**Supplemental text**

Visual analog scale (VAS) scores (mean ± standard error of mean) for sensory properties between genders with test meals

Differences (*P* < 0.05) between gender groups were assessed by using unpaired t-tests. Black color indicates value significantly higher in women than in men at that time; gray color indicates value significantly lower in women than in men at that time. Ratings of sensations from 0–5 h after meals were evaluated with both ANOVA with repeated measures and Bonferroni post hoc tests. Asterisk (\*) indicates significant differences (*P* < 0.05) compared with the baseline (0 h). Control, control meal; Hmeat, high-meat/low-rice meal; MfatLveg, medium-fat/low-vegetable meal; Lveg, low-vegetable meal; Hfat, high-fat meal; HfatLveg, high-fat/low-vegetable meal.