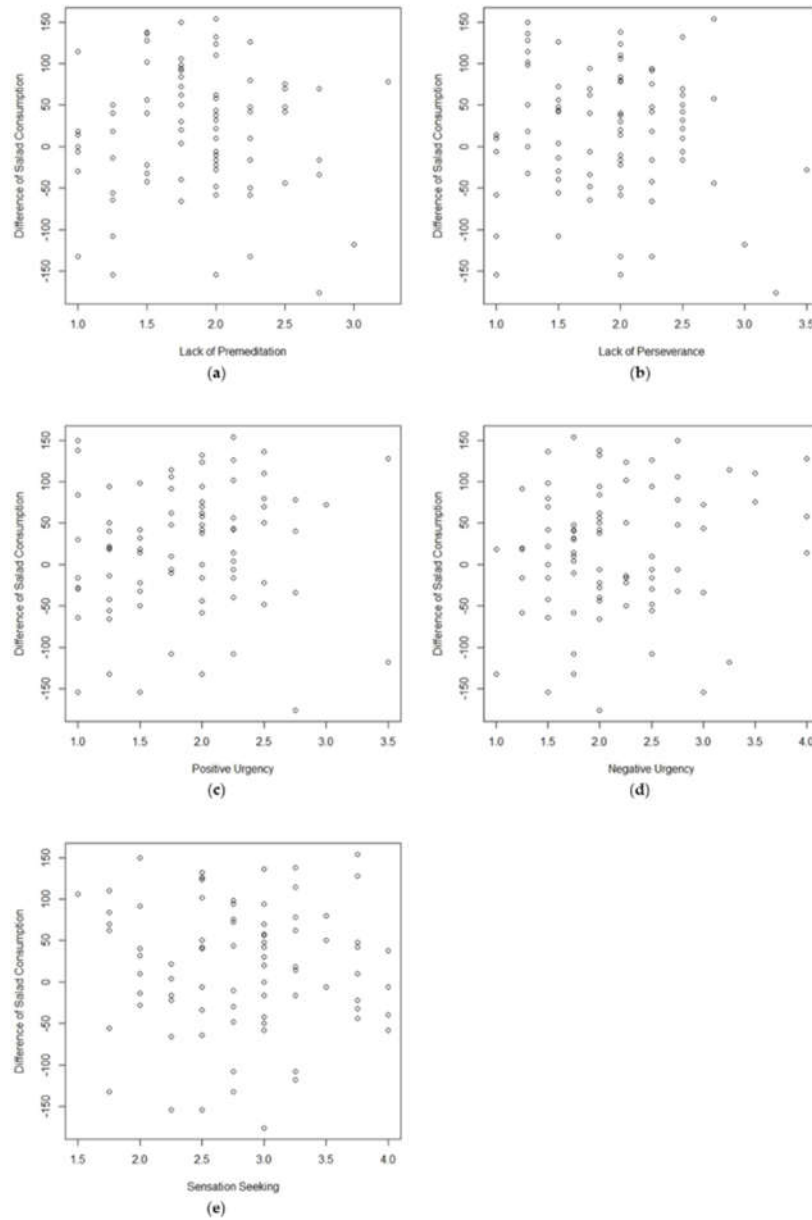


Figure B1. Scatter plots of each impulsivity trait score VS the difference of salad consumption (g) between lunch settings; (a) Lack of Premeditation; (b) Lack of Perseverance; (c) Positive Urgency; (d) Negative Urgency; (e) Sensation Seeking.

Table B1. Energy content for each ingredient of the meal components. Retrieved from Matportalen and from some of the product's nutrition labels

Ingredients	Energy (kcal)/100g
Pasta	150
Olive oil	889
Cucumber	10
Tomato	18

Zucchini	17
Broccoli	30
Cauliflower	23
White cabbage	32
Lettuce	16
Ground meat	200
Mushrooms	22
Eggplant	20
Carrot	36
*Tomato sauce	27
Sugar	400
*Bouillon	293

*Energy content taken from the product's nutrition label

Table B2. Recipe for tomato sauce

	g	%
Canned tomato sauce	3750	75
Sugar	40	0.8
Bouillon	10	0.2
Water	1200	24
Total	5000	100

Table B3. Calculations of energy content of meal components

	Ingredients	% in formula	Quantity	Kcal	
Pasta	pasta	99	99	148.5	
	oil	1	1	8.89	
	Total			157.39	kcal for each 100g of pasta
Salad	cucumber	0.16	16	0.80	
	tomato	0.16	16	1.45	
	zucchini	0.15	15	1.28	
	broccoli	0.12	12	1.81	

	cauliflower	0.12	12	1.39	
	white cabbage	0.2	20	3.22	
	lettuce	0.09	9	0.72	
	Total	1	100	10.67	kcal for each 100g of salad
Meat sauce					
	meat	0.3	30	60	
	vegetables	0.2	20		
	broccoli	20	4	1.2	
	mushrooms	25	5	1.1	
	eggplant	25	5	1	
	carrot	30	6	2.16	
				5.46	
	sauce	0.5	50		
	tomato sauce	75.00	37.50	10.13	
	sugar	0.80	0.40	1.60	
	bouillon	0.20	0.10	0.29	
	water	24.00	12.00	0.00	
				12.02	
	Total meat sauce			77.48	for each 100 g of meat sauce
Vegetable sauce					
		0.5	50		
	broccoli	20	10	3	
	mushrooms	25	12.5	2.75	
	vegetables eggplant	25	12.5	2.5	
	carrot	30	15	5.4	
				13.65	
		0.5	50		
	tomato sauce	75.00	37.50	10.13	

sauce	sugar	0.80	0.40	1.60	
	bouillon	0.20	0.10	0.29	
	water	24.00	12.00	0.00	
				12.02	
	Total vegetable sauce			25.67	for each 100 g of vegetable sauce
