Assessed for eligibility (n = 43)

Excluded (n = 12)
Ineligible (n = 12)
Refused to participate (n = 0)

Enrolment

Randomly assigned to trial order using online randomiser
(https://www.randomizer.org)
(n = 31)

Completed study (n = 29)

Dropout (n = 2)

Analysis
Energy intake (n = 29)
Subjective sensations (n = 29)
Gastric Emptying (n = 26)
Excluded from analysis n=3 for gastric emptying. Excluded as outliers assessed via studentized residuals