

SUPPLEMENTARY MATERIAL
Table S1. Liquid test meal nutritional characteristics (mixed-nutrient drink).

Variables	Quantidade
Foods	
Whole milk (mL)	180
Papaya (g)	30
Banana (g)	50
Whole milk powder (g)	20
Refined sugar (g)	05
Nutritional calculation	
Calories (kcal)	279.44
Caloric density (kcal/mL)	0.95
Total proteins (%)	19.65
Total carbohydrates (%)	60.64
Total lipids (%)	19.71

The data represented mean $\pm$ SEM.

Table S2. Standard solid meal nutritional characteristics (dinner).

Variables	Quantity
Foods	
Cooked sweet potato (g)	220
Cooked chicken breast shredded (g)	120
Cooked carrot (g)	20
Tomato (g)	40
Extra virgin olive oil (mL)	08
Parmesan cheese (g)	10
Raw onion (g)	05
Garlic (g)	01
Nutritional calculation	
Calories (kcal)	484.33
Total proteins (g)	43.36
Total proteins (%)	35.81
Total carbohydrates (g)	44.49
Total carbohydrates (%)	36.74
Total lipids (g)	14.77
Total lipids (%)	27.45

The data represented mean $\pm$ SEM.