# Supplemental data – L-arabinose





**Figure S1** Delta over baseline of the 13C recovery in breath samples (*n 15*).   
Data are means, with SEM represented by vertical bars.

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**Figure S2.** Subjective appetite feeling responses before and after consumption the drinks (n 15). At t=240 subjects received and ad libitum meal. Data are means, with standard errors represented by vertical bars.

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**Figure S3.** Subjective appetite feeling responses before and after consumption the muffins (n 15). At t=240 subjects received and ad libitum meal. Data are means, with standard errors represented by vertical bars.

**Table S1.** AUC of subjective appetite feelings (hunger, fullness, desire to eat, prospective food consumption and thirst).

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|  | 1. **Fruit-based drinks (*n* 15)** | | | | | | | |  | |
|  | **Control** | |  | **L-arabinose** | |  | **D-xylose** | |  |  |
|  | **Mean** | **SE** |  | **Mean** | **SE** |  | **Mean** | **SE** |  | **ANOVA: *P*\*** |
| Hunger | 17,098 | 885 |  | 16,772 | 1,051 |  | 15,892 | 964 |  | *0.21* |
| Fullness | 9,005 | 719 |  | 8,189 | 718 |  | 8,817 | 427 |  | *0.65* |
| Desire to eat | 18,264 | 811 |  | 17,801 | 885 |  | 17,502 | 915 |  | *0.47* |
| Prospective consumption | 17,184 | 665 |  | 15,718 | 778 |  | 15,897 | 945 |  | *0.13* |
| Thirst | 12,505 | 1,644 |  | 11,510 | 1,322 |  | 10,902 | 1,195 |  | *0.27* |

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|  | 1. **Muffins (*n* 15)** | | | | |  | |
|  | **Control** | |  | **L-arabinose** | |  |  |
|  | **Mean** | **SE** |  | **Mean** | **SE** |  | **ANOVA: *P*\*** |
| Hunger | 14,610 | 612 |  | 14,617 | 747 |  | *0.98* |
| Fullness | 11,148 | 752 |  | 10,592 | 887 |  | *0.39* |
| Desire to eat | 16,040 | 752 |  | 16,072 | 820 |  | *0.88* |
| Prospective consumption | 14,163 | 861 |  | 14,810 | 891 |  | *0.19* |
| Thirst | 13,481 | 1,484 |  | 13,950 | 1,510 |  | *0.39* |

\* *P*-value for product effect derived from mixed model ANOVA.

**Table S2**. Food intake of the ad libitum meal served **240** minutes after consumption of the test products.

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|  | 1. **Fruit-based drinks (*n* 15)** | | | | | | | |  | |
|  | **Control** | |  | **L-arabinose** | |  | **D-xylose** | |  |  |
|  | **Mean** | **SE** |  | **Mean** | **SE** |  | **Mean** | **SE** |  | **ANOVA: *P*\*** |
| Intake (g) | 761 | 158 |  | 722 | 132 |  | 719 | 131 |  | *0.94* |
| Intake (kcal) | 924 | 204 |  | 931 | 170 |  | 928 | 169 |  | *0.94* |
| Intake (MJ) | 3.88 | 0.86 |  | 3.91 | 0.72 |  | 3.90 | 0.71 |  | *0.94* |

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|  | 1. **Muffins (*n* 15)** | | | | |  | |
|  | **Control** | |  | **L-arabinose** | |  |  |
|  | **Mean** | **SE** |  | **Mean** | **SE** |  | **ANOVA: *P*\*** |
| Intake (g) | 739 | 114 |  | 715 | 148 |  | *0.61* |
| Intake (kcal) | 953 | 147 |  | 922 | 191 |  | *0.61* |
| Intake (MJ) | 4.00 | 0.62 |  | 3.88 | 0.80 |  | *0.61* |

\* P-value for product effect derived from mixed model ANOVA, *p*-values are identical as there was a mixed meal (542 kJ/100g).