**Supplemental Table 2**

Mean grams of amounts of food shown (perception study) or food served (memory study) and the estimated weight by the

participant (both methods - estimated mean)

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **Perception study** | | | | **Memory study** | | | |
| **Food ID** | **Food name** | **Shown**  **Mean (g)** | **Shown**  **SD (g)** | **Estimated**  **Mean (g)** | **Estimated**  **SD (g)** | **Served**  **Mean (g)** | **Served**  **SD (g)** | **Estimated**  **Mean (g)** | **Estimated**  **SD (g)** |
| **1** | Potatoes, boiled | 299 | 134 | 335 | 131 | 182 | 65 | 280 | 99 |
| **3** | French fries | 178 | 63 | 146 | 64 | 90 | 40 | 76 | 40 |
| **8** | Green salad | 30 | 8 | 33 | 14 | 19 | 17 | 17 | 8 |
| **13** | Carrots | 112 | 36 | 73 | 48 | 61 | 33 | 49 | 23 |
| **15** | Tomatoes | 148 | 87 | 183 | 70 | 68 | 32 | 111 | 41 |
| **25** | Apple compote | 98 | 49 | 127 | 81 | 190 | 98 | 213 | 139 |
| **32** | Cheese, pieces | 58 | 14 | 31 | 19 | 32 | 15 | 20 | 15 |
| **34** | Pasta | 209 | 68 | 142 | 69 | 256 | 91 | 90 | 45 |
| **36** | Rice | 168 | 59 | 155 | 71 | 209 | 35 | 90 | 40 |
| **42** | Steak | 223 | 76 | 212 | 89 | 161 | 73 | 180 | 74 |
| **51** | Fish, fillets | 138 | 37 | 196 | 65 | 100 | 42 | 145 | 74 |
| **52** | Fish, slices | 103 | 13 | 109 | 47 | 153 | 54 | 157 | 57 |
| **64** | Fruit cake | 109 | 46 | 143 | 79 | 133 | 80 | 156 | 69 |
| **74** | Pizza | 118 | 29 | 201 | 76 | 111 | 50 | 181 | 75 |
| **75** | Spaghetti | 187 | 103 | 183 | 113 | 187 | 103 | 187 | 83 |
| **79** | Soup | 213 | 129 | 154 | 81 | 169 | 42 | 122 | 51 |
| **91** | Mushrooms | 145 | 52 | 84 | 42 | 149 | 68 | 65 | 32 |
| **92** | Grapes | 179 | 104 | 138 | 79 | 117 | 88 | 112 | 53 |
| **104** | Stew | 183 | 102 | 207 | 134 | 193 | 90 | 193 | 86 |
| **302** | Omelette / scrambled eggs | 92 | 17 | 89 | 25 | 120 | 57 | 91 | 28 |
| **402** | Risotto | 334 | 137 | 402 | 138 | 122 | 39 | 200 | 55 |
| **507** | Ratatouille | 181 | 82 | 188 | 92 | 156 | 65 | 176 | 67 |
| **517** | Creamed spinach | 150 | 86 | 124 | 74 | 174 | 107 | 124 | 66 |