Supplementary Table 1: F-ratio and *P*-values for the 3×19 repeated measures ANOVAs for **subje**ctive appetite ratings.

3 × 19 repeated measures ANOVA			
	Main effect snack	Main effect time	Interaction snack x time
Hunger	$F(2,82) = 12.98$, $p < 0.001$	$F(18,738) = 149.57$, $p < 0.001$	$F(36,1476) = 9.81$, $p < 0.001$
Fullness	$F(2,82) = 7.72$, $p < 0.001$	$F(18,738) = 126.95$, $p < 0.001$	$F(36,1476) = 7.55$, $p < 0.001$
Desire to eat	$F(2,82) = 18.17$, $p < 0.001$	$F(18,738) = 135.98$, $p < 0.001$	$F(36,1476) = 7.35$, $p < 0.001$
Prospective consumption	$F(2,82) = 11.40$, $p < 0.001$	$F(18,738) = 124.11$, $p < 0.001$	$F(36,1476) = 7.65$, $p < 0.001$.