Supplemental Figure 1

Enrollment

Assessed for eligibility (n= 20)
Recruitment run between March 2011 and May 2011

Excluded (n= 2)
- Not meeting inclusion criteria (n= 1)
- Declined to participate (n= 1)
- Other reasons (n= 0)

Randomized (n= 18)

Allocation

Allocated to interventions (n= 18)
- Received all allocated interventions (n= 17)
- Did not receive all allocated interventions (give reasons) (n= 1. One subject only attended one test day before withdrawing)

Follow-Up

Lost to follow-up (give reasons) (n= 0)
Discontinued intervention (give reasons) (n= 0)

Analysis

Analysed (n= 18, one of which only attended one test day before withdrawing)
- Excluded from analysis (give reasons) (n= 1. Data for one participant for one test day were excluded at blind review as this subject was not fasted at baseline on that day.)
**Supplemental Figure 2:** Perceived (A) fullness, (B) desire to eat a snack, (C) desire to eat a meal and (D) prospective food consumption EVAS scores throughout the testing days.

Intention to treat analysis in 18 healthy adult subjects. The line graphs display the time course of change throughout the 4 hours testing day for the SF (●), LSF (▲) and LC (□) test products. The arrow below the x-axis denotes the feeding time. EVAS, Electronic Visual Analogue Scale; LC, liquid control; LSF, less stable foam; SF, stable foam. Where indicated, means not sharing a common letter are significantly different at that time point with $P < 0.05$ based on Tukey’s test.
**Supplemental Table 1**

Correlations between appetite and gastric behavior

<table>
<thead>
<tr>
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<th>r</th>
<th>P</th>
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</thead>
<tbody>
<tr>
<td>Hunger</td>
<td>-0.46</td>
<td>&lt;0.0001</td>
</tr>
<tr>
<td>Fullness</td>
<td>0.42</td>
<td>&lt;0.0001</td>
</tr>
<tr>
<td>Desire to eat a snack</td>
<td>-0.41</td>
<td>&lt;0.0001</td>
</tr>
<tr>
<td>Desire to eat a meal</td>
<td>-0.45</td>
<td>&lt;0.0001</td>
</tr>
<tr>
<td>Prospective food consumption</td>
<td>-0.44</td>
<td>&lt;0.0001</td>
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</tbody>
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1 Based on VAS scores for all time points against total gastric volume

2 Non-parametric 2-tails Spearman’s correlation test