# **Consistent effect of eating rate on food and energy intake**

# **across 24 *ad libitum* meals**

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**Table 1.** Ingredients and pictures of the breakfast meals.

|  |  |
| --- | --- |
| **Fast Breakfasts** | **Slow breakfasts** |
| *1. Wrap sandwich, cake & chocolate milk*   * 229 g Wraps (AH private label) with herb cream cheese (AH private label) and chicken fillet (AH private label); * 222 g Cake roll hazelnut (Balconi); * 456 g Chocolate milk (Chocomel).   C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\12247424.tmp C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\3BC59400.tmp C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\5302313A.tmp | *7. Cracker with saveloy, biscuits & quark*   * 495 g Knackebröd (AH private label) with cream cheese (AH private label), cucumber, and saveloy (Stegeman); * 177 g yoghurt-strawberry biscuits (Liga Belvita); * 840 g Protein stracciatella quark (Lindahls).   C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D027B292.tmpC:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\A2CFE4AF.tmpC:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\4DAB9418.tmp |
| *2. Pancakes, croissants & smoothie*   * 425 g Banana pancakes (AH private label) with caramel syrup (Van Gilse) * 234 g Mini croissants (AH private label) * 850 g raspberry, blueberry smoothie with grains and dairy (Vifit)   C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\77066456.tmp C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\2B584D3.tmp C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E6BA1FC.tmp | *8. Quark with muesli, ginger bread & cookies*   * 1050 grams skimmed stracciatella quark (Optimel) with fruits and nuts muesli (Holi); * 300 g Spiced ginger bread (Peijnenburg); * 160 g Mini Bastogne cookies (Lu).   C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\850865B1.tmp C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\95AB9423.tmp C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D7A6DCBC.tmp |
| *3. Egg sandwich & smoothie*   * 900 g Whole wheat sandwich (AH private label) with ham (AH private label), egg salad (Johma) and lettuce; * 500 g Strawberry, kiwi and banana smoothie with grians and dairy (Vifit)   C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D1859110.tmpC:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\8F49D107.tmp | *9. Chicken cheese bagel & fruit*   * 866 g Sesame bagel (AH private label) with grilled chicken fillet (AH private label), 20+ cheese (Milner) and rucola; * 640 g Pineapple, mango, apple and grape fruit mix (AH private label).   C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\28153757.tmp C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\C5931A20.tmp |
| *4. Peanut butter jelly sandwich & smoothie*   * 900 g Whole-wheat sandwich (AH private label) with creamy peanut butter (skippy) and strawberry jam (AH private label); * 600 g Orange and strawberry smoothie with grains (Coolbest)   C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\DF534F86.tmp C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9B2047B5.tmp | *10. Peanut butter bagel & quark*   * 632 g Sesame bagel (Ah private label) with creamy peanut butter (skippy); * 870 g Skimmed strawberry quark (Optimel).   C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\11B57885.tmp C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\12F35916.tmp |
| *5. Chocolate cake, porridge & crepes*   * 615 g Cinnamon oatmeal porridge (Quacker) with oatmilk (Oatly); * 578 g Dutch pancakes (Jan) with strawberry jam (AH private label); * Chocolate cakes (Milka).   C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\C371B1CA.tmp C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\6154FC34.tmp C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\120A2149.tmp | *11. Honeyloop, rusks with jam & cookies*   * 885 g Honeyloops (Kellogs) with soymilk (AH private label); * 420 g Rusks (AH private label) with light margarine (Becel) and strawberry fruit spread (AH private label); * 225g Chocolate chip cookies (AH private label).   C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\80A35E5A.tmp A picture containing indoor, food, dish, pizza  Description automatically generated C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\C5C13119.tmp |
| *6. Cakes, apple sauce & smoothie*   * 480 g Cupcakes (AH private label); * 450 g zero sugar cinnamon apple sauce (AH private label); * 600 g Forest fruit smoothie with grains (Coolbest)   C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CBB46CE.tmp C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D3D4049D.tmp C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\867694FB.tmp | *12. Quark with cruesli, oatmeal bar and fruitmix*   * 750 g Skimmed vanilla quark (Optimel) with chocolate cruesli (Quacker); * 280 g Oatmeal bars (Bolletje); * 500 g Pineapple, mango, apple and grape fruit mix (AH private label).   C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D782224B.tmp C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\52FD436D.tmp C:\Users\vlada\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\A7C9A65E.tmp |

Table . Ingredients and pictures of the lunch meals.

|  |  |
| --- | --- |
| **Fast lunches** | **Slow lunches** |
| *1. Pasta bolognese, soft buns & soft salad*   * 850 g Macaroni bolognese (Huuskes private label) * 340 g White buns (AH private label) with herbal butter (Ah private label) * 325 g Lettuce, tomato and naturel zero dressing (Remia)   A picture containing indoor  Description automatically generated A plate of food  Description automatically generated with medium confidence A plate of food  Description automatically generated with medium confidence | *7. Spaghetti, hard buns & soft salad*   * 840 g Spaghetti with vegetables (Huuskes private label) * 390 g Hard buns (AH private label) with herbal butter (AH private label) * 310 g Bell pepper, cucumber, carrot julienne and naturel zero dressing (Remia)   *A picture containing text  Description automatically generated A plate of food  Description automatically generated with medium confidence* |
| *2. Tortillas, minced meat, rice & corn*   * 350 g Vegan minced meat (AH private label) * 420 g Garni rice (Huuskes private label) * 265 g Corn mix (Bonduelle) * 372 g Tortilla wrap (AH private label) * 100 g Tomato ketchup (Heinz)   A cup of coffee  Description automatically generated with medium confidence A white plate with food on it  Description automatically generated with low confidence A bowl of food  Description automatically generated with low confidence A picture containing indoor  Description automatically generated A picture containing indoor, white  Description automatically generated | *8. Chicken, rice, corn & chips*   * 258 g Chicken drumsticks (AH private label) * 350 g Nut rice (Lassie) * 750 g Corn cob (AH private label) * 150 g Nacho cheese chips (Doritos) * 20 g Chunky salsa (Santa Maria   A plate of fried chicken  Description automatically generated with medium confidence A bowl of food  Description automatically generated with medium confidence  A plate with food on it  Description automatically generated with low confidence A picture containing wall, indoor, white, toilet  Description automatically generated |
| *3. Mashed potato, vegetarian balls, spinach & corn mix*   * 500 g Mashed potato (AH private label) with Italian hebrs (Euroma) * 300 g Vegetarian balls (AH private label) * 425 g Spinach a la crème (Iglo) * 300 g Corn mexicana mix (Bonduelle)   A plate of food  Description automatically generated with low confidence A picture containing food, dish  Description automatically generated A picture containing indoor, white, tea, beverage  Description automatically generated A picture containing food, indoor, fruit, vegetable  Description automatically generated | *9. Baked potato, steamed chicken, beans and carrot*   * 369 g Baked potatoes with garlic and rosemary (AH private label) * 390 g Smoked chicken fillet (AH private label) * 429 g Green beans with tandoori sauce (Patak’s) * 335 g Carrot with twandoori sauce (Patak’s)   A plate of food  Description automatically generated with medium confidence A picture containing plate, food, table, indoor  Description automatically generated A bowl of food  Description automatically generated with medium confidence |
| *4. Kroket burger, tomato soup & soft salad*   * 592 g Kroket burger (Mora) * 639 g Spiced tomato soup (Unox) with liquid backing butter (Becel) * 280 g Lettuce, tomato and naturel zero dressing (Remia)   A picture containing food, plate, white, meal  Description automatically generated A picture containing food, indoor, bowl, soup  Description automatically generated A plate of food  Description automatically generated with medium confidence | *10. Hotdogs, chips & hard salad*   * 1038 g Schnitt rolls (AH private label) with extra lean smoked sausage (Unox) and zero tomato ketchup (Heinz) * 200 g Oven baked naturel chips (Lay’s) * 465 g Bell pepper, cucumber, carrot julienne and naturel zero dressing (Remia)   A plate of food  Description automatically generated with medium confidence A picture containing cup, indoor, plate  Description automatically generated |
| *5. Hutspot*   * 1460 g Hutspot with hachee (AH private label) * 40 g Mustard (AH private label)   A bowl of food  Description automatically generated with medium confidenceA picture containing indoor, food, white, egg  Description automatically generated | *11. Sauerkraut dish*   * 1502 g Rösti rounds (Aviko), spiced sauerkraut (AH private label), extra lean smoked sausage (Unox) and baked onions (Go Tan) |
| *6. Quiche, mushroom soup & couscous salad*   * 575 g Quiche Lorraine (AH private label) * 348 g Mushroom soup (Unox) with liquid backing butter (Becel) * 600 g Couscous salad with pesto (AH private label)   A plate of food  Description automatically generated with medium confidenceA bowl of food  Description automatically generated with medium confidence | *12. Tagliatelle, roasted bread & steamed vegetables*   * 888 g Tagliatelle fungi (Iglo) with marinated steak (AH private label) * 100 g Pan de ajo (Panetteria Di Sergio) * 516 g Farmer vegetable mix (Iglo)   A plate of food  Description automatically generated with low confidenceA bowl of food  Description automatically generated with low confidence |

**Table 3.** Composition, liking and familiarity of served breakfast meals and lunch meals. Data are presented as mean ± SE.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Fast meals** | **Portion size (g)** | **Energy (kcal)** | **Energy density (kcal/g)** | **%EN Nova 4** | **Liking** | **Familiarity** | **Slow meals** | **Portion size (g)** | **Energy (kcal)** | **Energy density (kcal/g)** | **%EN Nova 4** | **Liking** | **Familiarity** |
| ***Breakfasts*** | |  |  |  |  |  |  |  |  |  |  |  |  |
| **FB1** | 1508 | 2719 | 1.80 | 100 | 62 ± 4 | 2.7 ± 0.5 | **SB1** | 1512 | 2751 | 1.82 | 99 | 66 ± 3 | 3.5 ± 0.4 |
| **FB2** | 1509 | 2741 | 1.82 | 100 | 73 ± 4 | 2.2 ± 0.4 | **SB2** | 1510 | 2791 | 1.85 | 100 | 63 ± 5 | 2.3 ± 0.2 |
| **FB3** | 1508 | 2559 | 1.70 | 100 | 66 ± 4 | 2.8 ± 0.4 | **SB3** | 1506 | 2563 | 1.70 | 85 | 76 ± 3 | 2.1 ± 0.2 |
| **FB4** | 1500 | 2774 | 1.85 | 78 | 61 ± 5 | 2.1 ± 0.2 | **SB4** | 1502 | 2724 | 1.81 | 78 | 49 ± 3 | 3.1 ± 0.5 |
| **FB5** | 1508 | 3468 | 2.30 | 100 | 57 ± 6 | 2.7 ± 0.4 | **SB5** | 1500 | 3441 | 2.29 | 100 | 60 ± 4 | 2.6 ± 0.5 |
| **FB6** | 1530 | 2803 | 1.83 | 100 | 61 ± 5 | 3.1 ± 0.4 | **SB6** | 1530 | 2805 | 1.83 | 90 | 77 ± 3 | 2.1 ± 0.2 |
| **Lunches** | |  |  |  |  |  |  |  |  |  |  |  |  |
| **FL1** | 1515 | 2283 | 1.51 | 98 | 66 ± 4 | 2.4 ± 0.2 | **SL1** | 1508 | 2318 | 1.54 | 56 | 57 ± 4 | 3.1 ± 0.2 |
| **FL2** | 1507 | 2440 | 1.62 | 76 | 47 ± 6 | 3.3 ± 0.5 | **SL2** | 1528 | 2732 | 1.79 | 79 | 63 ± 5 | 2.9 ± 0.4 |
| **FL3** | 1526 | 1477 | 0.97 | 85 | 54 ± 5 | 3.9 ± 0.4 | **SL3** | 1514 | 1564 | 1.03 | 83 | 62 ± 4 | 2.5 ± 0.2 |
| **FL4** | 1511 | 2119 | 1.40 | 98 | 63 ± 3 | 3.2 ± 0.2 | **SL4** | 1503 | 2913 | 1.94 | 96 | 60 ± 5 | 3.1 ± 0.4 |
| **FL5** | 1500 | 1426 | 0.95 | 97 | 51 ± 6 | 3.8 ± 0.6 | **SL5** | 1502 | 1570 | 1.04 | 89 | 41 ± 5 | 5.0 ± 0.5 |
| **FL6** | 1522 | 2940 | 1.93 | 100 | 71 ± 3 | 3.9 ± 0.4 | **SL6** | 1504 | 2517 | 1.67 | 84 | 73 ± 4 | 3.0 ± 0.2 |

FB, fast breakfasts. SB, slow breakfasts. FL, fast lunches. SL, slow lunches.

**Table 4:** Intraclass correlation coefficients (ICC) with 95% confidence interval for the oral-processing behaviours obtained with video annotation. An ICC <0.50 indicates poor consistency, 0.50-0.75 indicates moderate consistency, 0.75-0.90 indicates good consistency, and >0.90 indicates excellent consistency (Koo & Li, 2016).

|  |  |  |
| --- | --- | --- |
| **Oral-processing behaviours** | **Breakfasts** | **Lunches** |
| Bites | 0.996 (0.991; 1) | 1.000 (0.998; 1) |
| Chews | 0.999 (0.998; 1) | 1.000 (0.997; 1) |
| Sips | 1.000 (NA; NA) | 1.000 (1; 1) |
| Swallows | 0.957 (0.719; 0.995) | 0.999 (0.995; 1) |
| Meal duration | 0.990 (0.992; 1) | 1.000 (0.997; 1) |
| Meal oro-sensory exposure time | 0.920 (0.345; 0.992) | 0.998 (0.988; 1) |
| Water sip duration | 0.986 (0.887; 0.999) | 0.986 (0.868; 0.999) |

Koo, T. K., & Li, M. Y. (2016). A guideline of selecting and reporting intraclass correlation coefficients for reliability research. *Journal of chiropractic medicine, 15*(2), 155-163.

**Table 5**. Microstructure of oral processing behaviour of the individual meals. Data are presented as mean ± SE.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **ED consumed (kcal/g)** | **Meal eating rate (g/min)** | **Bite size a (g)** | **Chews per bite a** | **Number of chews a (g-1)** | **Chewing frequency a (chews/s)** | **OSE time a (min)** | **OSEg (s/g)** |
| *Breakfasts* |  |  |  |  |  |  |  |  |
| FB1 | 1.9 ± 0.1 | 67 ± 6 | 17 ± 3 | 27 ± 4 | 1.8 ± 0.4 | 1.5 ± 0.1 | 8.1 ± 1.1 | 1.3 ± 0.3 |
| FB2 | 1.8 ± 0.1 | 67 ± 6 | 14 ± 2 | 13 ± 3 | 1.1 ± 0.3 | 1.4 ± 0.1 | 6.5 ± 0.8 | 1.0 ± 0.4 |
| FB3 | 1.4 ± 0.1 | 67 ± 6 | 17 ± 2 | 17 ± 4 | 1.2 ± 0.3 | 1.4 ± 0.1 | 6.8 ± 1.0 | 1.0 ± 0.2 |
| FB4 | 1.3 ± 0.1 | 67 ± 7 | 15 ± 2 | 16 ± 2 | 1.2 ± 0.3 | 1.5 ± 0.1 | 6.5 ± 0.6 | 0.9 ± 0.2 |
| FB5 | 2.1 ± 0.1 | 71 ± 7 | 16 ± 2 | 15 ± 1 | 1.1 ± 0.2 | 1.3 ± 0.1 | 5.3 ± 1.0 | 0.9 ± 0.2 |
| FB6 | 1.4 ± 0.1 | 101 ± 10 | 20 ± 2 | 8 ± 1 | 0.4 ± 0.1 | 1.3 ± 0.1 | 3.3 ± 0.3 | 0.4 ± 0.1 |
| SB1 | 2.0 ± 0.1 | 45 ± 3 | 11 ± 2 | 20 ± 2 | 2.0 ± 0.3 | 1.5 ± 0.1 | 8.9 ± 0.9 | 1.5 ± 0.2 |
| SB2 | 1.5 ± 0.0 | 60 ± 5 | 17 ± 2 | 20 ± 2 | 1.3 ± 0.2 | 1.4 ± 0.1 | 6.8 ± 0.6 | 1.0 ± 0.1 |
| SB3 | 1.4 ± 0.1 | 46 ± 3 | 11 ± 1 | 23 ± 4 | 2.0 ± 0.3 | 1.5 ± 0.1 | 10.9 ± 0.9 | 1.5 ± 0.2 |
| SB4 | 1.6 ± 0.1 | 62 ± 6 | 13 ± 1 | 19 ± 3 | 1.8 ± 0.5 | 1.4 ± 0.1 | 7.0 ± 0.7 | 1.3 ± 0.3 |
| SB5 | 2.3 ± 0.1 | 46 ± 3 | 9 ± 1 | 17 ± 2 | 1.9 ± 0.1 | 1.6 ± 0.1 | 7.5 ± 0.4 | 1.4 ± 0.1 |
| SB6 | 1.4 ± 0.0 | 61 ± 3 | 15 ± 1 | 18 ± 1 | 1.2 ± 0.1 | 1.4 ± 0.1 | 8.4 ± 0.8 | 1.0 ± 0.1 |
| *Lunches* |  |  |  |  |  |  |  |  |
| FL1 b | 1.5 ± 0.1 | 66 ± 5 | 10 ± 1 | 11 ± 2 | 1.1 ± 0.2 | 1.5 ± 0.1 | 8.8 ± 1.3 | 0.1 ± 0.1 |
| FL2 b | 1.6 ± 0.1 | 46 ± 3 | 10 ± 1 | 17 ± 3 | 1.7 ± 0.3 | 1.5 ± 0.1 | 7.9 ± 0.7 | 1.3 ± 0.2 |
| FL3 | 1.0 ± 0.0 | 65 ± 5 | 12 ± 2 | 13 ± 1 | 1.3 ± 0.3 | 2.0 ± 0.1 | 5.8 ± 0.6 | 1.0 ± 0.1 |
| FL4 | 1.4 ± 0.1 | 62 ± 4 | 10 ± 1 | 10 ± 1 | 1.1 ± 0.2 | 1.4 ± 0.1 | 8.1 ± 0.5 | 1.0 ± 0.2 |
| FL5 | 1.0 ± 0.0 | 79 ± 6 | 15 ± 2 | 12 ± 2 | 1.0 ± 0.3 | 1.5 ± 0.1 | 5.1 ± 0.8 | 0.9 ± 0.3 |
| FL6 | 1.9 ± 0.0 | 65 ± 5 | 11 ± 2 | 11 ± 2 | 1.1 ± 0.2 | 1.5 ± 0.1 | 6.8 ± 0.6 | 1.0 ± 0.3 |
| SL1 | 1.6 ± 0.1 | 44 ± 3 | 11 ± 1 | 16 ± 2 | 1.6 ± 0.3 | 1.5 ± 0.0 | 8.9 ± 1 | 1.3 ± 0.2 |
| SL2 b | 2.1 ± 0.1 | 37 ± 2 | 5 ± 1 | 9 ± 1 | 1.7 ± 0.3 | 1.5 ± 0.1 | 10.3 ± 0.9 | 1.6 ± 0.2 |
| SL3 | 1.3 ± 0.1 | 45 ± 3 | 9 ± 1 | 15 ± 2 | 2.1 ± 0.6 | 1.5 ± 0.1 | 9.1 ± 1.7 | 1.7 ± 0.6 |
| SL4 | 1.7 ± 0.1 | 36 ± 2 | 8 ± 1 | 15 ± 1 | 2.3 ± 0.4 | 1.5 ± 0.1 | 11.1 ± 1.2 | 1.9 ± 0.3 |
| SL5 | 1.0 ± 0.0 | 50 ± 4 | 10 ± 1 | 15 ± 2 | 1.7 ± 0.3 | 1.5 ± 0.1 | 6.5 ± 0.4 | 1.4 ± 0.3 |
| SL6 | 1.7 ± 0.1 | 53 ± 3 | 11 ± 1 | 14 ± 2 | 1.3 ± 0.1 | 1.5 ± 0.1 | 9.4 ± 0.6 | 1.0 ± 0.1 |

FB, fast breakfasts. SB, slow breakfasts. FL, fast lunches. SL, slow lunches. OSE oro-sensory exposure. ED energy density.

a Assessed from video coding (n=7).

b Recoding of one video not succeeded (n=6).

**Table 6.** Average liking, familiarity, expected satiation, and pre and post-appetite ratings of the fast and slow breakfast and lunch meals. Data are presented as mean ± SE.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Fast breakfasts** | **Slow breakfasts** | **P** | **Fast lunches** | **Slow lunches** | **P** |
| *Pre-appetite ratings* |  |  |  |  |  |  |
| Hunger | 62 ± 2 | 61 ± 2 | 0.54 | 64 ± 7 | 66 ± 7 | 0.28 |
| Fullness | 11 ± 1 | 10 ± 1 | 0.45 | 23 ± 2 | 19 ± 2 | ***0.03*** |
| Thirst | 65 ± 2 | 64 ± 2 | 0.83 | 56 ± 6 | 56 ± 6 | 0.91 |
| Desire to eat | 52 ± 2 | 60 ± 3 | 0.42 | 66 ± 7 | 67 ± 7 | 0.45 |
| Prospective consumption | 62 ± 2 | 62 ± 2 | 0.65 | 60 ± 6 | 63 ± 7 | ***0.04*** |
| *Post-appetite ratings* |  |  |  |  |  |  |
| Hunger | 12 ± 2 | 15 ± 2 | 0.11 | 13 ± 1 | 16 ± 2 | 0.09 |
| Fullness | 71 ± 2 | 72 ± 2 | 0.73 | 73 ± 8 | 69 ± 7 | 0.11 |
| Thirst | 26 ± 2 | 38 ± 3 | ***<0.001*** | 44 ± 5 | 49 ± 5 | 0.05 |
| Desire to eat | 18 ± 2 | 18 ± 2 | 0.76 | 16 ± 2 | 17 ± 2 | 0.40 |
| Prospective consumption | 18 ± 2 | 18 ± 2 | 0.80 | 17 ± 2 | 20 ± 2 | 0.15 |

**Table 7**. Indicated reasons of participants to stop eating. 1Other includes: ‘I was bored with the texture’, ‘I ate the portion I would normally eat’, ‘only "unhealthy" foods are left’, ‘I want to eat the same amount as everyone else’, and ‘Enough time has passed since the start of the meal’.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Reason** | **Fast**  **breakfasts** | **Slow breakfasts** | **Fast lunches** | **Slow lunches** |
| I was full | 59 (66%) | 52 (58%) | 55 (61%) | 50 (56%) |
| The food is no longer appealing to me | 13 (14%) | 9 (10%) | 14 (16%) | 11 (12%) |
| I was bored with the flavor | 5 (6%) | 5 (6%) | 9 (10%) | 10 (11%) |
| I have eaten the amount that I planned | 4 (4%) | 8 (9%) | 2 (2%) | 3 (3%) |
| Other1 | 9 (10%) | 16 (18%) | 10 (11%) | 16 (18%) |

**Table 8.** Beta coefficient of the repeated measures linear mixed effect model between sensory ratings of meal components and food intake (g).

|  |  |  |
| --- | --- | --- |
|  | **β** | **P** |
| Liking | 1.71 | ***<0.001*** |
| Flavour intensity | 0.27 | 0.13 |
| Hardness | -1.01 | ***<0.001*** |
| Dryness | -1.41 | ***<0.001*** |
| Thickness a | -0.16 | 0.64 |

a Only for semi-solids and liquid components (n= 17 components).