**Supplementary material**

**Supplementary Figure 1:** Subjective appetite ratings VAS.

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| I am not hungry at all | **How hungry do you feel?**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | I have never been more hungry |
| I am completely empty | **How satisfied do you feel?**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | I cannot eat another bite |
| Not at allVery weak | **How full do you feel?**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**How strong is your desire to eat?**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Totally fullVery strong |
| Nothing at all | **How much do you think you can eat?**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | A lot |

**Supplementary Figure 2.** Plot of hunger with time for healthy participants after they consumed two different breakfast porridge test meals. **** , Scottish oats porridge (SOP) and  , pearl millet porridge (PMP). The arrow on the horizontal axis indicates the meal start time. Values are mean ± SEM, n = 26.



**Supplementary Figure 3.** Plot of satisfaction with time for healthy participants after they consumed two different breakfast porridge test meals. **** , Scottish oats porridge (SOP) and  , pearl millet porridge (PMP). The arrow on the horizontal axis indicates the meal start time. Values are mean ± SEM, n = 26.



**Supplementary Figure 4.** Plot of fullness with time for healthy participants after they consumed two different breakfast porridge test meals. **** , Scottish oats porridge (SOP) and  , pearl millet porridge (PMP). The arrow on the horizontal axis indicates the meal start time. Values are mean ± SEM, n = 26.



**Supplementary Figure 5.** Plot of desire to eat with time for healthy participants after they consumed two different breakfast porridge test meals. **** , Scottish oats porridge (SOP) and  , pearl millet porridge (PMP). The arrow on the horizontal axis indicates the meal start time. Values are mean ± SEM, n = 26.



**Supplementary Figure 6.** Plot of prospective to food consumption with time for healthy participants after they consumed two different breakfast porridge test meals. **** , Scottish oats porridge (SOP) and  , pearl millet porridge (PMP). The arrow on the horizontal axis indicates the meal start time. Values are mean ± SEM, n = 26.

