TABLE 1: Characteristics

| **Variable** | **Artificial** N = 36*1* | **Water** N = 41*1* | **Sugar** N = 53*1* | **Total** N = 130*1* |
| --- | --- | --- | --- | --- |
| **Sex** |  |  |  |  |
| Female | 22 (61.1%) | 18 (43.9%) | 32 (60.4%) | 72 (55.4%) |
| Male | 14 (38.9%) | 23 (56.1%) | 21 (39.6%) | 58 (44.6%) |
| **Age (Years)** |  |  |  |  |
| Mean (SD) | 22.56 (3.652) | 23.10 (4.592) | 23.04 (4.345) | 22.92 (4.222) |
| Median [Range] | 22.00 [18.000, 40.00] | 22.00 [18.000, 36.00] | 22.00 [18.000, 42.00] | 22.00 [18.000, 42.00] |
| **Race** |  |  |  |  |
| Asian | 2 (5.6%) | 1 (2.4%) | 0 (0.0%) | 3 (2.3%) |
| Hispanic | 1 (2.8%) | 2 (4.9%) | 6 (11.3%) | 9 (6.9%) |
| Mixed | 1 (2.8%) | 0 (0.0%) | 2 (3.8%) | 3 (2.3%) |
| Other | 0 (0.0%) | 0 (0.0%) | 1 (1.9%) | 1 (0.8%) |
| White | 32 (88.9%) | 38 (92.7%) | 44 (83.0%) | 114 (87.7%) |
| **Medications** |  |  |  |  |
| FALSE | 21 (58.3%) | 31 (75.6%) | 37 (69.8%) | 89 (68.5%) |
| TRUE | 15 (41.7%) | 10 (24.4%) | 16 (30.2%) | 41 (31.5%) |
| **Married** |  |  |  |  |
| FALSE | 30 (83.3%) | 30 (73.2%) | 38 (71.7%) | 98 (75.4%) |
| TRUE | 6 (16.7%) | 11 (26.8%) | 15 (28.3%) | 32 (24.6%) |
| **Employed** |  |  |  |  |
| FALSE | 9 (25.0%) | 7 (17.1%) | 14 (26.4%) | 30 (23.1%) |
| TRUE | 27 (75.0%) | 34 (82.9%) | 39 (73.6%) | 100 (76.9%) |
| **Height (cm)** |  |  |  |  |
| Mean (SD) | 171.94 (10.770) | 174.25 (10.984) | 172.65 (9.679) | 172.96 (10.368) |
| Median [Range] | 171.75 [152.700, 197.00] | 174.75 [150.900, 198.63] | 173.99 [150.500, 202.00] | 173.50 [150.500, 202.00] |
| **Weight (kg)** |  |  |  |  |
| Mean (SD) | 70.29 (14.856) | 76.52 (18.298) | 72.80 (15.578) | 73.28 (16.354) |
| Median [Range] | 66.82 [46.300, 110.20] | 73.92 [49.895, 133.40] | 71.44 [42.900, 147.00] | 71.17 [42.900, 147.00] |
| **BMI** |  |  |  |  |
| Mean (SD) | 23.61 (3.359) | 24.99 (4.392) | 24.30 (3.795) | 24.32 (3.890) |
| Median [Range] | 23.73 [17.577, 31.85] | 24.07 [19.784, 39.92] | 23.84 [18.160, 36.03] | 23.85 [17.577, 39.92] |
| *1* n (%) | | | | |

TABLE 2: Body composition

| **Variable** | **Artificial** N = 36 | **Water** N = 41 | **Sugar** N = 53 | **Total** N = 130 |
| --- | --- | --- | --- | --- |
| **Lean Mass (kg)** |  |  |  |  |
| Mean (SD) | 47.02 (11.035) | 51.95 (11.914) | 47.32 (12.407) | 48.66 (12.002) |
| Median | 43.22 | 53.57 | 45.78 | 46.79 |
| [Range] | [32.729, 77.23] | [31.051, 76.17] | [0.048, 81.46] | [0.048, 81.46] |
| Unknown | 1 | 2 | 0 | 3 |
| **Fat Mass (kg)** |  |  |  |  |
| Mean (SD) | 19.69 (8.459) | 20.66 (10.261) | 21.52 (9.930) | 20.75 (9.608) |
| Median | 18.60 | 18.58 | 19.82 | 19.20 |
| [Range] | [7.000, 39.82] | [8.497, 54.61] | [8.327, 56.99] | [7.000, 56.99] |
| Unknown | 1 | 2 | 0 | 3 |
| **Bone Mineral Density (g/cm^3)** |  |  |  |  |
| Mean (SD) | 1.25 (0.130) | 1.28 (0.112) | 1.24 (0.112) | 1.25 (0.118) |
| Median | 1.25 | 1.27 | 1.24 | 1.26 |
| [Range] | [1.016, 1.59] | [1.069, 1.53] | [0.989, 1.55] | [0.989, 1.59] |
| Unknown | 1 | 2 | 0 | 3 |
| **Bone Mineral Count (g)** |  |  |  |  |
| Mean (SD) | 2.71 (0.595) | 2.80 (0.514) | 2.71 (0.542) | 2.74 (0.546) |
| Median | 2.55 | 2.83 | 2.71 | 2.71 |
| [Range] | [1.718, 4.43] | [1.788, 3.99] | [1.594, 4.22] | [1.594, 4.43] |
| Unknown | 1 | 2 | 1 | 4 |
| **Body Fat Percentage** |  |  |  |  |
| Mean (SD) | 28.87 (9.061) | 27.63 (8.691) | 29.71 (9.339) | 28.83 (9.036) |
| Median | 26.80 | 28.00 | 30.50 | 29.10 |
| [Range] | [13.000, 43.40] | [12.800, 47.70] | [10.700, 47.70] | [10.700, 47.70] |
| Unknown | 1 | 2 | 1 | 4 |
| **VAT (g)** |  |  |  |  |
| Mean (SD) | 339.31 (491.782) | 441.31 (749.173) | 364.70 (389.503) | 381.23 (546.682) |
| Median | 249.00 | 206.00 | 183.00 | 211.00 |
| [Range] | [0.000, 2,589.00] | [0.000, 4,274.00] | [1.000, 1,891.00] | [0.000, 4,274.00] |
| Unknown | 1 | 2 | 0 | 3 |
| **VAT (g/cm^3)** |  |  |  |  |
| Mean (SD) | 358.63 (521.621) | 467.69 (794.234) | 386.57 (412.787) | 403.78 (579.604) |
| Median | 258.00 | 218.00 | 194.00 | 223.00 |
| [Range] | [0.000, 2,744.00] | [0.000, 4,531.00] | [1.000, 2,004.00] | [0.000, 4,531.00] |
| Unknown | 1 | 2 | 0 | 3 |

cols Fstat p

1 Lean\_mass\_kg 2.170 0.119

2 fat\_mass\_kg 0.378 0.686

3 BMD\_g\_cm 1.822 0.166

4 BMC\_kg 0.395 0.674

5 percent\_fat 0.589 0.557

6 VAT\_g 0.221 0.896

7 VAT\_volume 0.222 0.895

|  |  |  |
| --- | --- | --- |
| Variable | Fstat | p-value |
| Lean Mass (kg) | 2.170 | .119 |
| Fat Mass (kg) | .378 | .686 |
| BMD (g/cm) | 1.822 | .166 |
| BMC (kg) | .395 | .674 |
| Percent fat | .589 | .557 |
| VAT (g) | .221\* | .896 |
| VAT (volume) | .222\* | .895 |

\*High skewed data resulting in usage of Kruskal-Wallis statistic (not Fstat)

TABLE 3: Visual Analog Scale

| **Variable** | **Artificial** N = 36 | **Water** N = 41 | **Sugar** N = 53 | **Total** N = 130 |
| --- | --- | --- | --- | --- |
| **Like** |  |  |  |  |
| Mean (SD) | 3.99 (2.763) | 2.58 (2.157) | 4.19 (2.483) | 3.63 (2.552) |
| Median | 4.10 | 2.00 | 4.70 | 3.30 |
| [Range] | [0.000, 10.00] | [0.000, 9.80] | [0.000, 8.30] | [0.000, 10.00] |
| **Sweet** |  |  |  |  |
| Mean (SD) | 5.61 (2.696) | 1.02 (1.543) | 6.87 (2.373) | 4.68 (3.383) |
| Median | 6.20 | 0.50 | 7.10 | 5.20 |
| [Range] | [0.000, 10.00] | [0.000, 8.20] | [0.000, 10.00] | [0.000, 10.00] |
| **Sour** |  |  |  |  |
| Mean (SD) | 0.95 (1.188) | 1.02 (1.658) | 0.60 (1.115) | 0.83 (1.331) |
| Median | 0.50 | 0.10 | 0.10 | 0.20 |
| [Range] | [0.000, 4.50] | [0.000, 6.40] | [0.000, 5.30] | [0.000, 6.40] |
| **Color** |  |  |  |  |
| Mean (SD) | 6.52 (2.542) | 5.89 (2.218) | 6.08 (2.467) | 6.14 (2.407) |
| Median | 6.75 | 5.60 | 6.55 | 6.20 |
| [Range] | [0.400, 10.00] | [0.600, 10.00] | [0.300, 10.00] | [0.300, 10.00] |
| Unknown | 0 | 0 | 1 | 1 |

|  |  |  |
| --- | --- | --- |
| Variable | Fstatistic | P-value |
| VAS like | 5.451 | .0054 |
| VAS Sweet | 82.398 | .0000 |
| VAS Sour | 1.347 | .2636 |
| VAS Color | .691 | .5028 |

TABLE 4: ANOVA results

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Variable | NumDF | DenDF | Fstat | P-value |
| Intercept | 1 | 1739 | .09264 | .7609 |
| Condition | 2 | 127 | .07862 | .9244 |
| Session Time | 2 | 1739 | 134.792 | <.0001 |
| Condition:Session Time | 2 | 1739 | .99310 | .4101 |