Supplementary Material 3 – Energy Intake Calculation

Percent energy compensation (%EC) was derived from the dietary recall data as previously reported by Zandstra et al.[1], and Almiron-Roig et al[2]. Briefly, %EC was calculated as:

$$\%EC = [\ (EI_{\text{Control Product}} - EI_{\text{Reformulated Product}})/|EP|]*100$$

where EI represents the cumulative energy intake 24-h post consumption under the control product or under the reformulated product conditions, excluding the energy of the product itself. EP (as an absolute value) represents the difference in energy between the full-energy-containing preload (i.e., control product) and the lower-energy-containing preload (i.e., reformulated products). For example, if the control product has a value of 325 kcal and the reformulated product has a value of 250 kcal, then EP=325-250 or 75 kcal).

1. Zandstra, E. H., Mathey, M. F., Graaf, C., & van Staveren, W. A. (2000). Short-term regulation of food intake in children, young adults and the elderly. *European Journal of Clinical Nutrition, 54*(3), 239-246. http://www.ncbi.nlm.nih.gov/pubmed/10713747

2. Almiron-Roig, E., Palla, L., Guest, K., Ricchiutu, C., Vint, N., Jebb, S. A., & Drewnowski, A. (2013). Factors that determine energy compensation: a systematic review of preload studies. *Nutrition Reviews, 71*(7), 458-473. https//doi.org/10.1111.nure.12048