

Table S1 Confirmatory factor analysis of Barratt Impulsivity Scale (BIS-11)

	2 subdomains International Society for Research on Impulsivity (http://www.impulsivity.org)			3 subdomains (Malloy-Diniz et al., 2014)		
	Value	[90%CI]	p	Value	[90%CI]	p
Chi square (df)	724.050 (349)		0.000	814.453 (402)		0.000
CFI	0.328			0.321		
TLI	0.272			0.265		
NFI	0.227			0.219		
RMSEA	0.158	(0.142-0.174)		0.154	(0.139-0.170)	

CFI = comparative fit index; TLI = Tucker-Lewis index; NFI = normed fit index; RMSEA = root mean square error of approximation.

Table S2 Standardized regression weights (default model)

2 subdomains		Estimate	3 subdomains		Estimate
Question 3	Inhibitory Control	0.042	Question 28	Attentional	0.691
Question 2	Inhibitory Control	0.653	Question 26	Attentional	0.426
Question 5	Inhibitory Control	0.454	Question 24	Attentional	0.063
Question 6	Inhibitory Control	0.325	Question 20_	Attentional	0.649
Question 8_	Inhibitory Control	0.429	Question 11	Attentional	0.519
Question 9_	Inhibitory Control	0.608	Question 9_	Attentional	0.694
Question 11	Inhibitory Control	0.505	Question 5	Attentional	0.489
Question 14	Inhibitory Control	0.457	Question 6	Attentional	0.370
Question 16	Inhibitory Control	0.218	Question 30_	Motor	0.455
Question 17	Inhibitory Control	0.689	Question 25	Motor	0.296
Question 18	Inhibitory Control	0.510	Question 23	Motor	-0.270
Question 19	Inhibitory Control	0.760	Question 22	Motor	0.209
Question 20_	Inhibitory Control	0.626	Question 21	Motor	-0.022
Question 21	Inhibitory Control	-0.017	Question 19	Motor	0.870
Question 22	Inhibitory Control	0.197	Question 17	Motor	0.872
Question 23	Inhibitory Control	-0.281	Question 16	Motor	0.148
Question 24	Inhibitory Control	0.030	Question 4	Motor	0.139
Question 25	Inhibitory Control	0.253	Question 3	Motor	0.120
Question 26	Inhibitory Control	0.309	Question 2	Motor	0.648
Question 28	Inhibitory Control	0.558	Question 1_	Non-planning	0.702
Question 1_	Non-planning	0.734	Question 7_	Non-planning	0.338
Question 4	Non-planning	0.252	Question 8_	Non-planning	0.592
Question 7_	Non-planning	0.384	Question 10_	Non-planning	0.221
Question 10_	Non-planning	0.317	Question 12_	Non-planning	0.841
Question 12_	Non-planning	0.746	Question 13_	Non-planning	0.288
Question 13_	Non-planning	0.362	Question 14	Non-planning	0.449
Question 27	Non-planning	0.341	Question 15_	Non-planning	0.390
Question 30_	Non-planning	0.739	Question 18	Non-planning	0.339
			Question 27	Non-planning	0.227
			Question 29	Non-planning	0.285

Table S3 Multiple linear regression model analysis of the influence of impulsivity (BIS-11) and inhibitory control on nutrient intake

	B	SE	t	p value
Monounsaturated fat (R = 0.341; adjusted R square = 0.050)				
Constant	-5.327	20.270	-0.263	0.794
Age	-0.050	1.051	-0.233	0.817
Impulsivity (BIS)	0.590	0.272	2.165	0.036
Inhibitory control (no-go food)	-1.464	0.914	-1.603	0.117
Polyunsaturated fat (R = 0.374; adjusted R square = 0.075)				
Constant	-3.323	11.889	-0.279	0.781
Age	-0.107	0.126	-0.848	0.402
Impulsivity (BIS)	0.359	0.160	2.251	0.030
Inhibitory control (no-go food)	-0.945	0.536	-1.763	0.086

* Regression model, significant at $p < 0.05$.

** Independent variables, significant at $p < 0.05$.