

Table 1. Correlations among body composition and the area under the curve (AUC) for biomarker responses following boiled and chilled potato intake^{1,2}.

Variable	AUC(0-120 min) Glucose ¹	AUC(0-120 min) Insulin ¹	AUC(0-120 min) GLP- 1 ¹	AUC(0-120 min) PYY ¹	AUC(0-120 min) GIP ¹
Boiled Potato					
BMI (kg/m ²)	0.121	0.224	-0.242	-0.194	-0.217
% FM	0.107	0.343	-0.083	0.048	-0.075
% FFM	-0.107	-0.343	0.083	-0.048	0.075
FM (kg)	0.074	0.343	-0.242	-0.068	-0.181
FFM (kg)	-0.142	0.054	-0.306	-0.204	-0.360
Chilled Potato					
BMI (kg/m ²)	0.121	0.290	-0.239	-0.200	-0.322
% FM	0.135	0.425*	-0.124	0.085	0.069
% FFM	-0.135	-0.425*	0.124	-0.085	-0.069
FM (kg)	0.041	0.387*	-0.297	-0.007	-0.123
FFM (kg)	-0.117	0.163	-0.235	-0.260	-0.415*

¹Correlations determined by nonparametric Spearman's rho. ²No significant differences were observed using paired t-tests between groups after transforming r to z ; $p > .05$. * $p < 0.05$. AUC = area under the curve; BMI = body mass index; FM = fat mass; FFM = fat-free mass; GIP = glucose-dependent insulinotropic peptide; GLP-1 = glucagon-like peptide-1; PYY = peptide YY

Table 2. Comparison of within-and-between group mean subjective satiety scores measured at 15 and 60 minutes following boiled and chilled potato intake.

Question ¹	Boiled Potato	Chilled Potato	p value between group at either 15 or 60 min ^{**}
1. How hungry do you feel? ^a			
15 minutes	24.4 ± 29.1	24.1 ± 27.1	0.960
60 minutes	27.6 ± 29.4	34.6 ± 32.0*	0.278
2. How satisfied do you feel? ^b			
15 minutes	67.8 ± 27.8	61.0 ± 31.2	0.234
60 minutes	57.7 ± 31.6	50.4 ± 33.4	0.234
3. How full do you feel? ^c			
15 minutes	64.9 ± 30.0	59.2 ± 32.7	0.227
60 minutes	58.8 ± 30.5	50.5 ± 35.4	0.209
4. How much do you think you can eat? ^d			
15 minutes	37.4 ± 30.0	31.2 ± 29.8	0.242
60 minutes	42.6 ± 31.9	44.8 ± 31.7*	0.661
5. How pleasant would you find eating another mouthful of this food? ^e			
15 minutes	27.4 ± 26.9	27.1 ± 34.9	0.976
60 minutes	36.4 ± 29.8*	25.7 ± 32.6	0.028
6. Would you like something sweet? ^f			

15 minutes	38.1 ± 35.4	46.1 ± 37.9	0.194
60 minutes	46.5 ± 34.8	37.8 ± 33.7	0.224
7. Would you like to eat something fatty? ^g	31.8 ± 35.7	31.5 ± 31.9	0.954
15 minutes	39.6 ± 36.9	33.1 ± 31.0	0.329
60 minutes			
8. Would you like to eat something savory? ^h			
15 minutes	46.7 ± 38.5	43.7 ± 36.0	0.728
60 minutes	51.0 ± 38.3	46.9 ± 35.9	0.595

¹Subjective satiety was measured by drawing a line from 0mm to 100mm. The lines were measured by the investigator in mm by a ruler to obtain the score. The overall mean score was calculated by taking the mean of the 8 questions. ^{a-i}A higher score indicates the following: ^a = never been more hungry; ^b = cannot eat another bite; ^c = totally full; ^d = I can eat a lot; ^e = very pleasant; ^f = yes very much; ^g = yes very much; ^h = yes very much.

*Indicates $p < 0.05$ within groups from 15 to 60 minutes. **Indicates $p < 0.05$ between groups at either 15 minutes or 60 minutes.

Table 3. Correlations between the area under the curve for gut-derived biomarkers and mean subjective satiety scores between potato interventions.^{1,2}.

Variable	AUC _(0-120 min) GLP-1	AUC _(0-120 min) PYY	AUC _(0-120 min) GIP
Boiled Potato			
1. How hungry do you feel? ^a			
15 min	-0.046	0.123	0.119
60 min	0.085	0.029	-0.095
2. How satisfied do you feel? ^b			
15 min	0.012	-0.153	-0.267
60 min	-0.214	-0.092	-0.035
3. How full do you feel? ^c			
15 min	-0.012	-0.146	-0.339
60 min	-0.108	-0.086	0.012
4. How much do you think you can eat? ^d			
15 min	-0.059	0.076	0.171
60 min	0.208	0.055	-0.034
5. How pleasant would you find eating another mouthful of this food? ^e			
15 min	-0.137	-0.289	-0.037
60 min	0.206	-0.197	0.020
6. Would you like to eat something sweet? ^f			
15 min	-0.147	0.013	-0.143
60 min	0.103	0.006	-0.053
7. Would you like to eat something fatty? ^g			
15 min	-0.132	0.030	-0.054
60 min	0.105	0.122	0.144
8. Would you like to eat something savory? ^h			
15 min	-0.069	-0.164	0.077
60 min	0.369*	0.035	0.138
Chilled Potato			

1. How hungry do you feel? ^a				
	15 min	-0.048	-0.037	0.070
	60 min	-0.052	-0.068	0.158
2. How satisfied do you feel? ^b				
	15 min	-0.247	-0.350	-0.361
	60 min	0.125	0.051	0.005
3. How full do you feel? ^c				
	15 min	-0.058	-0.073	-0.144
	60 min	0.002	0.074	-0.145
4. How much do you think you can eat? ^d				
	15 min	0.134	0.196	-0.038
	60 min	-0.030	-0.001	0.150
5. How pleasant would you find eating another mouthful of this food? ^e				
	15 min	0.142	0.053	-0.220
	60 min	0.213	0.095	-0.056
6. Would you like to eat something sweet? ^f				
	15 min	-0.011	0.260	0.193
	60 min	0.093	-0.095	0.050
7. Would you like to eat something fatty? ^g				
	15 min	-0.146	0.139	-0.014
	60 min	-0.294	0.043	-0.075
8. Would you like to eat something savory? ^h				
	15 min	-0.001	0.272	0.169
	60 min	-0.151	0.020	0.000

¹Correlations determined by nonparametric Spearman's rho. ²Subjective satiety was measured by drawing a line from 0mm to 100mm. The lines were measured by the investigator in mm by a ruler to obtain the score. ^{a-i} A higher score indicates the following: ^a = never been more hungry; ^b = cannot eat another bite; ^c = totally full; ^d = I can eat a lot; ^e = very pleasant; ^f = yes very much; ^g = yes very much; ^h = yes very much
^{*}*p* < 0.05. AUC = area under the curve; GIP = glucose-dependent insulinotropic peptide; GLP-1 = glucagon-like peptide-1; PYY = peptide YY