

**APPENDIX 1. Mean estimated weight (MEW) – mean real weight (MRW) (g) and percentage error estimation, according to method.**

Food groups / Foods	n	Mean real weight	Album (n=163 foods)‡		Cups (n=84 foods)‡		Models (n=30 foods)‡	
			MEW–MRW (g)	PE (%)	MEW–MRW (g)	PE (%)	MEW–MRW (g)	PE (%)
<b>Fats</b>								
Avocado (whole)	60	147.5	-9.9 (22.7)	-7.6 (15.5)	---	---	---	---
Avocado (slices)	64	24.0	1.2 (8.6)	7.4 (33.9)	---	---	---	---
Bacon (cooked)	60	35.0	-20.1 (2.1)	-62.0 (6.6)	---	---	7.5 (15.5)	-5.6 (30.4)***
Bacon (raw)	58	77.0	-0.5 (15.3)	-0.9 (20.6)	---	---	---	---
Chorizo (grilled)	64	394.0	-40.0 (74.2)	-9.9 (19.4)	---	---	---	---
Olives	58	225.0	-79.3 (32.1)	-35.9 (14.2)	-18.4 (94.7)	-8.6 (42.6)***	---	---
Philadelphia	60	112.5	17.5 (30.6)	27.2 (33.3)	---	---	---	---
Soy chorizo	62	112.5	-52.8 (17.7)	-46.6 (15.5)***	130.8 (75.5)	117.3 (65.9)	---	---
“Longaniza”	62	112.5	-33.7 (15.6)	-31.0 (10.7)***	70.2 (64.7)	57.0 (53.1)	---	---
<b>Animal foods</b>								
Beef (cubes)	64	180.0	-76.0 (21.0)	-42.1 (12.0)	---	---	---	---
“Charales”	60	172.5	-4.6 (18.6)	-1.3 (12.1)*	9.5 (41.3)	6.9 (24.2)	---	---
Chicken “fajitas”	62	60.5	4.0 (21.1)	6.3 (37.5)***	89.4 (52.5)	147.2 (84.3)	---	---
Chicken fried steak	80	56.0	-20.6 (7.0)	-26.3 (17.5)	---	---	---	---
Chicken breast (with skin)	62/31§	146.5/238.0§	35.0 (50.5)	48.1 (24.7)	---	---	29.1 (101.2)	12.2 (42.5)***

Food groups / Foods	n	Mean real weight	Album (n=163 foods)‡		Cups (n=84 foods)‡		Models (n=30 foods)‡	
			MEW-MRW	PE (%)	MEW-MRW	PE (%)	MEW-MRW	PE (%)
			(g)		(g)		(g)	
Chicken heart	60	7.5	2.0 (0.8)	41.8 (12.7)	---	---	---	---
Chicken leg (with skin)	80	70.5	6.0 (9.4)	14.3 (19.8)	---	---	4.7 (11.4)	6.4 (18.5)**
Chicken liver	64	27.0	9.7 (6.2)	50.1 (20.9)***	28.0 (15.3)	119.8 (55.9)	---	---
Chicken thighs (with skin)	60/30§	82.5/110.0§	3.1 (11.8)	8.5 (19.7)	---	---	-9.2 (23.4)	-8.3 (21.2)***
Chicken's sweetbreads	80	15.0	0.1 (2.8)	3.4 (23.8)***	31.9 (16.4)	241.2 (102.9)	---	---
Devil ham	60	51.0	-8.3 (9.6)	-11.3 (24.6)***	30.0 (18.1)	65.2 (34.2)	---	---
Egg (boiled)	64	107.0	-25.3 (13.2)	-24.2 (13.2)	---	---	---	---
Egg (scrambled)	58	81.0	3.6 (15.4)	7.4 (22.0)***	87.1 (41.6)	104.6 (52.4)	---	---
Fish fillet	60	59.0	0.9 (13.8)	1.5 (23.2)***	---	---	45.3 (20.3)	76.4 (33.9)
Ham	58/29§	61.5/48.0§	-12.4 (13.7)	-17.2 (21.8)	---	---	5.0 (31.6)	10.4 (65.8)*
Hamburger meat	60	63.0	-21.5 (12.8)	-30.7 (16.0)***	---	---	23.5 (36.2)	44.5 (74.4)
Head cheese	54	67.5	12.5 (35.7)	17.0 (50.6)	---	---	---	---
Meatball	58	109.0	-35.8 (14.3)	-30.7 (13.7)	---	---	---	---
"Menudo"	62	238.5	2.9 (47.2)	1.3 (17.1)	115.7 (202.4)	46.3 (76.9)	---	---
Minced meat	60	276.5	-30.4 (43.8)	-6.1 (14.7)***	303.0 (149.8)	113.5 (60.7)	---	---
Mortadella	62	39.5	-10.2 (10.5)	-9.6 (23.3)	---	---	---	---
Pig trotters	58	112.5	79.3 (42.9)	79.9 (39.7)	---	---	---	---
Pork chop	62/30	163.0/89.0	-36.4 (29.8)	-19.7 (22.6)***	---	---	13.6 (20.4)	15.3 (22.9)

Food groups / Foods	n	Mean real weight	Album (n=163 foods)‡		Cups (n=84 foods)‡		Models (n=30 foods)‡	
			MEW-MRW	PE (%)	MEW-MRW	PE (%)	MEW-MRW	PE (%)
			(g)		(g)		(g)	
Pork loin	60	279.0	-95.8 (52.0)	-33.8 (18.9)	---	---	---	---
Pork ribs	60	154.5	12.0 (42.7)	10.9 (33.4)	---	---	---	---
Red snapper	58	276.0	-50.1 (43.8)	-18.7 (16.2)	---	---	---	---
Salami	60	17.5	-11.2 (1.9)	-54.6 (18.9)	---	---	---	---
Sardines	60	224.0	-31.7 (34.3)	3.4 (24.6)***	154.6 (128.4)	64.0 (54.2)	---	---
Shredded chicken	62	110.0	-21.1 (12.0)	-18.8 (11.0)***	123.3 (67.9)	112.3 (62.1)	---	---
Shrimp (cooked, with peel)	64	190.5	-3.1 (29.4)	-1.7 (15.6)***	---	---	-54.8 (33.0)	-28.4 (18.2)
Shrimp (cooked, peeled)	60	28.0	33.0 (8.4)	123.3 (30.3)	---	---	10.5 (9.4)	42.0 (35.4)***
Steak (grilled)	54/27§	80.5/46.0§	21.5 (16.4)	29.7 (24.8)***	---	---	163.6 (64.4)	355.7 (139.9)
Steak (grilled, cubes)	60	42.0	11.1 (11.7)	29.2 (30.1)	---	---	---	---
Tuna	54	70.5	-8.7 (9.8)	1.6 (13.8)***	28.4 (20.1)	53.7 (25.7)	---	---
<b>Sugars</b>								
Chocolate chips	54	88.5	-27.8 (10.6)	-20.6 (17.5)***	45.1 (63.5)	59.8 (53.3)	---	---
Guava roll	58	62.0	17.1 (9.5)	-29.0 (20.0)	---	---	---	---
M & M's	60	31.5	-0.5 (7.5)	8.3 (31.6)***	23.0 (15.8)	92.2 (45.8)	---	---
“Palanqueta de cacahuete”	62	43.0	-9.3 (6.7)	-23.2 (19.2)	---	---	---	---

Food groups / Foods	n	Mean real weight	Album (n=163 foods)‡		Cups (n=84 foods)‡		Models (n=30 foods)‡	
			MEW-MRW (g)	PE (%)	MEW-MRW (g)	PE (%)	MEW-MRW (g)	PE (%)
<b>Cereals and tubers</b>								
“Alegría”	54	54.0	19.5 (9.6)	44.1 (22.4)	---	---	---	---
Amaranth	58	47.5	-15.3 (9.3)	-29.5 (23.4)***	25.4 (44.9)	49.4 (79.0)	---	---
Baguette (slices)	54	70.0	20.6 (16.2)	32.4 (25.4)	---	---	---	---
Bread (bolillo)	64	72.5	16.5 (15.8)	33.7 (29.6)	---	---	---	---
Bread sticks	60	48.5	2.2 (8.0)	45.0 (21.4)	---	---	---	---
Bun	60	43.5	2.9 (5.6)	5.9 (13.6)	---	---	---	---
Cambray potato	80	300.0	-78.6 (30.8)	-30.4 (16.2)	---	---	---	---
Canned yellow corn	60	57.0	57.0 (5.6)	99.3 (9.9)	---	---	---	---
Cheerios cereal	62	117.0	-8.2 (16.4)	7.7 (13.5)***	22.4 (44.9)	17.5 (37.6)	---	---
Cheetos	60	35.0	4.3 (7.3)	13.6 (23.7)	4.5 (13.2)	13.6 (38.6)	---	---
Choco Krispis cereal	60	47.0	-2.3 (7.0)	-4.7 (14.6)***	25.6 (22.5)	55.1 (47.6)	---	---
Corn tortillas	64	32.0	-12.7 (2.7)	-41.1 (9.7)	---	---	---	---
Croutons	60	69.0	-7.5 (9.6)	-10.4 (14.1)***	16.4 (31.5)	25.7 (46.3)	---	---
Flour tortillas (big size)	60	163.5	-25.4 (33.6)	-6.3 (20.9)	---	---	---	---
Flour tortillas (normal size)	58	18.0	2.0 (4.3)	13.3 (28.1)	---	---	---	---
Flour tortillas (packaged)	62	29.5	-10.1 (1.8)	-30.7 (5.8)	---	---	---	---

Food groups / Foods	n	Mean real weight	Album (n=163 foods)‡		Cups (n=84 foods)‡		Models (n=30 foods)‡	
			MEW-MRW (g)	PE (%)	MEW-MRW (g)	PE (%)	MEW-MRW (g)	PE (%)
Flour tortillas (small size)	80	60.0	36.4 (9.1)	70.3 (12.0)	---	---	---	---
Flour tortillas (whole wheat flour)	62	21.0	3.4 (4.6)	13.3 (15.5)	---	---	---	---
French fries	62	223.0	104.1 (55.0)	48.5 (25.0)	62.9 (68.5)	28.5 (30.4)***	---	---
Fussili	60	300.0	-52.4 (53.2)	0.3 (22.5)	9.4 (121.5)	9.0 (33.6)	---	---
Granola	58	70.0	16.5 (32.5)	23.4 (47.6)	27.1 (39.6)	41.2 (55.6)	---	---
Hot cakes	64	97.5	-14.3 (16.6)	-18.3 (12.9)***	---	---	87.9 (88.6)	88.1 (87.5)
Hot dog bun	62	42.0	-2.5 (2.7)	-4.5 (6.8)	---	---	---	---
Little toasts	62	13.0	3.2 (1.7)	20.4 (12.3)	---	---	---	---
Macaroni	60	168.5	5.9 (30.1)	4.5 (18.9)**	46.2 (76.4)	27.6 (45.9)	---	---
Mashed potato	58/28§	307.5/540.0§	9.9 (36.3)	19.6 (18.1)***	222.9 (300.9)	69.7 (64.6)	374.6 (577.5)	69.4 (107.0)
Nesquick cereal	62	35.0	-10.4 (6.3)	-30.4 (15.8)***	20.9 (17.3)	59.3 (47.5)	---	---
Oats	58	89.0	-3.4 (32.1)	5.3 (36.7)	22.2 (65.9)	16.8 (56.8)	---	---
Popcorn (with butter)	62	34.0	13.4 (9.9)	40.3 (32.8)	-6.3 (15.4)	-14.5 (46.8)***	---	---
Potato chips	62	35.0	3.9 (9.6)	11.5 (28.7)**	12.2 (18.3)	35.6 (53.5)	---	---
Quaker Stars cereal	58	101.5	11.3 (3.0)	45.2 (11.9)	2.1 (41.5)	19.7 (31.5)***	---	---
Rice (boiled)	58	198	-50.2 (57.4)	-17.0 (20.7)	22.5 (88.4)	17.9 (41.4)	3.6 (53.8)	14.8 (26.4)***
“Sabritones”(spicy flour	80	40.0	12.3 (11.0)	46.8 (27.5)	3.6 (13.3)	-6.5 (34.1)***	---	---

Food groups / Foods	n	Mean real weight	Album (n=163 foods)‡		Cups (n=84 foods)‡		Models (n=30 foods)‡	
			MEW-MRW (g)	PE (%)	MEW-MRW (g)	PE (%)	MEW-MRW (g)	PE (%)
<i>“chicharrones”</i>								
Spaguetti	54	101.5	13.3 (13.2)	15.4 (15.2)***	48.9 (39.6)	45.5 (37.2)	16.4 (25.5)	29.5 (26.4)
Special K cereal	64	31.5	2.0 (5.0)	17.8 (20.3)	5.3 (10.3)	15.2 (31.0)	---	---
Sweet potato (boiled)	60	176.0	15.3 (40.4)	-10.5 (22.6)	---	---	---	---
Sweet potato (with honey)	62	768.5	-109.9 (95.8)	-14.3 (12.5)	---	---	45.9 (199.7)	6.5 (26.0)***
Wheat bran	58	7.5	-1.7 (2.3)	-3.1 (75.1)***	14.1 (4.1)	431.2 (164.2)	---	---
<i>“Tamal”</i>	58	99.0	0.4 (11.1)	-1.5 (12.2)	---	---	---	---
<i>“Tostadas”</i> (dehydrated)	60	25.5	9.2 (5.1)	41.6 (19.7)	---	---	---	---
Tortilla chips	60	98.5	-13.9 (15.9)	-16.6 (17.7)	---	---	---	---
<b>Fruits</b>								
Apple Red Delicious	62	121.5	-1.9 (8.4)	-0.2 (7.3)	---	---	---	---
Baby banana	60	37.5	8.9 (8.0)	25.9 (22.4)	---	---	---	---
Banana (whole)	60/30§	129.0/172.0§	29.5 (19.9)	26.9 (17.8)***	---	---	-68.4 (48.0)	-39.7 (27.9)
Banana (sweetened slices)	64	21.0	1.4 (5.1)	13.0 (27.9)***	12.1 (10.1)	67.6 (42.0)	---	---
Cantaloupe (cubes)	58	269.5	-24.0 (29.9)	5.4 (6.9)***	74.2 (140.3)	31.8 (40.0)	---	---
Cocktail (with juice)	60	237.0	-57.9 (23.5)	-23.2 (10.6)***	134.2 (125.8)	60.4 (54.0)	---	---
Cocktail (without juice)	62	235.5	-70.2 (25.3)	-18.4 (9.5)***	59.5 (89.8)	26.6 (39.5)	---	---
Dried apple	62	36.0	-1.0 (5.6)	-1.1 (16.4)***	39.7 (25.5)	110.7 (67.5)	---	---

Food groups / Foods	n	Mean real weight	Album (n=163 foods)‡		Cups (n=84 foods)‡		Models (n=30 foods)‡	
			MEW-MRW	PE (%)	MEW-MRW	PE (%)	MEW-MRW	PE (%)
			(g)		(g)		(g)	
Grapes	62	62.5	-4.6 (9.7)	-6.2 (13.2)***	18.7 (26.2)	29.6 (41.4)	---	---
Guava (whole)	58	139.5	-67.4 (15.8)	-45.7 (11.7)	---	---	---	---
Guava (slices)	60	143.0	-32.4 (23.0)	-5.6 (27.4)***	62.2 (65.8)	46.3 (51.4)	---	---
Papaya (cubes)	60	181.5	1.2 (33.3)	8.4 (25.1)	6.3 (64.9)	5.2 (34.7)	---	---
Papaya (slices)	60	462.0	-131.5 (72.5)	-29.2 (15.3)	---	---	---	---
Pear	62/31§	142.5/190.0§	11.2 (20.5)	13.1 (21.0)	---	---	77.6 (145.0)	40.8 (76.3)
Peach	62	47	-0.2 (7.2)	2.7 (17.4)	---	---	2.2 (14.3)	-3.1 (31.5)
Pinneapple (slices)	80	430.0	60.6 (58.7)	23.6 (21.2)	---	---	---	---
Plantain	60	216.0	36.6 (40.7)	27.6 (26.7)	---	---	---	---
Plum	60	430.0	97.7 (76.7)	19.7 (13.5)	---	---	---	---
Prune	62	13.0	-0.8 (3.4)	12.1 (43.7)	---	---	---	---
Star fruit or “ <i>carambola</i> ” (whole)	58	91.0	11.4 (12.2)	31.7 (20.9)	---	---	---	---
Star fruit or “ <i>carambola</i> ” (slices)	54	156.0	-24.9 (27.3)	-16.6 (17.7)	-4.0 (46.0)	-3.6 (28.4)**	---	---
Soursop	64	116.0	-7.4 (28.1)	-7.7 (24.9)***	101.2 (61.5)	84.7 (52.1)	---	---
Strawberry	54	119.0	0.9 (16.6)	0.5 (12.7)***	27.8 (39.6)	24.3 (33.9)	---	---
Sweet lime	62	95.5	-9.1 (22.0)	5.9 (34.8)	---	---	---	---

Food groups / Foods	n	Mean real weight	Album (n=163 foods)‡		Cups (n=84 foods)‡		Models (n=30 foods)‡	
			MEW-MRW (g)	PE (%)	MEW-MRW (g)	PE (%)	MEW-MRW (g)	PE (%)
Tangerine (whole)	60	244.5	55.1 (53.2)	22.7 (20.9)	---	---	---	---
Tangerine (wedges)	80	129.0	32.4 (26.5)	28.3 (19.6)*	53.1 (59.7)	41.7 (46.0)	---	---
<b>Nuts/oilseeds</b>								
Almonds	58	179.5	-47.2 (29.8)	-15.7 (10.0)	-0.8 (74.1)	11.3 (43.9)***	---	---
Peanuts	58	175.0	-37.6 (14.1)	-20.4 (12.5)***	69.4 (97.9)	51.3 (46.3)	---	---
Nuts	60	135.5	-21.6 (42.0)	-19.7 (26.7)	6.9 (49.8)	6.4 (34.9)***	---	---
<b>Dairy products</b>								
Butter milk	54	513.0	-114.7 (60.5)	-22.3 (12.5)	51.2 (156.9)	10.4 (30.8)***	---	---
Curd	62	95.5	16.5 (36.0)	16.1 (36.0)***	82.3 (59.3)	85.6 (63.2)	---	---
Goat cheese	58	112.5	-34.0 (15.9)	-20.0 (10.0)	---	---	---	---
Manchego cheese	58/29	40.5/27.0	65.8 (58.9)	172.5 (150.2)	24.9 (24.1)	71.9 (58.8)	2.3 (3.7)	8.6 (13.8)***
Oaxaca cheese	64	150.0	7.4 (31.6)	6.6 (30.5)***	57.1 (57.8)	38.4 (44.3)	---	---
Panela cheese	60/30§	337.5/55.0§	-69.6 (90.6)	-12.6 (15.4)***	13.7 (97.7)	28.7 (39.0)	27.4 (23.2)	49.9 (42.2)
Parmesan cheese	58	36.5	-0.2 (8.4)	0.2 (21.1)***	19.0 (19.9)	57.4 (49.1)	---	---
Yogurt	60	94	2.0 (14.3)	24.5 (13.3)	39.0 (40.1)	77.4 (57.7)	-30.6 (13.9)	-15.2 (18.0)***
<b>Legumes</b>								



Food groups / Foods	n	Mean real weight	Album (n=163 foods)‡		Cups (n=84 foods)‡		Models (n=30 foods)‡	
			MEW-MRW	PE (%)	MEW-MRW	PE (%)	MEW-MRW	PE (%)
			(g)		(g)		(g)	
Beans (boiled)	58	254.5	-40.8 (46.5)	-17.2 (18.7)***	64.0 (120.9)	25.6 (47.7)	74.8 (77.1)	30.1 (30.1)
Beans (re-fried)	62/31§	34.0/15.0§	-4.7 (6.9)	-3.4 (17.8)***	59.7 (89.3)	296.4 (600.7)	5.5 (7.2)	37.0 (48.2)
Chickpea (boiled)	60	225.5	-32.6 (33.5)	-14.4 (15.0)***	89.5 (99.1)	40.3 (44.4)	---	---
Lentils (boiled)	62	101.5	-55.6 (18.2)	-48.9 (23.0)***	50.9 (33.4)	53.4 (29.9)	---	---
Lima beans (boiled)	64	152.5	58.2 (29.9)	38.3 (19.9)	41.5 (59.7)	28.6 (39.0)	---	---
Textured soy (boiled)	60	259.0	22.5 (52.8)	16.1 (22.1)***	137.6 (139.7)	59.7 (58.0)	---	---
<b>Vegetables</b>								
Alfalfa sprouts	62	72.0	-21.9 (15.3)	-22.4 (23.8)***	36.9 (40.6)	56.9 (59.0)	---	---
Broccoli	60/30§	174.0/70.0§	-25.6 (24.6)	-11.8 (13.0)	97.4 (104.4)	54.1 (45.8)	-12.2 (11.0)	-17.5 (15.7)***
Cambray onions	58	256.5	33.3 (48.5)	12.7 (19.2)	---	---	---	---
Coriander (chopped)	62	99.0	-18.7 (8.8)	-18.5 (8.9)***	99.7 (74.2)	101.7 (76.6)	---	---
Cucumber (cubes)	60	317.5	-3.3 (33.5)	1.9 (13.7)	17.1 (109.8)	7.4 (33.2)	---	---
Green beans (boiled)	54/27§	225.5/246.0§	0.2 (37.7)	1.7 (16.8)**	147.3 (122.2)	67.1 (55.8)	119.6 (543.6)	48.6 (221.0)
Green beans (chopped)	60	251.0	-18.7 (8.8)	-18.5 (12.4)	16.7 (91.1)	10.1 (37.8)***	---	---
Green pepper (slices)	60	187.5	-32.8 (31.9)	-14.8 (17.8)***	53.5 (86.6)	28.0 (46.4)	---	---
Lettuce (chopped)	60	184.5	5.9 (38.4)	4.2 (26.3)***	51.2 (78.1)	37.5 (49.8)	---	---
Lettuce (leafes)	60	112.5	6.8 (29.3)	2.5 (29.3)	---	---	---	---
Mushrooms (boiled)	62	55.5	24.9 (9.1)	-47.1 (15.4)***	42.2 (36.2)	76.1 (65.6)	---	---

Food groups / Foods	n	Mean real weight	Album (n=163 foods)‡		Cups (n=84 foods)‡		Models (n=30 foods)‡	
			MEW-MRW (g)	PE (%)	MEW-MRW (g)	PE (%)	MEW-MRW (g)	PE (%)
Nopal (boiled)	58	156.5	6.0 (24.4)	4.5 (16.0)	---	---	---	---
Nopal (chooped, boiled)	62	403.0	-44.7 (58.3)	-10.6 (14.1)***	261.9 (168.5)	65.6 (42.0)	---	---
Onion (slices)	58	133.0	-59.3 (18.7)	-45.4 (14.2)	51.9 (51.2)	39.3 (39.6)***	---	---
Palm heart	60	292.5	39.9 (59.6)	13.3 (20.3)	---	---	---	---
Peas with carrots (canned)	58	282.0	-62.3 (46.7)	-22.7 (18.5)	23.0 (145.3)	8.6 (55.7)***	33.5 (116.6)	14.9 (38.1)
Poblano chile pepper (roasted)	62	103.5	-15.3 (32.8)	-13.8 (32.7)	---	---	---	---
Poblano chile pepper (sliced)	80	212.0	-66.1 (26.4)	-29.9 (13.3)***	143.4 (170.3)	69.8 (81.5)	---	---
Radish	62	430.0	-144.8 (42.7)	-33.1 (10.5)	---	---	---	---
Spinach (boiled)	64	121.5	28.5 (25.8)	22.8 (25.3)***	64.3 (40.1)	51.6 (35.2)	114.3 (50.5)	97.4 (52.7)
Spinach (raw)	62	98.0	-33.5 (10.5)	-38.1 (11.5)***	84.3 (82.2)	81.6 (73.2)	---	---
Sugar beet (cubes, boiled)	58	179.0	-7.1 (30.5)	-0.8 (18.0)*	15.0 (50.7)	8.3 (27.6)	---	---
Sugar beet (slices, boiled)	80/40§	129.0/207.0§	-6.0 (23.8)	28.2 (24.4)	95.2 (71.3)	85.4 (52.9)	-5.8 (60.5)	-2.8 (29.2)***
Sugar beet (grated, boiled)	60	93.5	-38.6 (11.0)	-41.0 (11.9)***	85.2 (69.1)	92.9 (75.5)	---	---
Tomato (cherry)	60	144.0	60.0 (27.8)	64.3 (27.7)	42.8 (68.7)	34.1 (53.3)***	---	---
Tomato (saladette, cubes)	62	137.5	-29.2 (19.1)	-15.7 (10.4)***	-69.9 (25.1)	-52.7 (17.8)	---	---
Tomato (saladette, slices)	54	139.0	3.2 (26.0)	3.8 (19.3)***	84.6 (52.1)	60.2 (34.3)	---	---

Food groups / Foods	n	Mean real weight	Album (n=163 foods)‡		Cups (n=84 foods)‡		Models (n=30 foods)‡	
			MEW–MRW (g)	PE (%)	MEW–MRW (g)	PE (%)	MEW–MRW (g)	PE (%)
Tomato sauce	62	346.5	50.8 (33.3)	23.2 (13.8)**	144.1 (219.2)	48.1 (66.7)	---	---
White asparagus	62/31§	97.5/54.0§	15.7 (32.4)	24.1 (378.8)***	---	---	63.1 (42.9)	116.8 (79.4)
Yellow hot chile (pickled)	60	85.5	-21.6 (18.8)	-18.6 (24.1)	---	---	---	---
Zucchini (julienne)	64	106.5	10.2 (18.5)	10.6 (22.1)	---	---	---	---
Zucchini (slices)	58	98.0	9.8 (17.1)	10.3 (18.2)**	28.0 (48.4)	28.4 (48.2)	---	---

MEW, mean estimated weight; MRW, mean real weight; PE percentage error.

‡Data are presented as mean (standard deviation).

§We only performed evaluation with models with portion 1.

|We only performed evaluation with models with portion 2.

\*Non paired t-test (album vs cups; album vs models) or ANOVA (between the three methods); we highlight the method with lower mean percentage error: p<0.05; \*\*p<0.01; \*\*\*p < 0.001.