**Supplementary table**

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| Table 1. AUC for subjective feelings of appetite and appetite-related hormones in the different conditions  |
|  | Control | MICC | HIIS | S-HIIS |
| Hunger (cm\*min) | 564±254 | 591±240 | 564±234 | 545±203 |
| Fullness (cm\*min) | 1081±274 | 1122±239 | 1018±284 | 1095±299 |
| Desire to eat (cm\*min) | 583±245 | 627±284 | 575±215 | 556±222 |
| Insulin (pmol/L\*min) | 16267±4498 | 14924±5143 | 13327±3660 | 15836±5200 |
| AG (pg/ml\*min) | 11764±3955\*§ | 9889±3175\* | 9945±3658§ | 10595±179 |
| PYY3-36 (pmol/L\*min) | 10354±5371 | 11053±5873 | 10411±6127 | 11876±6603 |
| GLP-1 (pmol(L\*min) | 3804±1148 | 3975±1187 | 3887±882 | 3705±1052 |
| Results expressed as mean ± SD. Repeated measures ANOVA showed a significant effect of condition on AG AUC (P=0.001). Averages with the same symbol denote significant differences between experimental conditions: \*, § P<0.05 |