

**Table 1. Condition differences in energy served between test meal sessions**

	<b>All groups (n = 24)</b>	<b>EAT (n = 8)</b>	<b>MIND (n = 8)</b>	<b>SLOW (n = 8)</b>	<b>Condition</b>	<b>Time</b>	<b>Condition X Time</b>
<b>Energy Served (kcal)</b>					0.094	0.130	0.812
Test Meal Session 1	1353 (1323, 1378)	1363 (1326, 1381)	1340 (1303, 1355)	1363 (1329, 1378)			
Test Meal Session 2	1345 (1326, 1356)	1356 (1331, 1367)	1324 (1302, 1344)	1352 (1332, 1355)			

\*All data presented as Median (25<sup>th</sup>, 75<sup>th</sup> percentile)

\*\*p-values are based on analysis of log-transformed data

**Table 2. Condition differences in energy intake between test meal sessions**

	<b>All groups (n = 24)</b>	<b>EAT (n = 8)</b>	<b>MIND (n = 8)</b>	<b>SLOW (n = 8)</b>	<b>Condition</b>	<b>Time</b>	<b>Condition X Time</b>
<b>Energy Intake (kcal)</b>					0.786	0.705	0.133
Test Meal Session 1	778 (617, 958)	785 (503, 953)	772 (550, 945)	738 (627, 1010)			
Test Meal Session 2	763 (627, 964)	848 (704, 1071)	673 (485, 846)	756 (611, 1076)			

\*All data presented as Median (25<sup>th</sup>, 75<sup>th</sup> percentile)

**Table 3. Condition differences in meal duration between test meal sessions**

	All groups (n = 24)	EAT (n = 8)	MIND (n = 8)	SLOW (n = 8)	Condition	Time	Condition X Time
<b>Eating Time (min)**</b>					0.094	<b>0.004</b>	<b>0.019</b>
Test Meal Session 1	8.8 (7.5, 12.3)	7.7 (7.0, 8.4)	11.0 (7.8, 16.1)	9.1 (8.1, 12.2)			
Test Meal Session 2	10.4 (8.0, 13.3)	8.1 (6.5, 9.6)	11.2 (8.3, 17.7)	12.3 (10.7, 18.7)			

\*All data presented as Median (25<sup>th</sup>, 75<sup>th</sup> percentile)

\*\*p-values are based on analysis of log-transformed data

**Table 4. Condition differences in subjective ratings of hunger between test meal sessions**

	All groups (n = 24)	EAT (n = 8)	MIND (n = 8)	SLOW (n = 8)	Condition	Time	Condition X Time
<b>Hunger</b>					0.571	< <b>0.001</b>	0.209
Test Meal Session 1	2.0 (1.0, 2.0)	1.5 (1.0, 2.0)	2.0 (1.3, 2.0)	2.0 (1.0, 2.0)			
Test Meal Session 2	1.0 (0.0, 1.0)	1.0 (0.3, 1.8)	1.0 (1.3, 2.0)	0.5 (0.0, 1.0)			

\*All data represented at Median (25<sup>th</sup>, 75<sup>th</sup> percentile)

**Table 5. Condition differences in subjective ratings of satiety between test meal sessions**

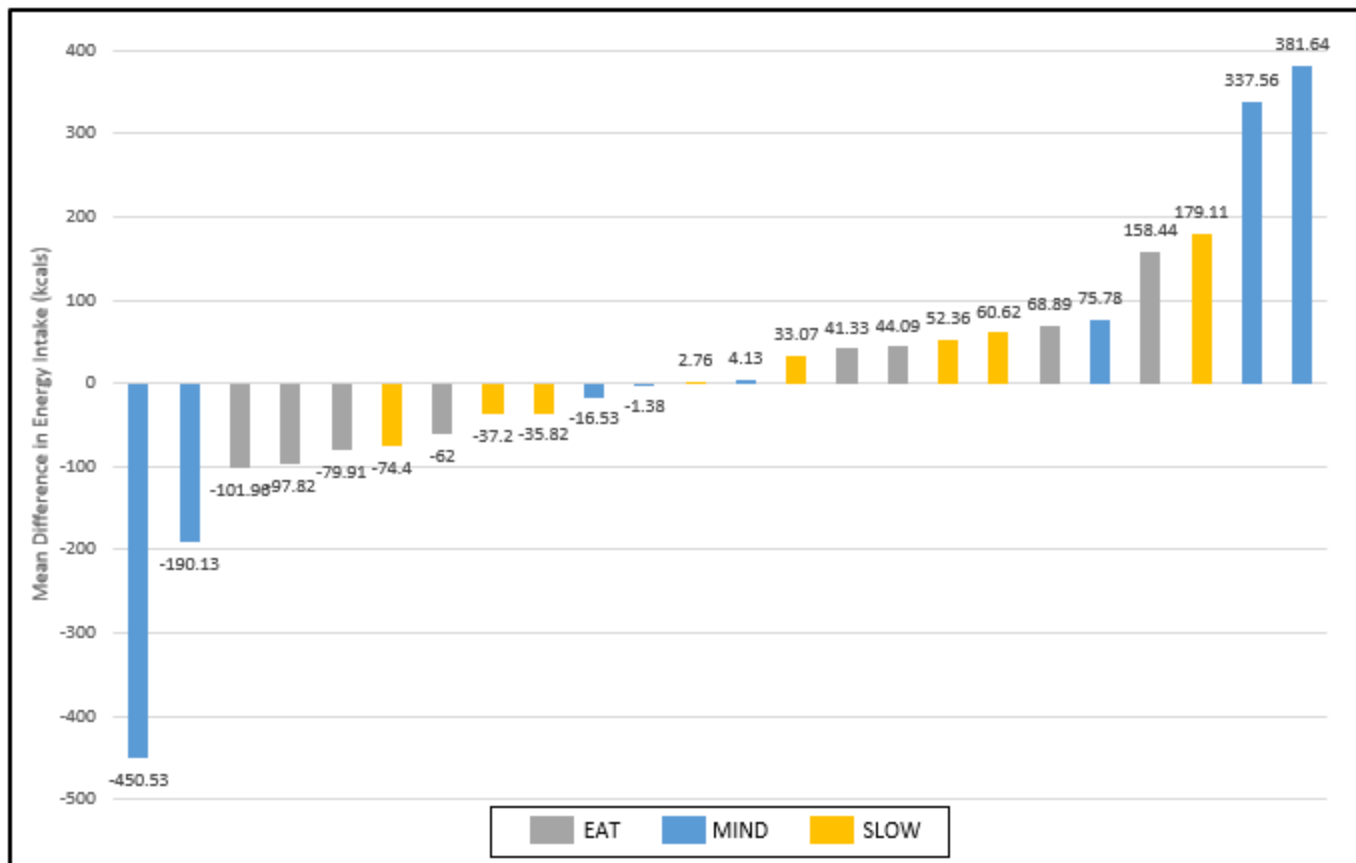
	All groups (n = 24)	EAT (n = 8)	MIND (n = 8)	SLOW (n = 8)	Condition	Time	Condition X Time
<b>Satiety</b>					0.732	0.742	0.258
Test Meal Session 1	4.0 (4.0, 4.0)	4.0 (4.0, 4.0)	4.0 (3.3, 4.8)	4.0 (4.0, 4.8)			
Test Meal Session 2	4.0 (4.0, 4.0)	4.0 (4.0, 5.0)	4.0 (4.0, 4.0)	4.0 (4.0, 4.0)			

\*All data represented at Median (25<sup>th</sup>, 75<sup>th</sup> percentile)

**Table 6. Difference in energy intake between test meal sessions by subject and condition**

<b>Subject 1</b>	<b>Mean Difference* In Energy Intake (kcal)</b>	<b>Condition</b>
1	-451	MIND
2	-190	MIND
3	-102	EAT
4	-98	EAT
5	-80	EAT
6	-74	SLOW
7	-62	EAT
8	-37	SLOW
9	-36	SLOW
10	-17	MIND
11	-1	MIND
12	3	SLOW
13	4	MIND
14	33	SLOW
15	41	EAT
16	44	EAT
17	52	SLOW
18	60	SLOW
19	69	EAT
20	76	MIND
21	158	EAT
22	179	SLOW
23	338	MIND
24	382	MIND

\*Difference was calculated as the energy intake for test meal session 2 minus the energy intake from test meal session 1. A positive number indicates energy intake was higher following the second test meal session to the first test meal session.



\*Difference was calculated as the energy intake for test meal session 2 minus the energy intake from test meal session 1. A positive number indicates energy intake was higher following the second test meal session to the first test meal session.

**Figure 1. Mean difference\* in energy intake between test meal sessions among subjects**