Supplemental Material 4: Questions used to assess product taste text, subjective appetite sensations, sensory specific satiety and expected satiety

Food Taste Test (FTT) (Conducted at screening)

Screen 1

You will now be presented with a food that we will ask you to evaluate. Please follow the instructions as they appear on the screen.

Screen 2

1. Take a mouthful of the food provided.
2. Chew while counting to 5.
3. Swallow.
4. Answer the question by moving the arrow to the left or to the right.

How pleasant was this food?

<table>
<thead>
<tr>
<th>Not at all pleasant</th>
<th>Extremely pleasant</th>
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Screen 3

Thank you. This is the end of the taste test.

Please call the investigator after submitting your answer.
Subjective Appetite Questions (used during all CID)

Considering how you feel right now, give your answer to each of the following questions by moving the arrow to the left or to the right at the point that best represents your experience. The list below is the complete list of questions used via visual analogue scales.

1. How hungry do you feel?
2. How full do you feel?
3. How thirsty do you feel?
4. How strong is your desire to eat?
5. How much do you think you could eat right now?
6. How nauseous do you feel?
7. How bloated do you feel?
8. How strong is your appetite for something savoury?
9. How strong is your appetite for something sweet?

Sensory Specific Satiety Questionnaire (assessed after 1 bite and after consumption of product)

After 1 bite:
Please take a bite of the food and keep the food in your mouth while rating the food. Swallow the food only when your rating is complete.

How pleasant is the taste of the food right now?

At 10 minutes:
How pleasant is the taste of the food now that you have finished eating it?

Expected Satiety (ESAT) (assessed after 1 bite and after consumption of product)\(^1\)

After 1 bite:
After having taken 1 bite of the food and looking at the whole food portion, how much will this portion of food stop you from feeling hungry between meals?

At 10 minutes after full consumption and after SSS rating:
How much will this food stop you from feeling hungry between meals?