**Table S1. Quality scoring according to the review Evidence Analysis Manual of the Academy of Nutrition and Dietetics (©2012) of the included publications (n=15)**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Engell et. al., 1996 | Maas et al.,2012  (Study 1) | Maas et al.. 2012  (Study 2) | Meiselman et. al., 1994 (Study 1) | Meiselman et. al., 1994 (Study 2) | Musher-Eizenman et. al., 2010 | Privitera et.al.,2012 | Privitera et.al., 2014 | Wansink et. al., 2006 |
| **Overall study quality** | Ø | Ø | Ø | Ø | Ø | **(-)** | Ø | Ø | Ø |
| ***VALIDITY QUESTIONS*** |  |  |  |  |  |  |  |  |  |
| 1. Was the research question clearly stated? | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| **2. Was the selection of study subjects/patients free from bias?\*** | **Unclear** | **Unclear** | **Unclear** | **Yes** | **Yes** | **Yes** | **Yes** | **Yes** | **Unclear** |
| **3. Were study groups comparable?\*** | **Yes** | **Yes** | **Yes** | **N/A** | **N/A** | **Unclear** | **Unclear** | **Unclear** | **Unclear** |
| 4. Was method of handling withdrawals described? | No | Yes | Yes | Unclear | Unclear | Unclear | Unclear | Unclear | Unclear |
| 5. Was blinding used to prevent introduction of bias? | Yes | Yes | Yes | Yes | Yes | No | Yes | Yes | Yes |
| **6. Were intervention/therapeutic regimens/exposure factor or procedure and any comparison(s) described in detail? Were intervening factors described?\*** | **Yes** | **Yes** | **Yes** | **Yes** | **Yes** | **Unclear** | **Yes** | **Yes** | **Yes** |
| **7. Were outcomes clearly defined and the measurements valid and reliable?\*** | **Yes** | **Yes** | **Yes** | **Yes** | **Yes** | **Unclear** | **Yes** | **Yes** | **Yes** |
| 8. Was the statistical analysis appropriate for the study design and type of outcome indicators? | Unclear | Yes | Yes | Unclear | Unclear | Unclear | Yes | Yes | Yes |
| 9. Are conclusions supported by results with biases and limitations taken into consideration? | No | Yes | Yes | No | No | Yes | No | Yes | Yes |
| 10. Is bias due to study’s funding or sponsorship unlikely? | Unclear | Unclear | Unclear | Unclear | Unclear | Unclear | Yes | Unclear | Unclear |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Keller and Bucher, 2014 | Levitz, 1976 | Levy et. al., 2012 | Meyers et. al., 1980 | Rozin et. al., 2013 (Study 3) | Thorndike et. al., 2012 | van Kleef et. al., 2012 (Study 1) | van Kleef et. al., 2012 (Study 2) | Wansink et. al., 2013 |
| **Overall study quality** | Ø | **(-)** | Ø | **(-)** | Ø | Ø | **(+)** | Ø | Ø |
| ***VALIDITY QUESTIONS*** |  |  |  |  |  |  |  |  |  |
| 1. Was the research question clearly stated? | Yes | No | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| **2. Was the selection of study subjects/patients free from bias?\*** | **No** | **Unclear** | **No** | **Unclear** | **N/A** | **N/A** | **Yes** | **Yes** | **N/A** |
| **3. Were study groups comparable?\*** | **Yes** | **Unclear** | **N/A** | **Unclear** | **N/A** | **N/A** | **Yes** | **N/A** | **Unclear** |
| 4. Was method of handling withdrawals described? | Unclear | No | N/A | Unclear | N/A | N/A | Unclear | Unclear | N/A |
| 5. Was blinding used to prevent introduction of bias? | Yes | Yes | N/A | Unclear | N/A | N/A | Yes | Yes | Yes |
| **6. Were intervention/therapeutic regimens/exposure factor or procedure and any comparison(s) described in detail? Were intervening factors described?\*** | **Yes** | **No** | **Yes** | **Yes** | **Yes** | **Yes** | **Yes** | **Yes** | **Yes** |
| **7. Were outcomes clearly defined and the measurements valid and reliable?\*** | **Yes** | **No** | **Yes** | **Yes** | **Yes** | **Yes** | **Yes** | **Yes** | **Yes** |
| 8. Was the statistical analysis appropriate for the study design and type of outcome indicators? | Unclear | No | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| 9. Are conclusions supported by results with biases and limitations taken into consideration? | Yes | No | Yes | No | Yes | Yes | Yes | Yes | Yes |
| 10. Is bias due to study’s funding or sponsorship unlikely? | Unclear | Unclear | Yes | Yes | Unclear | Yes | Yes | Yes | Yes |

**Notes.** Legend study quality scores: (+) positive, (-) negative, Ø neutral. N/A – Not applicable.

\* For human studies to be graded as positive, questions 2, 3, 6 and 7 needed to be graded as *“Yes”* plus one additional criteria