



### **Subjective Appetite Questions (used during all CIDs)**

Considering how you feel **right now**, give your answer to each of the following questions by moving the arrow to the left or to the right at the point that best represents your experience. The list below is the complete list of questions used via visual analogue scales.

1. How **hungry** do you feel?
  2. How **full** do you feel?
  3. How **thirsty** do you feel?
  4. How strong is your **desire to eat**?
  5. How **much** do you think you could **eat** right now?
  6. How **nauseous** do you feel?
  7. How **bloated** do you feel?
  8. How strong is your appetite for something **savoury**?
  9. How strong is your appetite for something **sweet**?
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### **Sensory Specific Satiety Questionnaire** (assessed after 1 bite and after consumption of product)

#### **After 1 bite:**

Please take a bite of the food and keep the food in your mouth while rating the food. Swallow the food only when your rating is complete.

How **pleasant** is the taste of the food right now?

#### **At 10 minutes:**

How **pleasant** is the taste of the food now that you have finished eating it?

### **Expected Satiety (ESAT)** (assessed after 1 bite and after consumption of product)<sup>1</sup>

#### **After 1 bite:**

After having taken 1 bite of the food and looking at the whole food portion, how much will this portion of food stop you from feeling hungry between meals?

#### **At 10 minutes after full consumption and after SSS rating:**

How much will this food stop you from feeling hungry between meals?