Appendix A: Reminder email to be sent the day before study session.

Dear [insert participant name],

Thank you for agreeing to participate in the [insert study name here] Study. As a reminder, your session is scheduled tomorrow, [MM/DD/YY] at [HH:MM] AM in [insert room location].

<u>As a reminder:</u>
YOU ARE TO COME TO THE SESSION WITH AN EMPTY STOMACH (i.e. do not eat anything or drink anything besides water for 8 hours prior to your session time). If you will be unable to attend your session, you may cancel without penalty by replying to this email before your session is scheduled to begin [insert your email].

Thank you very much for your participation. We look forward to seeing you tomorrow.

Sincerely,
The [insert lab name] Research Team

Appendix B: List of Items Needed for Studies 1 - 3

<u>**Study 1**</u>
White Foam Bowls (2 per participant)
3 ounce bags of Famous Amos Bite Size Chocolate Chip Cookies (1 per participant)
.9 ounce bags of Snyder's Mini Pretzels (1 per participant)
Food service gloves
Food Scale

<u>**Study 2**</u>
White Foam Bowls (1 per participant)
Plastic Cups (1 per participant)
1 ounce bags of mini Oreo Cookies (1 per participant)
12 ounce cans of lemon flavored sparkling mineral water, such as LaCroix (1 per [N/2] participants)
12 ounce cans of Sprite (1 per [N/2] participants)
Food service gloves
Food Scale

<u>**Study 3**</u>
White Foam Bowls (1 per participant)
Plastic Cups (1 per participant)
1 ounce bags of mini Oreo Cookies (1 per participant)
12 ounce bottles of still water, such as Ozarka (1 per [N/2] participants)*
12 ounce cans of Sprite (1 per [N/2] participants)
Medical grade rubber gloves for blood glucose measures
1 TrueResult Glucometer
OneTouch Ultrasoft lancet (2 per participant)
Food service gloves
Food Scale

*Compliance with drink consumption is higher using still water as a control beverage. Many of the participants in Study 2 who were assigned to drink the mineral water complained about the taste and some refused to drink it.

Appendix C: Questionnaire items

Study 1
Person Variables
How old are you?
How much do you weigh?
What is your gender?
Energy need
How long has it been since you have last eaten anything?
How hungry are you right now? (rated on a 7-point scale (reverse scored to create the composite); 1: *very hungry*, 7: *very full*)
Three Item Childhood SES
Think back to your childhood before age 12 and rate your agreement | disagreement with the following statements: 1) My family had enough money for things growing up, 2) I grew up in a relatively wealthy neighborhood, and 3) I felt relatively wealthy compared to others my age. Each item should be rated on a 7 point scale where 1 – Strongly disagree | 7 – Strongly agree
Food Liking
How much did you like this product? (rated on a 7-point scale; 1: *dislike extremely*, 7: *like extremely*)

Study 2
Person Variables
How old are you?
How much do you weigh?
What is your gender?
Energy need
How long has it been since you have last eaten anything?
How hungry are you right now? (rated on a 7-point scale (reverse scored to create the composite); 1: *very hungry*, 7: *very full*)
Three Item Childhood SES
Think back to your childhood before age 12 and rate your agreement | disagreement with the following statements: 1) My family had enough money for things growing up, 2) I grew up in a relatively wealthy neighborhood, and 3) I felt relatively wealthy compared to others my age. Each item should be rated on a 7 point scale where 1 – Strongly disagree | 7 – Strongly agree
Food Liking
How much did you like this product? (rated on a 7-point scale; 1: *dislike extremely*, 7: *like extremely*)
Single Item Childhood SES
Based on your best estimate, what was your family's socioeconomic status during your early childhood (age 12 and earlier)? Rated on a seven-point scale (endpoints: 1 = *very poor*, 7 = *very wealthy*).
Single Item Adult SES
Based on your best estimate, what is you / your family's socioeconomic status currently?)? Rated on a seven-point scale (endpoints: 1 = *very poor*, 7 = *very wealthy*).
End of Study Fasting Check

Please note that your response will not affect your ability to receive credit for participation in this study. How many hours has it really been since you last ate or drank anything other than water before today's study began? _____.

Study 3
Person Variables
How old are you?
How much do you weigh?
What is your gender?
Energy need
How long has it been since you have last eaten anything?
How hungry are you right now? (rated on a 7-point scale (reverse scored to create the composite); 1: *very hungry*, 7: *very full*)
Food Liking
How much did you like this product? (rated on a 7-point scale; 1: *dislike extremely*, 7: *like extremely*)
Single Item Childhood SES
Based on your best estimate, what was your family's socioeconomic status during your early childhood (age 12 and earlier)? Rated on a seven-point scale (endpoints: 1 = *very poor*, 7 = *very wealthy*).
Single Item Adult SES
Based on your best estimate, what is you / your family's socioeconomic status currently?)?
Rated on a seven-point scale (endpoints: 1 = *very poor*, 7 = *very wealthy*).
End of Study Fasting Check
Please note that your response will not affect your ability to receive credit for participation in this study. How many hours has it really been since you last ate or drank anything other than water before today's study began? _____.