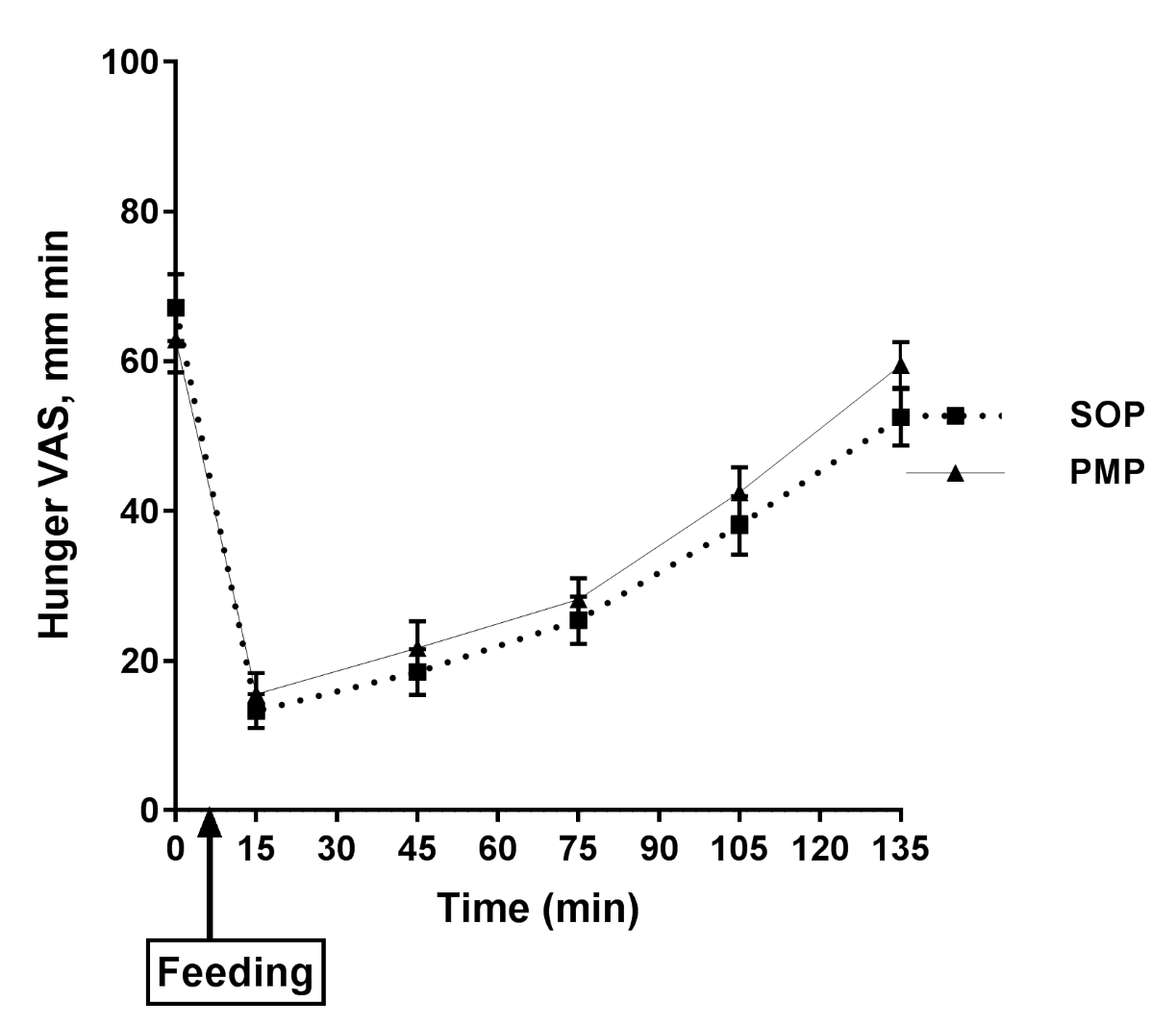
**Supplementary material**

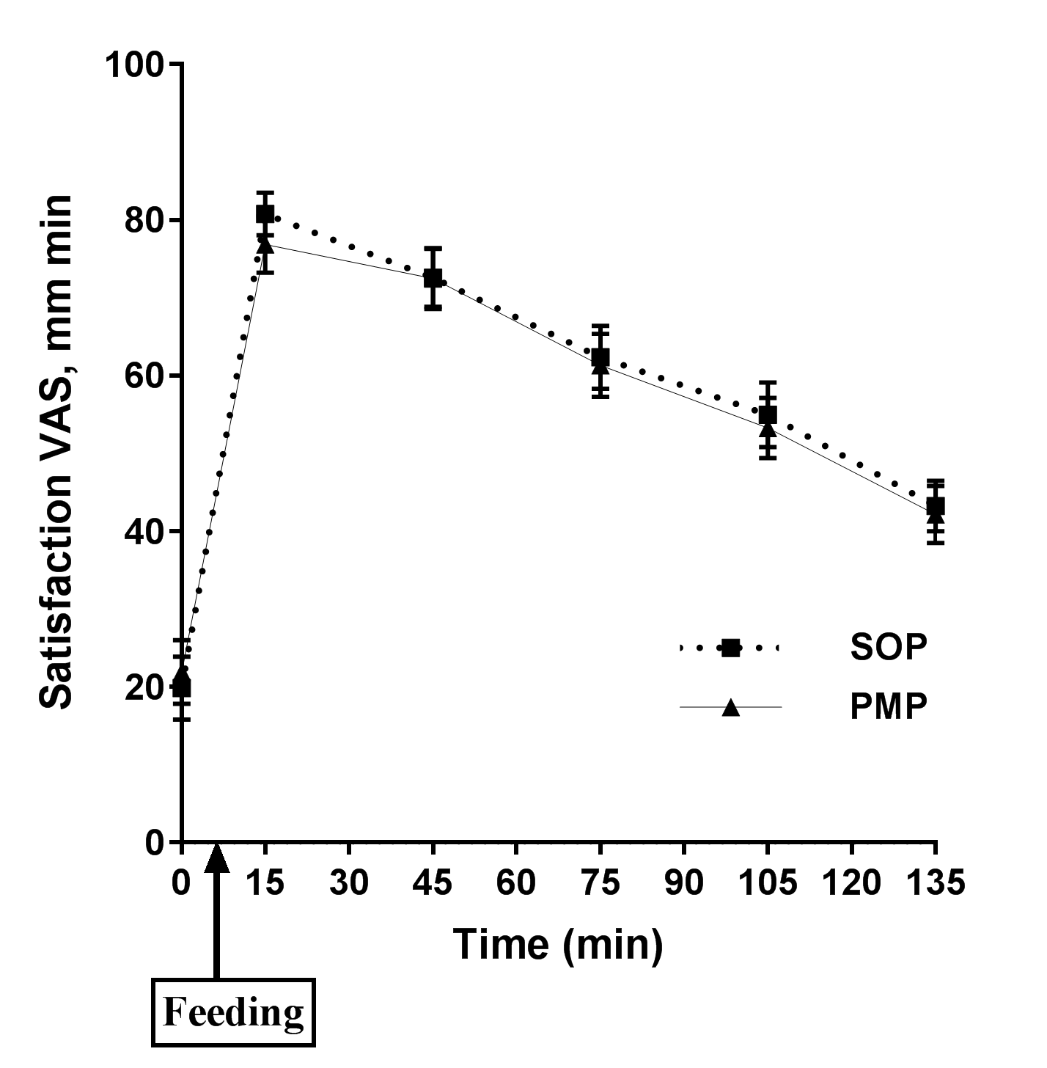
**Supplementary Figure 1:** Subjective appetite ratings VAS.

|  |  |  |
| --- | --- | --- |
|  |  |  |
| 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 all  Very weak | **How full do you feel?**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **How strong is your desire to eat?**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Totally full  Very strong |
| Nothing at all | **How much do you think you can eat?**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | A lot |

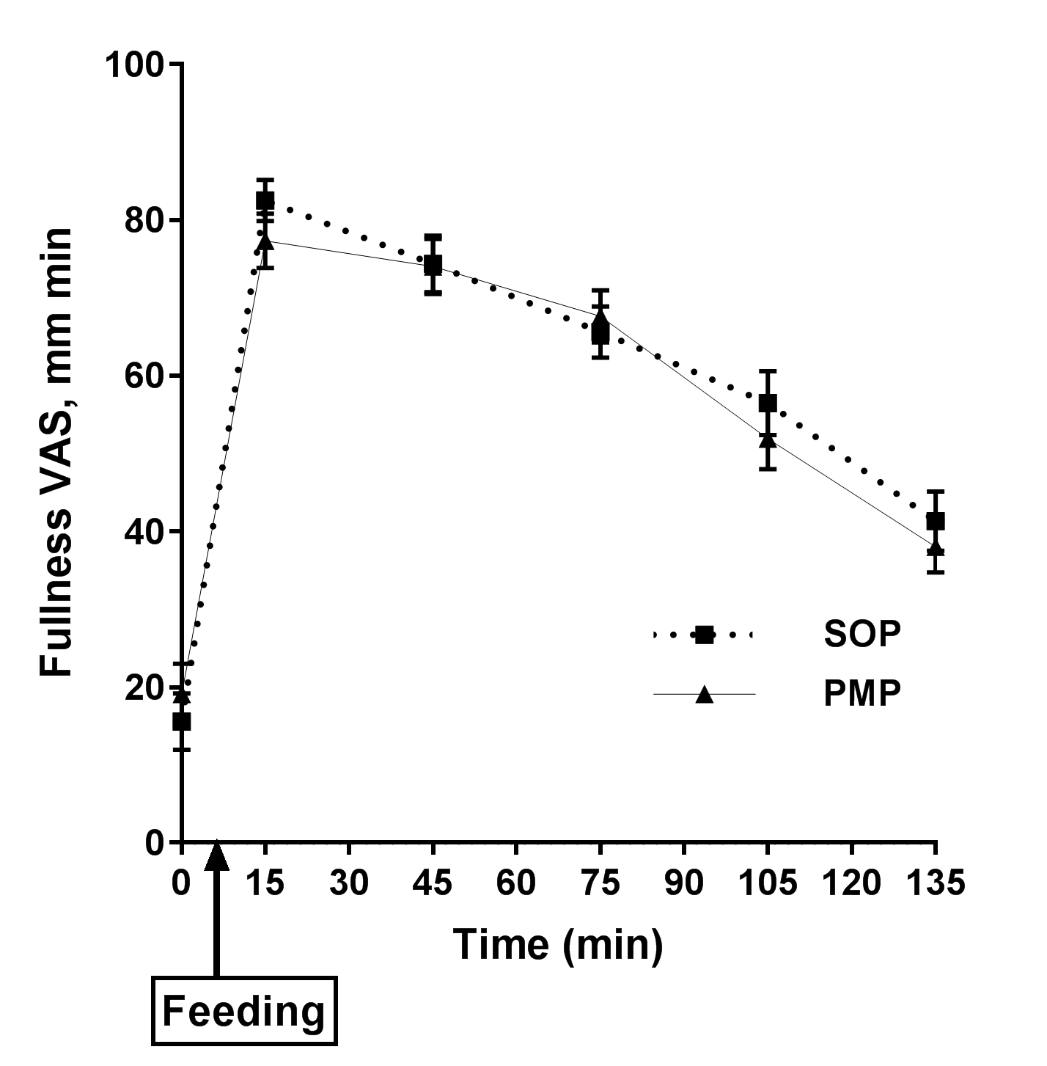
**Supplementary Figure 2.** Plot of hunger with time for healthy participants after they consumed two different breakfast porridge test meals. **** , Scottish oats porridge (SOP) and  , pearl millet porridge (PMP). The arrow on the horizontal axis indicates the meal start time. Values are mean ± SEM,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



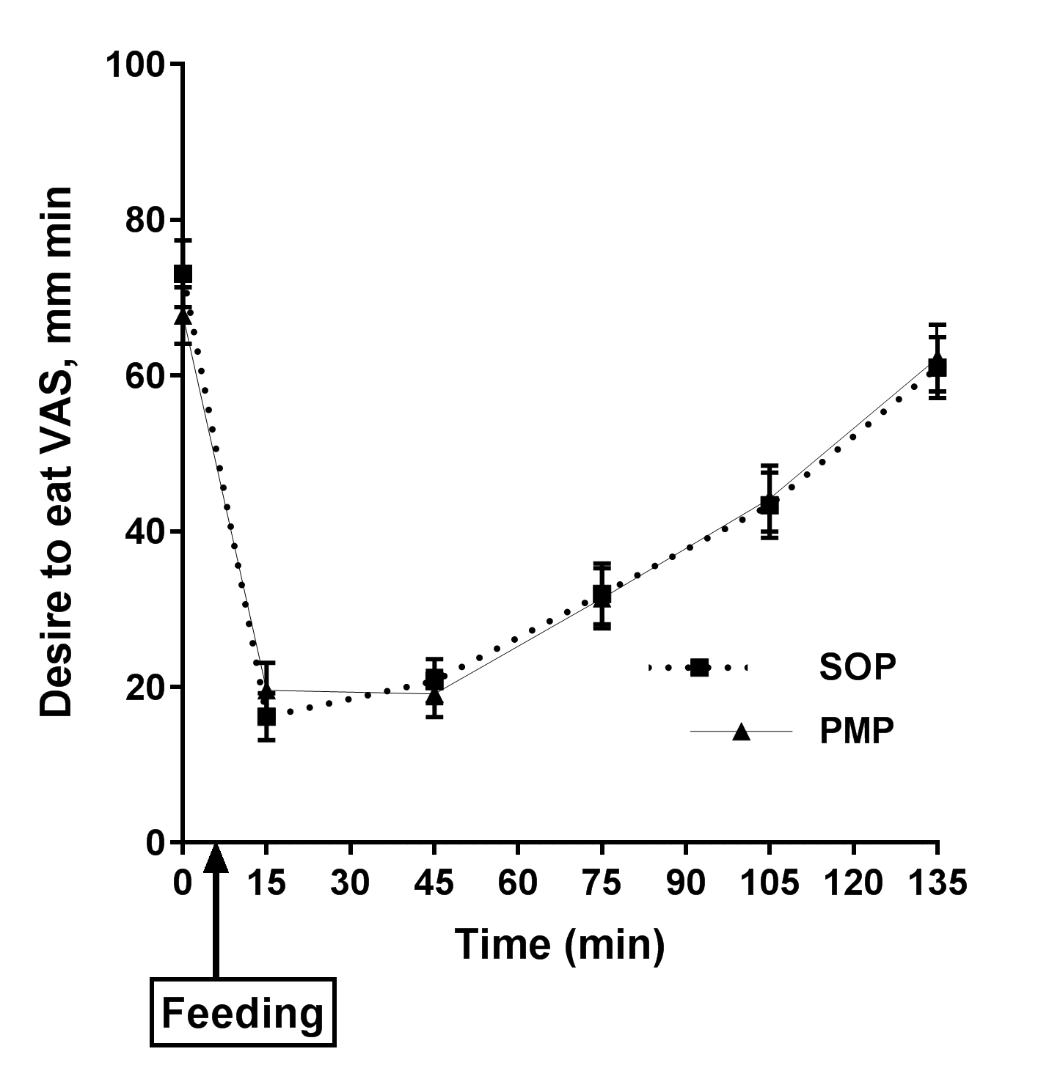
**Supplementary Figure 3.** Plot of satisfaction with time for healthy participants after they consumed two different breakfast porridge test meals. **** , Scottish oats porridge (SOP) and  , pearl millet porridge (PMP). The arrow on the horizontal axis indicates the meal start time. Values are mean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

