

APPENDIX 2. Mean estimated weight (MEW) – mean real weight (MRW) (g) and percentage error estimation by portion, according to the food photograph album.

Food groups / Foods	Portion 1				Portion 2			
	n	MRW	MEW–MRW (g)‡	PE (%)‡	n	MRW	MEW–MRW (g)‡	PE (%)‡
Fats								
Avocado (whole)	30	132	-20.7 (29.8)	-15.7 (22.6)	30	163	0.9 (32.8)	0.5 (20.1)**
Avocado (slices)	32	32	-0.9 (14.2)	-2.8 (44.4)	31	16	2.9 (7.0)	18.1 (43.8)
Bacon (cooked)	30	14	-9.7 (1.5)	-69.5 (10.4)	30	56	-30.5 (3.9)	-54.5 (6.9)***
Bacon (raw)	29	70	-2.9 (22.8)	-4.1 (32.7)	29	84	2.0 (15.7)	2.4 (18.7)
Chorizo (grilled)	32	350	-25.8 (94.1)	-7.3 (26.9)	32	438	-54.2 (75.2)	-12.4 (17.2)
Olives	29	200	-83.4 (34.2)	-41.7 (17.1)	29	250	-75.1 (44.9)	-30.0 (18.0)*
Philadelphia (cheese)	30	50	24.1 (28.7)	48.1 (57.4)	30	175	10.9 (51.8)	6.2 (29.6)**
Soy chorizo	31	100	-45.2 (19.8)	-45.2 (19.8)	30	125	-60 (26.7)	-48.0 (21.4)
“Longaniza”	31	150	-45.2 (30.0)	-30.1 (20.0)	30	75	-23.8 (6.4)	-31.8 (8.5)
Animal foods								
Beef (cubes)	32	168	-71.3 (33.4)	-42.5 (19.9)	31	192	-80.6 (19.4)	-42.0 (10.1)
“Charales”	30	200	-19.5 (14.2)	-9.8 (7.1)	30	145	10.3 (31.4)	7.1 (21.6)***
Chicken “fajitas”	31	48	2.5 (32.7)	5.3 (68.1)	31	73	5.4 (32.6)	7.4 (44.6)
Chicken fried steak	40	82	-40.2 (9.7)	-49.0 (11.8)	40	30	-1.1 (9.7)	-3.5 (32.4)***

Food groups / Foods	Portion 1				Portion 2			
	n	MRW	MEW-MRW (g)‡	PE (%)‡	n	MRW	MEW-MRW (g)‡	PE (%)‡
Chicken breast (with skin)	31	238	14.5 (98.7)	6.1 (41.5)***	30	55	51.3 (11.0)	93.2 (19.9)
Chicken heart	30	10	-0.2 (0.9)	-2.3 (9.1)***	30	5	4.3 (1.1)	93.2 (19.9)
Chicken leg (with skin)	40	94	-3.1 (4.8)	-3.3 (5.1)***	40	47	15.0 (18.8)	32.0 (40.1)
Chicken liver	32	36	2.5 (11.6)	7.0 (32.2)***	32	18	16.8 (5.3)§	93.2 (29.7)
Chicken thighs (with skin)	30	110	-6.2 (8.6)	-5.6 (7.8)***	30	55	12.5 (20.7)	22.7 (37.7)
Chicken's sweetbreads	40	20	-1.1 (3.1)	-5.6 (15.5)*	40	10	1.3 (4.5)	12.5 (44.5)
Devil ham	30	70	-15.5 (12.3)	-22.2 (17.6)	30	32	-1.0 (10.7)	-3.0 (33.4)**
Egg (boiled)	32	95	-27.0 (21.3)	-28.4 (22.4)	32	119	-23.6 (10.4)	-19.9 (8.7)
Egg (scrambled)	29	46	6.5 (16.5)	14.1 (35.9)	29	116	0.8 (23.4)	0.7 (20.2)
Fish fillet	30	56	0.5 (13.4)	0.8 (23.9)	30	62	1.3 (19.5)	2.1 (31.5)
Ham	29	48	-1.7 (11.8)	-3.4 (24.6)***	29	75	-23.1 (19.8)	-30.9 (26.4)
Hamburger meat	30	42	-8.6 (7.1)	-20.4 (16.9)**	30	84	-34.4 (26.4)	-41.0 (31.4)
Head cheese	26	60	4.5 (27.3)	7.4 (45.6)	27	75	18.4 (52.7)	24.5 (70.3)
Meatball	29	86	-17.7 (16.6)	-20.5 (19.3)***	29	132	-53.9 (17.5)	-40.8 (13.2)
"Menudo"	30	204	4.6 (25.2)	2.3 (12.4)	30	273	-0.9 (81.5)	-0.3 (29.8)
Minced meat	30	123	3.5 (22.6)	2.8 (18.4)***	30	430	-64.3 (79.1)	-15.0 (18.4)

Food groups / Foods	Portion 1				Portion 2			
	n	MRW	MEW-MRW (g)‡	PE (%)‡	n	MRW	MEW-MRW (g)‡	PE (%)‡
Mortadella	31	16	2.8 (4.7)	17.7 (29.3)***	31	63	-23.3 (19.6)	-37.0 (31.1)
Pig trotters	29	150	77.5 (60.6)	51.7 (40.4)***	29	75	81.1 (39.4)	108.1 (52.5)
Pork chop	31	237	-64.2 (40.0)	-27.1 (16.9)	30	89	-9.9 (30.3)	-11.1 (34.0)*
Pork loin	30	248	-72.4 (61.8)	-29.2 (24.9)	30	310	-119.1 (64.1)	-38.4 (20.7)
Pork ribs	30	206	3.1 (42.0)	1.5 (20.3)	30	103	20.9 (55.4)	20.3 (53.7)
Red snapper	29	290	-26.6 (61.9)	-9.2 (21.4)**	29	262	-76.7 (79.6)	-28.1 (30.4)
Salami	29	30	-20.3 (3.1)	-67.7 (10.4)	29	5	-2.1 (1.7)	-41.5 (34.9)***
Sardines	30	100	35.1 (44.9)	35.1 (44.9)	30	348	-98.5 (41.9)	28.3(12.1)***
Shredded chicken	31	120	-29.7 (17.8)	-24.7 (14.8)	30	100	-12.2 (14.4)	12.2 (14.4)**
Shrimp (cooked, with peel)	32	172	-10.8 (35.9)	-6.3 (20.9)	31	209	6.0 (36.4)	2.9 (17.4)
Shrimp (cooked, peeled)	30	32	27.0 (11.0)	84.5 (34.2)***	30	24	38.9 (9.4)	162.0 (39.3)
Steak (grilled)	27	46	19.3 (23.3)¶	42.0 (50.6)	27	115	21.0 (24.4)	18.3 (21.3)*
Steak (grilled, cubes)	30	48	4.8 (13.1)	10.0 (27.3)**	30	36	17.4 (19.7)	48.3 (54.7)
Tuna	27	120	-21.8 (19.0)	-18.2 (15.8)***	27	21	4.5 (4.7)	21.4 (22.4)
Sugars								
Chocolate chips	27	148	-54.3 (18.8)	-36.7 (12.7)	27	29	-1.3 (9.4)	-4.5 (32.5)***

Food groups / Foods	Portion 1				Portion 2			
	n	MRW	MEW-MRW (g)‡	PE (%)‡	n	MRW	MEW-MRW (g)‡	PE (%)‡
Guava roll	29	36	-11.6 (12.7)	-32.2 (35.1)	29	88	-22.7 (11.9)	-25.8 (13.6)
M & M's	30	45	-6.8 (8.3)	-15.1 (18.5)***	30	18	5.7 (9.8)	31.8 (54.4)
<i>“Palanqueta de cacahuate”</i>	31	60	-11.7 (9.2)	-19.5 (15.3)	31	26	-7.0 (8.6)	-26.8 (33.0)
Cereals and tubers								
<i>“Alegría”</i>	27	72	14.6 (12.6)	20.2 (17.5)***	27	36	24.5 (15.5)	68.0 (43.0)
Amaranth	28	32	-7.3 (12.9)‡‡	-22.7 (40.5)	28	63	-22.5 (8.5)	-35.8 (13.5)
Baguette (slices)	27	60	25.3 (24.2)	42.2 (40.3)	25	80	16.4 (14.9)	20.5 (18.6)*
Bread (bolillo)	32	106	7.2 (24.3)	6.8 (22.9)***	31	39	24.4 (22.1)	62.6 (56.6)
Bread sticks	30	82	-11.3 (14.0)	-13.8 (17.1)***	30	15	15.6 (5.3)	103.8 (35.6)
Bun	30	58	4.6 (7.9)	7.9 (13.6)	30	29	1.2 (5.6)	4.0 (19.2)
Cambray potato	40	100	-36.6 (29.6)	-36.6 (29.6)	40	500	-120.6 (51.0)	-24.1 (10.2)*
Canned yellow corn	30	76	77.2 (7.7)	101.6 (10.1)	30	38	36.9 (4.4)	97.0 (11.5)
Cheerios cereal	31	104	-15.2 (16.4)	-14.6 (15.8)	31	130	-1.1 (27.1)	-0.8 (20.8)**
Cheetos	30	40	0.8 (5.6)	1.9 (14.1)**	29	30	7.9 (13.6)	26.2 (45.4)
Choco Krispis cereal	30	50	-4.7 (10.3)	-9.5 (20.5)	30	44	0.1 (6.0)	0.2 (13.7)*
Corn tortillas	32	45	-17.0 (4.4)	-37.8 (9.9)	32	19	-8.4 (3.2)	-44.4 (16.7)

Food groups / Foods	Portion 1				Portion 2			
	n	MRW	MEW-MRW (g)‡	PE (%)‡	n	MRW	MEW-MRW (g)‡	PE (%)‡
Croutons	30	75	-12.1 (12.4)	-16.2 (16.5)	30	63	-2.9 (14.0)	-4.7 (22.2)*
Flour tortillas (big size)	30	96	5.8 (34.5)	6.0 (36.0)**	27	231	-48.0 (54.7)	-20.8 (23.7)
Flour tortillas (normal size)	29	24	1.7 (4.9)	-7.0 (22.4)	29	12	2.4 (5.3)	19.7 (44.1)
Flour tortillas (packaged)	31	26	-0.5 (1.4)	-2.0 (5.2)***	31	33	-19.6 (3.4)	-59.4 (10.3)
Flour tortillas (small size)	40	80	33.3 (17.8)	41.6 (22.3)***	40	40	39.6 (2.5)	99.0 (6.3)
Flour tortillas (whole wheat flour)	30	28	7.4 (8.6)	26.5 (30.5)	31	14	0.2 (1.1)	1.1 (7.9)***
French fries	31	162	89.7 (68.5)	55.4 (42.3)	31	284	118.5 (98.4)	41.7 (34.6)
Fusilli	30	100	20.2 (41.9)	20.2 (41.9)***	30	500	-105.4 (47.3)‡‡	-21.1 (9.5)
Granola	29	50	11.6 (36.6)	23.2 (73.2)	29	90	21.3 (52.5)	
Hot cakes	32	139	-13.5 (32.5)	-9.7 (23.4)***	32	56	-15.0 (5.5)	-26.8 (9.8)
Hot dog bun	31	34	0.9 (3.4)	2.6 (9.9)***	31	50	-5.8 (3.5)	-11.6 (7.0)
Little toasts	30	10	0.4 (2.2)	4.0 (21.9)***	31	16	5.7 (1.6)	35.8 (9.7)
Macaroni	30	160	6.8 (33.1)	4.3 (20.7)	30	177	2.2 (33.3)§§	1.3 (18.8)
Mashed potato	29	540	-11.2 (67.6)	-2.1 (12.5)***	29	75	30.9 (25.3)	41.2 (33.7)

Food groups / Foods	Portion 1				Portion 2			
	n	MRW	MEW-MRW (g)‡	PE (%)‡	n	MRW	MEW-MRW (g)‡	PE (%)‡
Nesquick cereal	31	40	-10.2 (12.8)	-25.6 (32.0)	31	30	-10.6 (1.4)	-35.2 (4.5)
Oats	29	50	6.6 (31.5)	13.2 (63.0)	29	128	-2.5 (49.9)§§	-2.0 (39.0)
Popcorn (with butter)	31	50	16.7 (12.3)	33.3 (24.6)	31	18	8.5 (10.6)§	47.2 (58.6)
Potato chips	31	40	2.6 (10.0)	6.5 (25.0)	31	30	5.1 (12.2)	17.0 (40.7)
Quaker Stars cereal	29	178	0.0 (0.0)	0.0 (0.0)***	29	25	22.6 (6.0)	90.3 (23.9)
Rice (boiled)	29	336	-97.3 (116.3)	-29.0 (34.6)	29	60	-3.0 (16.5)	-5.1 (27.5)**
“Sabritones”(spicy flour “chicharrones”)	40	60	8.7 (19.7)	14.5 (32.9)***	40	20	15.8 (8.3)	79.2 (41.5)
Spaghetti	27	120	3.2 (9.6)	2.6 (8.0)***	27	83	23.4 (23.9)	28.2 (28.8)
Special K cereal	32	50	-0.7 (8.7)	-1.4 (17.3)***	32	13	4.8 (4.7)	37.0 (35.9)
Sweet potato (boiled)	30	201	-19.6 (52.2)	-9.7 (26.0)	26	151	-17.2 (46.6)	-9.7 (26.0)
Sweet potato (with honey)	31	819	-161.7 (122.8)	-19.7 (15.0)	31	718	-56.8 (115.3)	-7.9 (16.1)**
Wheat bran	29	2	0.5 (3.0)	23.3 (150.0)	29	13	-3.8 (3.8)	-29.4 (28.9)
“Tamal”	29	132	5.4 (19.5)	4.1 (14.8)*	29	66	-4.6 (14.8)	-7.0 (22.4)
“Tostadas” (dehydrated)	30	34	8.5 (8.7)	25.1 (25.5)***	30	17	9.9 (5.0)	58.0 (29.2)
Tortilla chips	30	125	-24.2 (23.8)	-19.4 (19.0)	26	72	-8.8 (22.6)	-12.2 (31.2)

Food groups / Foods	Portion 1				Portion 2			
	n	MRW	MEW-MRW (g)‡	PE (%)‡	n	MRW	MEW-MRW (g)‡	PE (%)‡
Fruits								
Apple Red Delicious	31	162	-7.0 (19.0)	-4.3 (11.7)	31	81	3.1 (13.2)	3.9 (16.3)*
Baby banana	30	50	9.4 (11.3)	18.8 (22.6)	30	25	8.3 (7.8)	33.0 (31.3)
Banana (whole)	30	172	25.3 (30.2)	14.7 (17.6)**	30	86	33.6 (27.4)	39.1 (31.9)
Banana (sweetened slices)	32	28	-1.6 (6.7)	-5.8 (24.0)***	32	14	4.4 (6.3)	31.7 (44.8)
Cantaloupe (cubes)	29	483	-61.1 (59.9)	-12.7 (12.4)***	29	56	13.2 (2.6)	23.5 (4.6)
Cocktail (with juice)	30	259	-94.2 (15.5)	-36.4 (6.0)	30	215	-21.6 (40.2)	-10.0 (18.7)***
Cocktail (without juice)	30	127	0.0 (0.0)	0.0 (0.0)***	31	344	43.1 (65.2)‡‡	-39.2 (13.1)
Dried apple	30	48	-1.5 (4.7)	-3.2 (9.8)	31	24	0.5 (6.9)	2.2 (28.9)
Grapes	31	50	-0.2 (2.4)	-0.4 (4.7)*	31	75	-9.0 (18.9)	-12.0 (25.1)
Guava (whole)	29	124	-27.1 (19.7)	-21.9 (15.9)***	29	155	-107.7 (16.8)	-69.5 (10.9)
Guava (slices)	30	81	-1.6 (23.4)	-2.0 (28.9)**	30	205	-43.7 (26.9)¶¶	-21.3 (13.1)
Papaya (cubes)	30	100	25.7 (47.3)	25.7 (47.3)	30	263	-23.3 (47.6)	-8.8 (18.1)
Papaya (slices)	30	544	-137.4 (116.9)	-25.3 (21.5)**	30	380	-125.6 (73.0)	-33.1 (19.2)
Pear	31	190	-4.9 (6.6)	-2.6 (3.5)***	31	95	27.3 (39.2)	28.8 (41.3)
Peach	31	38	2.3 (5.7)	6.0 (14.9)	30	56	-2.3 (13.5)‡‡	-4.1 (24.1)

Food groups / Foods	Portion 1				Portion 2			
	n	MRW	MEW-MRW (g)‡	PE (%)‡	n	MRW	MEW-MRW (g)‡	PE (%)‡
Pinneapple (slices)	40	638	25.5 (78.5)	4.0 (12.3)***	40	222	95.7 (91.9)	43.1 (41.4)
Plantain	30	291	-8.8 (32.8)	-3.0 (11.3)***	30	141	82.1 (73.5)	58.2 (52.1)
Plum	30	506	63.6 (114.5)	12.6 (22.6)**	24	354	101.8 (51.9)	28.8 (14.7)
Prune	31	20	-4.4 (3.9)	-22.0 (19.6)***	31	6	2.8 (4.9)	46.2 (81.6)
Star fruit or “carambola” (whole)	28	121	-31.8 (19.2)	-26.3 (15.8)***	28	61	54.6 (11.2)	89.5 (18.3)
Star fruit or “carambola” (slices)	27	170	-21.2 (32.1)	-12.5 (18.9)	27	142	-29.7 (36.5)‡‡‡	-20.9 (25.7)
Soursop	32	100	-17.2 (35.8)	-17.2 (35.8)	32	132	2.5 (34.8)	1.9 (26.3)*
Strawberry	27	106	-2.1 (12.3)	-2.0 (11.6)	27	132	4.0 (34.6)	3.0 (26.2)
Sweet lime	31	162	-26.4 (37.5)	-16.3 (23.2)**	31	29	8.1 (18.1)	28.1 (62.3)
Tangerine (whole)	30	228	46.0 (62.5)	20.2 (27.4)	28	261	75.8 (61.9)	29.1 (23.7)
Tangerine (wedges)	40	152	16.0 (41.4)	10.5 (27.2)***	40	106	48.8 (20.2)	46.0 (19.0)
Nuts/oilseeds								
Almonds	29	36	-0.9 (3.6)	-2.4 (9.9)***	29	323	-93.6 (60.5)	-29.0 (18.7)
Peanuts	29	32	-6.1 (7.9)	-19.0 (24.7)	29	318	-69.1 (28.3)	-21.7 (8.9)
Nuts	30	96	-31.1 (20.2)	11.1 (38.5)	30	175	-12.0 (76.6)	1.8 (45.5)**

Food groups / Foods	Portion 1				Portion 2			
	n	MRW	MEW-MRW (g)‡	PE (%)‡	n	MRW	MEW-MRW (g)‡	PE (%)‡
Dairy products								
Butter milk	27	456	-97.7 (94.5)	-21.4 (20.7)	27	570	-131.7 (49.9)	-23.1 (8.8)
Curd	31	109	21.5 (52.5)	19.7 (48.2)	30	82	9.2 (32.7)	11.2 (39.9)
Goat cheese	29	50	-0.8 (2.9)	-1.6 (5.8)***	29	175	-67.3 (31.3)	-38.5 (17.9)
Manchego cheese	29	54	77.0 (80.2)	142.5 (148.6)	29	27	54.7 (50.0)	202.5 (185.1)
Oaxaca cheese	32	50	4.5 (26.6)	9.1 (53.1)	32	250	10.3 (51.0)	4.1 (20.4)
Panela cheese	30	55	-1.7 (3.8)	-3.0 (7.0)**	30	620	-137.6 (182.2)	-22.2 (29.4)
Parmesan cheese	29	20	0.4 (4.5)	2.1 (22.7)	29	53	-0.9 (14.5)	-1.7 (27.4)
Yogurt	30	125	-54.0 (26.9)	-43.2 (21.5)***	30	63	58.0 (9.4)	92.1 (14.9)
Legumes								
Beans (boiled)	29	226	-63.5 (58.6)	-28.1 (25.9)	29	283	-18.0 (54.7)	-6.4 (19.3)**
Beans (re-fried)	31	15	1.7 (4.8)	11.1 (32.1)***	31	53	-10.2(14.0)§	-19.2 (26.5)
Chickpea (boiled)	30	246	-38.0 (42.6)	-15.4 (17.3)	30	205	-27.2 (41.1)	
Lentils (boiled)	31	150	-91.8 (27.6)	-61.2 (18.4)**	31	53	-19.4 (21.6)	36.6 (40.8)
Lima beans (boiled)	32	174	65.6 (39.7)	37.7 (22.8)	32	131	50.8 (36.5)	38.8 (27.8)
Textured soy (boiled)	30	148	49.3 (48.9)	33.3 (33.0)	30	370	-4.3 (82.3)	-1.2 (22.2)***

Food groups / Foods	Portion 1				Portion 2			
	n	MRW	MEW-MRW (g)‡	PE (%)‡	n	MRW	MEW-MRW (g)‡	PE (%)‡
Vegetables								
Alfalfa sprouts	31	105	-41.7 (23.5)	-39.7 (22.3)	31	39	-2.0 (14.0)	-5.2 (35.9)***
Broccoli	30	70	-4.8 (11.5)	-6.9 (16.4)*	30	278	-46.5 (44.9)	-16.7 (16.2)
Cambray onions	29	236	22.2 (71.2)	9.4 (30.2)	29	277	44.4 (64.7)	16.0 (23.4)
Coriander (chopped)	31	88	-12.8 (11.0)	-14.5 (12.5)*	31	110	-24.6 (13.4)	-22.4 (12.1)
Cucumber (cubes)	30	462	-21.2 (53.7)	-4.6 (11.6)*	30	173	14.6 (44.9)	8.5 (25.9)
Green beans (boiled)	27	246	-39.9 (47.3)	-16.2 (19.2)***	27	205	40.2 (44.9)	19.6 (21.9)
Green beans (chopped)	30	143	-13.9 (29.4)	-9.7 (20.5)***	30	359	-97.8 (42.4)	-27.2 (11.8)
Green pepper (slices)	30	250	-57.3 (45.2)	22.9 (18.1)	30	125	-8.3 (30.3)	-6.7 (24.3)**
Lettuce (chopped)	30	262	4.8 (59.3)	1.8 (22.6)	30	107	7.1 (52.4)	6.6 (49.0)
Lettuce (leafes)	30	150	19.5 (38.0)	13.0 (25.3)	30	75	-5.9 (34.1)	-7.9 (45.4)*
Mushrooms (boiled)	31	64	-20.6 (16.7)	-32.3 (26.1)***	31	47	-29.1 (9.1)	-61.9 (19.3)
Nopal (boiled)	29	172	-3.7 (25.7)	-2.1 (14.9)*	30	141	15.7 (32.4)	11.2 (22.9)
Nopal (chooped, boiled)	31	358	-22.0 (56.4)	-6.2 (15.8)	31	448	-67.3 (89.6)	-15.0 (20.0)
Onion (slices)	29	118	-62.6 (23.2)	-53.1 (19.7)	29	148	-55.9 (24.0)	-37.8 (16.2)**
Palm heart	30	260	25.9 (63.6)	10.0 (24.5)	30	325	53.9 (81.1)	16.6 (25.0)

Food groups / Foods	Portion 1				Portion 2			
	n	MRW	MEW-MRW (g)‡	PE (%)‡	n	MRW	MEW-MRW (g)‡	PE (%)‡
Peas with carrots (canned)	29	176	-43.0 (49.6)	-24.4 (28.2)	29	388	-81.6 (65.0)	-21.0 (16.7)
Poblano chile pepper (roasted)	31	84	-7.1 (37.9)	-8.4 (45.1)**	31	123	-23.6 (41.4)	-19.2 (33.7)
Poblano chile pepper (sliced)	40	159	-39.8 (31.0)	-25.0 (19.5)	40	265	-92.3 (32.5)	-34.8 (12.3)
Radish	31	382	-105.3 (70.8)	-27.6 (18.5)**	31	478	-184.4 (46.4)	-38.6 (9.7)
Spinach (boiled)	32	69	14.6 (30.1)	21.2 (43.6)	32	174	42.4 (40.0)	24.4 (23.0)
Spinach (raw)	31	56	-26.4 (10.2)	-47.2 (18.2)	31	140	-40.6 (17.5)	-29.0 (12.5)***
Sugar beet (cubes, boiled)	29	104	6.8 (25.5)	6.6 (24.5)*	29	254	-21.0 (46.3)	-8.3 (18.2)
Sugar beet (slices, boiled)	40	207	-54.2 (38.5)	-26.1 (18.6)***	40	51	42.1 (21.2)	82.5 (41.6)
Sugar beet (grated, boiled)	30	102	-44.3 (14.3)	-43.4 (14.0)	30	85	-32.9 (14.2)	-38.7 (16.7)
Tomato (cherry)	30	72	78.9 (35.3)	109.6 (49.1)	30	216	41.1 (34.4)	19.0 (15.9)***
Tomato (saladette, cubes)	31	80	-2.0 (5.2)	-2.5 (6.5)***	31	195	-56.4 (37.8)	-28.9 (19.4)

Food groups / Foods	Portion 1				Portion 2			
	n	MRW	MEW-MRW (g)‡	PE (%)‡	n	MRW	MEW-MRW (g)‡	PE (%)‡
Tomato (saladette, slices)	27	158	-10.8 (35.5)	-6.8 (22.5)**	27	120	17.3 (36.6)	14.4 (30.5)
Tomato sauce	31	465	-8.6 (23.6)	-1.9 (5.1)***	31	228	110.2 (61.8)	48.3 (27.1)
White asparagus	31	54	22.6 (29.7)	41.9 (55.1)	31	141	8.8 (45.5)	6.2 (32.3)**
Yellow hot chile (pickled)	30	60	2.3 (21.7)	3.8 (36.1)***	30	111	-45.5 (24.5)	-41.0 (22.1)
Zucchini (julienne)	32	30	3.6 (11.4)	11.9 (38.0)	32	183	16.8 (34.0)	9.2 (18.6)
Zucchini (slices)	29	112	9.1 (22.0)	8.1 (19.7)	29	84	10.5 (25.1)	12.5 (29.9)

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

‡Data are presented as mean (standard deviation).

§n=30.

|n=29.

¶n=31.

‡‡n=28.

§§n=25.

¶¶n=21.

‡‡‡n=26.

Non paired t-test (portion 1 vs portion 2); we highlight the method with lower mean difference between real and estimated weight: p<0.05; p<0.01; p < 0.001.