

Supplement 4. Adherence to delivered staple and satiety scale (Study 2)

Parameters	BR-WR group (n=11)		WR-BR group (n=11)	
	BR 8wk	WR 8wk	WR 8wk	BR 8wk
Adherence to delivered staple (%)				
Breakfast	79% ± 19%	85% ± 13%	73% ± 28%	75% ± 20%
Lunch	67% ± 21%	62% ± 20%	68% ± 26%	56% ± 28%
Supper	61% ± 19%	60% ± 20%	68% ± 21%	63% ± 20%
Satiety scale (points)*				
Breakfast	8.248 ± 1.319	8.721 ± 0.633	8.336 ± 1.713	8.77 ± 0.79
Lunch	8.433 ± 1.352	8.721 ± 0.633	8.508 ± 1.772	8.59 ± 0.77
Supper	8.509 ± 1.614	8.768 ± 0.739	8.443 ± 1.871	8.64 ± 0.94

Mean ± SD.

*A feeling of stomach fullness was scored from 0 (empty) to 10 (full) points and self-recorded after each meal.