

TABLES AND FIGURE CAPTIONS

SUPPLEMENTARY INFORMATION

Supplementary Table 1. Relationships between food intake control and NP recall

Memory Outcome	Model	β	ΔR^2	ΔR^2 p value
Recall NP ^a	Base Model		0.07	0.43
	+ Strategic Dieting	-0.33	0.00	0.80
	+ Attitude to Self-Regulation	0.73	0.00	0.64
	+ Avoidance of Fat.	4.18[†]	0.09	0.004
	+ Habitual Susceptibility	-2.66	0.04	0.07
	+ Emotional Susceptibility	-3.61[†]	0.07	0.01
	+ Situational Susceptibility	-0.95	0.01	0.51
	+ Flexible Control	0.40	0.00	0.71
	+ Rigid Control	1.15	0.01	0.27
	+ Cognitive Restraint	0.56	0.00	0.55
	+ Uncontrolled Eating	-1.55*	0.06	0.02
	+ Emotional Eating	-3.61[†]	0.07	0.01

Hierarchical linear regression was used to examine the change in R^2 with the addition of each eating style. The base model included sex, age, reported energy intake as a percentage of resting energy expenditure, percent body fat from the air displacement plethysmography, percent calories from added sugars, and percent calories from saturated fatty acids. R^2 is reported for the base model and the change in R^2 is reported from each univariate analysis in response to adding each eating style to the base model.

^aThe percent of words recalled from the control condition, a secondary measure of episodic memory.

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β , unstandardized regression coefficient; NP, control items that received no retrieval practice.

* $p < 0.05$, † $p < 0.01$

Supplementary Table 2. Word categories and exemplars for RP Paradigm

Category	Exemplars
Weapon	rifle, club, sword, cannon, spear, pistol
Fish	goldfish, perch, trout, minnow, tuna, catfish
Drink	brandy, rum, vodka, whiskey, bourbon, gin
Bird	hawk, eagle, pigeon, sparrow, wren, robin
Tool	drill, level, chisel, nails, wrench, ruler
Fruit	cherry, tangerine, banana, lemon, pineapple, orange
Metal	zinc, tin, aluminum, lead, steel, silver
Insect	ant, beetle, termite, roach, grasshopper, hornet

RP, retrieval practice.