

**Supplementary Table 1.** Correlation analyses of the difference in energy intake and the difference in hormones at each time point between the protein-enriched, dietary fiber-fortified bar and water preloads

Variable	$\Delta$ Intake 30 min	$\Delta$ Intake 120 min
$\Delta$ Insulin -15 min	0.367 (0.11)	0.259 (0.27)
$\Delta$ Insulin 0 min	-0.495 (0.03) <sup>a</sup>	-0.357 (0.12)
$\Delta$ Insulin 30 min	0.252 (0.28)	0.482 (0.03) <sup>a</sup>
$\Delta$ Insulin 60 min	0.179 (0.45)	0.441 (0.05) <sup>a</sup>
$\Delta$ Insulin 120 min	-0.034 (0.89)	0.093 (0.70)
$\Delta$ Insulin AUC	0.138 (0.56)	0.399 (0.08)
$\Delta$ Insulin iAUC	0.113 (0.64)	0.386 (0.09)
$\Delta$ GLP-1 -15 min	-0.041 (0.86)	0.291 (0.21)
$\Delta$ GLP-1 0 min	-0.117 (0.62)	0.181 (0.45)
$\Delta$ GLP-1 30 min	0.277 (0.24)	0.199 (0.40)
$\Delta$ GLP-1 60 min	0.221 (0.35)	0.398 (0.08)
$\Delta$ GLP-1 120 min	0.286 (0.22)	0.521 (0.02) <sup>a</sup>
$\Delta$ GLP-1 AUC	0.234 (0.32)	0.420 (0.07)
$\Delta$ GLP-1 iAUC	0.395 (0.08)	0.189 (0.43)
$\Delta$ PYY -15 min	-0.513 (0.02) <sup>a</sup>	-0.284 (0.22)
$\Delta$ PYY 0 min	-0.501 (0.02) <sup>a</sup>	-0.199 (0.40)
$\Delta$ PYY 30 min	-0.541 (0.01) <sup>a</sup>	-0.071 (0.77)
$\Delta$ PYY 60 min	-0.279 (0.23)	0.056 (0.81)
$\Delta$ PYY 120 min	-0.341 (0.14)	0.007 (0.98)
$\Delta$ PYY AUC	-0.451 (0.05) <sup>a</sup>	-0.042 (0.86)
$\Delta$ PYY iAUC	-0.085 (0.72)	0.217 (0.36)
$\Delta$ Ghrelin -15 min	0.104 (0.66)	0.294 (0.21)
$\Delta$ Ghrelin 0 min	0.131 (0.58)	0.139 (0.56)
$\Delta$ Ghrelin 30 min	-0.019 (0.94)	-0.160 (0.50)
$\Delta$ Ghrelin 60 min	0.166 (0.49)	0.323 (0.17)
$\Delta$ Ghrelin 120 min	-0.298 (0.20)	-0.316 (0.18)
$\Delta$ Ghrelin AUC	0.100 (0.68)	0.221 (0.35)
$\Delta$ Ghrelin iAUC	-0.369 (0.11)	-0.432 (0.06)

The Pearson correlation coefficient was calculated for linear association. In parenthesis, *P* value for the linear correlation analysis.

AUC, area under the curve; iAUC, incremental area under the curve; GLP-1, glucagon-like peptide-1; PYY, peptide YY.

<sup>a</sup>*P*<0.05.