Study invitation letters sent to eligible twin pairs registered with the University of Washington Twin Registry (n=122 pairs, 244 individuals)

- Live in Washington State
- Age 18-50
- Monozyotic twin, self-reported
- Had not participated in any other studies by the PI.

Assessed for eligibility (n=90 individuals)

- Age 18-50
- BMI 18.5-50 kg/m²
- Raised together until age 15

Excluded (n=48 individuals)

Failed to meet inclusion criteria (n=23 individuals)

- Major medical problems (including diabetes)
- Allergies to study foods
- Lactose intolerance, vegetarian/vegan diet
- Inability to taste
- Daily smoking or heavy alcohol consumption
- Medications that impact appetite (e.g. atypical antipsychotics)
- Lifetime history of weight loss surgery or eating disorders
- Excessive exercise
- Night work
- Pregnancy or breastfeeding
- Current participation in weight loss program or use of weight loss medications
- Contraindication to MRI

Enrolled (n=21 pairs, 42 individuals)

Analysed

All analyses (n=20 pairs, 41 individuals)

- Excluded from analyses due to reporting significant nausea during the study (n=1 individual)

fMRI analyses (n=18 pairs, 39 individuals)

- Excluded from analyses due to scanner artifact and spurious fMRI data (n=2 individuals)

Supplemental Figure 1. Participant Flow Chart.