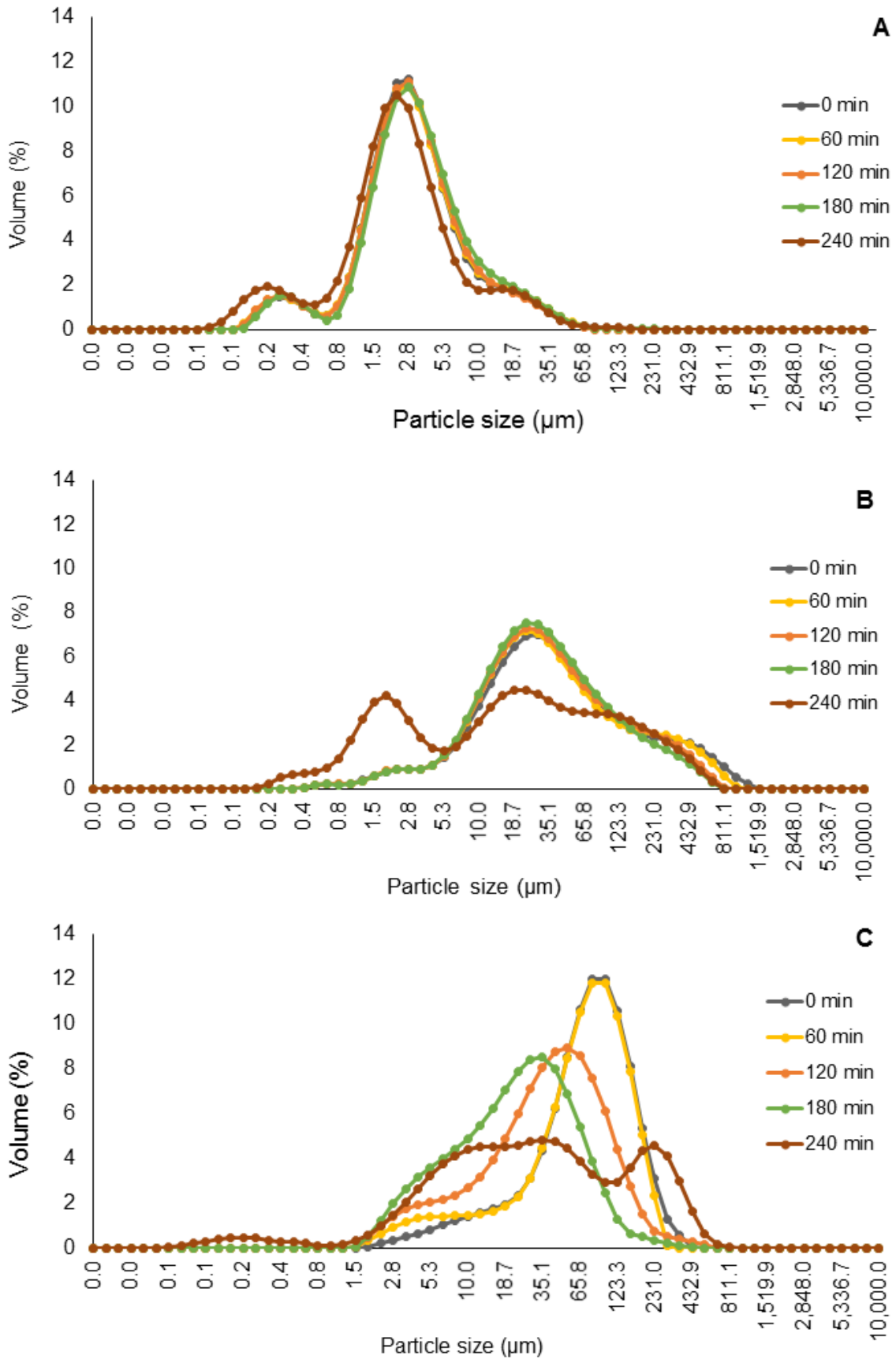


ESI 1. Study recruitment schedule.



ESI 2. Overlaid graphs for the evolution of the particle size distribution during the gastric digestion of the liquid (A), the semi-solid (B) and the solid (C) foods.

ESI 3. Nutrient intake on the day before each postprandial intervention.

	Liquid	Semi-solid	Solid
Energy (kJ)	8337 ± 2403 a	7435 ± 1681 a	7752 ± 2733 a
Protein (% energy)	16.4 ± 3.22 a	17.7 ± 3.5 a	17.3 ± 4.9 a
Carbohydrates (% energy)	53.2 ± 8.8 a	51.7 ± 7.9 a	51.5 ± 8.5 a
Total fat (% energy)	26.6 ± 9.3 a	26.5 ± 7.6 a	27.2 ± 8.1 a
Saturated fat (g/100g fat)	34.9 ± 10.6 a	30.9 ± 9.7 a	36.6 ± 11.2 a
Monounsaturated fat (g/100g fat)	35.6 ± 7.4 a	39.5 ± 6.4 a	35.3 ± 5.3 a
Polyunsaturated fat (g/100g fat)	16.2 ± 4.4 a	18.0 ± 6.0 a	16.9 ± 6.5 a
n-3PUFA (g/100g fat)	2.4 ± 0.9 a	2.7 ± 1.3 a	2.6 ± 2.0 a
Cholesterol (mg)	304.5 ± 259.2 a	211.7 ± 165.1 ab	168.7 ± 113.7 b

Data is presented as mean ± standard deviation (n=26). Lower case letter represent difference between observations in a row (p<0.05). n-3PUFA, omega-3 polyunsaturated fatty acids.

ESI 4. Fasting lipid levels and postprandial changes over 6 h following consumption of the three test foods.

		Baseline	Change from baseline						Change net area under the curve
			0.5 hour	1 hour	2 hours	3 hours	4 hours	6 hours	
All subjects (n=26)									
Glucose (mmol/L)	Liquid	5.03 ± 0.67 a	0.92 ± 0.80 a*	0.11 ± 0.95 a	0.52 ± 0.71 a*	0.45 ± 0.72 a*	0.31 ± 0.60 a	-0.30 ± 0.59 a*	1.49 ± 3.21 a
	Semi-solid	5.04 ± 0.29 a	1.19 ± 0.74 ab*	0.31 ± 0.98 a	0.37 ± 0.57 a*	0.32 ± 0.53 a*	0.22 ± 0.52 a	-0.29 ± 0.40 a*	1.53 ± 1.88 a
	Solid	4.90 ± 0.46 a	1.47 ± 0.88 b*	0.55 ± 0.54 a*	0.60 ± 0.53 a*	0.51 ± 0.47 a*	0.13 ± 0.52 a	-0.10 ± 0.51 a	2.40 ± 1.86 a
Triglycerides (mmol/L)	Liquid	1.16 ± 0.51 a	0.04 ± 0.25 a	0.46 ± 0.41 a*	1.11 ± 0.57 a*	1.27 ± 0.79 a*	1.01 ± 0.89 a*	0.24 ± 0.79 a	4.50 ± 3.59 a
	Semi-solid	1.27 ± 0.53	-0.06 ± 0.19 a	0.29 ± 0.25 b*	0.81 ± 0.43 b*	1.13 ± 0.84 ab*	0.95 ± 1.09 ab*	0.14 ± 0.55 a	3.69 ± 3.38 ab
	Solid	1.40 ± 0.77 b	-0.05 ± 0.22 a	0.27 ± 0.26 b*	0.78 ± 0.40 b*	0.91 ± 0.60 b*	0.56 ± 0.63 b*	0.11 ± 0.40 a	2.79 ± 2.07 b
Total cholesterol (mmol/L)	Liquid	4.24 ± 0.70 a	0.02 ± 0.29 a	0.03 ± 0.25 a	0.02 ± 0.22 a	0.02 ± 0.27 a	-0.07 ± 0.25 a	-0.05 ± 0.25 a	-0.08 ± 1.06 a
	Semi-solid	4.11 ± 0.61 a	0.09 ± 0.26 a	0.09 ± 0.33 a	0.100 ± 0.27 a	0.07 ± 0.24 a	0.03 ± 0.31 a	0.13 ± 0.31 a	0.45 ± 1.34 a
	Solid	4.29 ± 0.74 a	0.01 ± 0.22 a	-0.06 ± 0.25 a	-0.01 ± 0.30 a	-0.02 ± 0.27 a	-0.003 ± 0.22 a	0.08 ± 0.25 a	-0.09 ± 1.28 a
HDL-C (mmol/L)	Liquid	1.27 ± 0.42 a	0.02 ± 0.060 a	-0.01 ± 0.05 a	-0.02 ± 0.07 a	-0.06 ± 0.07 a*	-0.06 ± 0.07 a*	-0.003 ± 0.08 a	-0.16 ± 0.26 a
	Semi-solid	1.29 ± 0.42 a	0.02 ± 0.11 a*	0.04 ± 0.06 a*	-0.01 ± 0.07 a	-0.04 ± 0.06 a*	-0.07 ± 0.09 a*	0.01 ± 0.07 a	-0.10 ± 0.27 a
	Solid	1.26 ± 0.36 a	0.03 ± 0.08 a	-0.02 ± 0.07 a	-0.04 ± 0.07 a*	-0.07 ± 0.07 a*	-0.08 ± 0.06 a*	-0.01 ± 0.08 a	-0.25 ± 0.30 a
LDL-C (mmol/L)	Liquid	2.44 ± 0.73 a	-0.03 ± 0.32 a	-0.17 ± 0.32 a*	-0.45 ± 0.33 a*	-0.45 ± 0.36 a*	-0.45 ± 0.36 a*	-0.11 ± 0.30 a	-1.81 ± 1.56 a
	Semi-solid	2.24 ± 0.62 a	0.08 ± 0.29 a	-0.10 ± 0.29 a	-0.26 ± 0.31 a*	-0.41 ± 0.39 a*	-0.41 ± 0.64 a*	0.02 ± 0.38 a	-1.17 ± 1.68 ab
	Solid	2.40 ± 0.72 a	0.01 ± 0.20 a	-0.18 ± 0.21 a*	-0.37 ± 0.42 a*	-0.38 ± 0.43 a*	-0.23 ± 0.47 a	-0.01 ± 0.44 a	-1.03 ± 1.42 b
Females (n=15)									
Glucose (mmol/L)	Liquid	4.89 ± 0.46	0.60 ± 0.73 a*	0.14 ± 0.63 a*	0.60 ± 0.60 a*	0.57 ± 0.57 a*	0.53 ± 0.57 a	-0.20 ± 0.58 a	2.12 ± 2.42 a
	Semi-solid	5.02 ± 0.26 a	1.19 ± 0.60 ab*	0.04 ± 0.58 a	0.39 ± 0.64 a*	0.44 ± 0.53 a*	0.28 ± 0.47 a	-0.24 ± 0.41 a	1.58 ± 1.89 a
	Solid	4.74 ± 0.41 b	1.37 ± 0.88 b*	0.67 ± 0.52 b*	0.51 ± 0.57 a*	0.64 ± 0.51 a*	0.37 ± 0.42 a*†	0.06 ± 0.49 a	2.95 ± 2.08 a†

		Baseline	Change from baseline						Change net area under the curve
			0.5 hour	1 hour	2 hours	3 hours	4 hours	6 hours	
Triglycerides (mmol/L)	Liquid	0.99 ± 0.35 a	0.01 ± 0.17 a	0.43 ± 0.36 a*	0.97 ± 0.54 a*	1.04 ± 0.76 a*	0.80 ± 0.83 a*	0.03 ± 0.44 a	3.57 ± 3.04 a
	Semi-solid	1.09 ± 0.49 a	-0.07 ± 0.22 a	0.34 ± 0.27 a*	0.77 ± 0.43 ab*	0.90 ± 0.75 a*	0.62 ± 0.94 ab*	0.01 ± 0.56 a	2.82 ± 3.14 ab
	Solid	1.16 ± 0.50 a	-0.04 ± 0.17 a	0.29 ± 0.22 a*	0.66 ± 0.36 b*†	0.62 ± 0.45 a*†	0.25 ± 0.26 b*†	-0.02 ± 0.24 a	1.82 ± 1.16 b†
Total cholesterol (mmol/L)	Liquid	4.33 ± 0.83 a	-0.05 ± 0.21 a	-0.01 ± 0.24 a	0.01 ± 0.19 a	-0.03 ± 0.32 a	-0.07 ± 0.28 a	-0.08 ± 0.28	-0.23 ± 1.18 a
	Semi-solid	4.16 ± 0.70 a	0.14 ± 0.25 a	0.12 ± 0.32 a	0.13 ± 0.27 a	0.04 ± 0.24 a	0.01 ± 0.38 a	0.14 ± 0.37 a	0.47 ± 1.57 a
	Solid	4.36 ± 0.83 a	-0.001 ± 0.23 a	-0.08 ± 0.23 a	0.01 ± 0.33 a	-0.06 ± 0.25 a	-0.03 ± 0.21 a	0.10 ± 0.25 a	-0.04 ± 1.08 a
HDL-C (mmol/L)	Liquid	1.48 ± 0.42	0.04 ± 0.06 a*	-0.01 ± 0.06a	-0.01 ± 0.08 a	-0.05 ± 0.07 a*	-0.03 ± 0.07 a †	0.04 ± 0.07 a †	-0.08 ± 0.23 a†
	Semi-solid	1.53 ± 0.38	0.02 ± 0.15 a	0.05 ± 0.06 b*	0.01 ± 0.09 a	-0.04 ± 0.07 a	-0.06 ± 0.10 a*	0.03 ± 0.09 a	-0.04 ± 0.30 a
	Solid	1.47 ± 0.30	0.02 ± 0.09 a	-0.03 ± 0.08 a	-0.05 ± 0.09 a*	-0.09 ± 0.07 a*†	-0.08 ± 0.07 a*	-0.001 ± 0.09 a	-0.28 ± 0.30 a
LDL-C (mmol/L)	Liquid	2.41 ± 0.88 a	-0.11 ± 0.26 a	-0.20 ± 0.33 a*	-0.44 ± 0.34 a*	-0.43 ± 0.42 a*	-0.41 ± 0.42 a*	-0.13 ± 0.37 a	-1.82 ± 1.81 a
	Semi-solid	2.14 ± 0.75 a	0.10 ± 0.31 a	-0.09 ± 0.29 a	-0.22 ± 0.25 ab*	-0.32 ± 0.30 a*	-0.22 ± 0.43 ab	0.11 ± 0.34 ab	-0.79 ± 1.53 ab
	Solid	2.36 ± 0.81 a	0.003 ± 0.18 a	-0.18 ± 0.21 a*	-0.24 ± 0.33 b*	-0.26 ± 0.33 a*	-0.06 ± 0.25 b	0.13 ± 0.19 b*	-0.59 ± 1.06 b
Males (n=11)									
Glucose (mmol/L)	Liquid	5.23 ± 0.87 a	1.09 ± 0.88 a*	0.07 ± 1.31 a	0.41 ± .85 a	0.30 ± 0.89 a	0.02 ± 0.54 a	-0.45 ± 0.61 a*	0.64 ± 4.02 a
	Semi-solid	5.07 ± 0.34 a	1.18 ± 0.91 a*	0.66 ± 1.28 a	0.34 ± 0.49 a	0.17 ± 0.51 a	0.15 ± 0.60 a	-0.35 ± 0.41 a*	1.47 ± 1.98 a
	Solid	5.12 ± 0.45 a	1.62 ± 0.91 a*	0.39 ± 0.55 a*	0.73 ± 0.46 a*	0.33 ± 0.36 a*	-0.19 ± 0.48 a	-0.31 ± 0.48 a	1.49 ± 0.96 a
Triglycerides (mmol/L)	Liquid	1.41 ± 0.60 a	0.08 ± 0.34 a	0.50 ± 0.48 a*	1.29 ± 0.59 a*	1.58 ± 0.75 a*	1.31 ± 0.94 a*	0.52 ± 1.07 a	5.76 ± 4.03 a
	Semi-solid	1.51 ± 0.51 a	-.05 ± 0.16 a	0.23 ± 0.23 a*	0.87 ± 0.44 a*	1.44 ± 0.89 a*	1.37 ± 1.16 a*	0.31 ± 0.53 a	4.82 ± 3.49 a
	Solid	1.72 ± 0.96 a	-0.05 ± 0.29 a	0.25 ± 0.31 a*	0.96 ± 0.41 a*	1.30 ± 0.57 a*	0.99 ± 0.74 a*	0.29 ± 0.52 a	4.11 ± 2.34 a
Total cholesterol (mmol/L)	Liquid	4.12 ± 0.48 a	0.12 ± 0.37 a	0.09 ± 0.26 a	0.03 ± 0.26 a	0.07 ± 0.18 a	-0.07 ± 0.23 a	0.01 ± 0.20 a	0.12 ± 0.89 a
	Semi-solid	4.0 ± 0.49 a	0.04 ± 0.28 a	0.06 ± 0.35 a	0.06 ± 0.28 a	0.10 ± 0.23 a	0.05 ± 0.21 a	0.12 ± 0.22 a	0.42 ± 1.06 a
	Solid	4.21 ± 0.64 a	0.04 ± 0.22 a	-0.04 ± 0.28 a	-0.04 ± 0.29 a	0.03 ± 0.30 a	0.03 ± 0.24 a	0.05 ± 0.26 a	-0.16 ± 1.57 a

		Baseline	Change from baseline						Change net area under the curve
			0.5 hour	1 hour	2 hours	3 hours	4 hours	6 hours	
HDL-C (mmol/L)	Liquid	0.99 ± 0.20 a	0.01 ± 0.06 a	-0.02 ± 0.05 a	-0.02 ± 0.06 a	-0.06 ± 0.06 a*	-0.09 ± 0.06 a*	-0.05 ± 0.07 a	-0.28 ± 0.26 a
	Semi-solid	0.98 ± 0.24 a	0.01 ± 0.05 a	0.02 ± 0.05 a	-0.02 ± 0.05 a	-0.04 ± 0.05 a*	-0.08 ± 0.07 a*	-0.01 ± 0.05 a	-0.17 ± 0.22 a
	Solid	0.97 ± 0.20 a	0.05 ± 0.06 a	-0.01 ± 0.05 a	-0.01 ± 0.04 a	-0.04 ± .06 a	-0.07 ± 0.06 a*	-0.02 ± 0.06 a	-0.20 ± 0.30 a
LDL-C (mmol/L)	Liquid	2.48 ± 0.48 a	0.07 ± 0.37 a	-0.12 ± 0.31 a	-0.48 ± 0.33 a*	-0.48 ± 0.29 a*	-0.50 ± 0.25 a*	-0.08 ± 0.19 a	-1.78 ± 1.17 a
	Semi-solid	2.37 ± 0.40 a	0.05 ± 0.29 a	-0.11 ± 0.30 a	-0.31 ± 0.38 a*	-0.52 ± 0.47 a*	-0.66 ± 0.80 a*	-0.10 ± 0.42 a	-1.65 ± 1.82 a
	Solid	2.45 ± 0.61 a	0.02 ± 0.26 a	-0.17 ± 0.23 a	-0.55 ± 0.49 a*	-0.54 ± 0.51 a*	-0.46 ± 0.61 a	-0.20 ± 0.60 a	-1.69 ± 1.68 a

Data is presented as mean ± standard deviation. *Significant change from baseline values after consumption of each meal (P<0.05). Lower case letters within a column indicate significant difference between observations (P<0.05). † Difference between males and females (p<0.05). HDL-C, high density lipoprotein cholesterol; LDL-C, low density lipoprotein cholesterol.

ESI 5. Peak change in triglyceride values after consumption of the three test foods.

Meal	All subjects	Females	Males
Liquid	1.40 ± 0.76 a	1.20 ± 0.76 a	1.68 ± 0.70 a
Semi-solid	1.30 ± 0.87 ab	1.06 ± 0.70 ab	1.62 ± 1.00 ab
Solid	1.02 ± 0.57 b	0.75 ± 0.36 b †	1.39 ± 0.60 b

Data is presented as mean ± standard deviation (n=26). Lower case letters within a column indicate significant difference between responses to different meals (P<0.05). † Difference between males and females (p<0.05).

ESI 6. Fasting responses to appetite sensations and change over 6 h following consumption of the three test foods.

		fasting	Just fed	2 hours	4 hours	6 hours	Change net AUC
All subjects (n=26)							
How hungry do you feel? ("I am not hungry at all" to "I have never been hungrier")	Liquid	57.8 ± 25.3	-30.2 ± 32.2 a*	-17.7 ± 35.4 a*	6.6 ± 40.5 a	20.4 ± 30.3 a*	-21.5 ± 182.3 a
	Semi-solid	62.3 ± 24.4	-55.9 ± 27.5 b*	-35.4 ± 24.3 a*	-16.8 ± 30.4 b*	8.3 ± 29.3 a	-143.0 ± 142.5 b
	Solid	48.8 ± 30.7	-42.7 ± 33.2	-24.7 ± 37.4 a*	-6.0 ± 44.5 ab	21.5 ± 42.8 a*	-79.2 ± 218.4 ab
How satisfied do you feel? ("I am completely empty" to "I cannot eat another bite")	Liquid	23.7 ± 21.6	41.7 ± 32.2 a*	30.6 ± 35.3 a*	7.5 ± 32.3 a	-7.8 ± 29.2 a	102.8 ± 174.7 a
	Semi-solid	26.9 ± 24.5	61.3 ± 35.1 a*	44.6 ± 32.6 a*	18.8 ± 32.2 a*	-1.5 ± 33.0 a	181.0 ± 174.2 b
	Solid	25.0 ± 18.0	53.9 ± 39.3 a*	45.1 ± 33.1 a*	20.9 ± 38.3 a*	3.9 ± 30.0 a	175.4 ± 188.1 b
How full do you feel? ("Not at all full" to "Completely full")	Liquid	18.9 ± 19.2	47.5 ± 33.4 a*	29.5 ± 34.9 a*	10.3 ± 32.7 a	-5.6 ± 29.3 a	122.5 ± 171.7 a
	Semi-solid	22.9 ± 21.6	71.3 ± 24.1 b*	54.2 ± 26.5 b*	23.5 ± 31.3	3.3 ± 31.8 a	210.6 ± 150.6 b
	Solid	22.6 ± 18.4	59.2 ± 40.0	49.9 ± 35.8 b*	28.6 ± 37.8 b*	7.5 ± 35.5 a	214.9 ± 196.8 b
How much could you eat? ("Nothing et all" to "A lot")	Liquid	72.1 ± 17.2	-35.5 ± 31.7 a*	-17.8 ± 27.4 a*	1.7 ± 20.1 a	9.7 ± 25.4 a*	-64.0 ± 126.0 a
	Semi-solid	70.6 ± 19.9	-63.4 ± 23.2 b*	-38.0 ± 24.8 b*	-17.1 ± 28.8 b*	-0.98 ± 27.0 ab	-154.5 ± 137.2 b
	Solid	69.2 ± 18.9	-51.6 ± 33.1 b*	-37.6 ± 29.3b*	-13.0 ± 25.6 b*	-5.6 ± 25.7 b	-149.1 ± 132.7 b

Data is presented as mean ± standard deviation. *Significant change from baseline values after consumption of each meal (P<0.05). Lower case letters within a column indicate significant difference between responses to different meals (P<0.05). AUC, area under the curve.