**Online Supporting Material (OSM)**

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| **Supplemental Table 1** Sweet and complex carbohydrate based foods used for hedonic ratings1 | | | | |
| Food | Sugar per 100g | Starch per 100g | Fat per 100g | Amount provided (g) |
| Red kidney beans, unsalted, canned | 0.7 | 13.1 | 0.5 | 20g |
| Pasta, elbow, boiled, plain | 0 | 28.4 | 0.3 | 20g |
| Rice, white, boiled with water | 0.1 | 36.0 | 0 | 20g |
| White bread | 3.5 | 48.0 | 1.8 | 20g |
| Weet-Bix (Australian breakfast cereal biscuit) | 3.3 | 67.0 | 1.4 | 20g |
| Pretzel chips, low fat | 1.9 | 72.8 | 1.6 | 20g |
| Rice cake, thin, plain | 0.2 | 78.0 | 2.8 | 20g |
| Rice cracker, plain | 4.7 | 81.5 | 1.1 | 20g |
| Tomato puree (passata), unsalted, canned | 8.2 | 0 | 1.1 | 15mL |
| Apples, dried | 13 | 0 | 0 | 20g |
| Gelatine dessert, blackcurrant flavoured | 19.5 | 0 | 0 | 15g |
| Chocolate flavoured syrup, low fat | 54.8 | 0 | 0.4 | 15mL |
| Strawberry jam | 64.0 | 0 | 0 | 15mL |
| Raisins | 71.4 | 0 | 0 | 20g |
| Honey | 82.5 | 0 | 0 | 15mL |
| Fairy floss (known as cotton candy in the USA, or candy floss in the UK). | 97.2 | 0 | 0 | 5g |
| 1Food details: Red kidney beans, unsalted, canned (Coles Homebrand, Coles, Australia); Pasta, elbow (Coles Homebrand, Coles, Australia), Rice, white (SunRice, Ricegrowers Limited, Australia); White bread (Coles Homebrand, Coles, Australia); Weet-Bix (Sanitarium Health and Wellbeing Company, Australia); Pretzel chips, low fat (Parker’s, The Smith’s Snackfood Company, Australia); Rice cake, thin, plain (SunRice, Ricegrowers Limited, Australia); Rice cracker, plain (Sakata, The Smith’s Snackfood Company, Australia); Tomato puree (passata), unsalted, canned (Coles Homebrand, Coles, Australia); Apples, dried (Angas Park, Angas Park Fruit Co, Australia); Gelatin dessert, blackcurrant flavoured (Aeroplane Jelly, McCormick & Company, Australia); chocolate flavoured syrup, low fat (Cottee’s, Heinz Foodservice, Australia); Strawberry jam (IXL, SPC Ardmona, Australia); Raisins (Coles Homebrand, Coles, Australia); Honey (Coles Homebrand, Coles, Australia); Fairy floss (The Fairy Floss King, NSW, Australia). | | | | |

**Supplemental Figure 1**

Frequency distribution of detection thresholds for: a) glucose, b) maltodextrin.



Psychophysical curves of the group mean (and standard errors) and examples of a participant experiencing high intensity and a participant experiencing low intensity for **(a)** Glucose **(b)** Maltodextrin. Included in each graph is the mean psychophysical curve, as well as an example of a participant experiencing higher intensity (highest curve) and a participant experiencing lower intensity (lowest curve) for glucose and maltodextrin. The y-axis is a numerical measure of intensity from the gLMS. The x-axis is the actual concentration in % *w/v*.

