Table 1. Description of food portions of the original photo and of the evaluated portion, according to size and format.

| Foods       | Food description                        | Amount of food (g) in the original photo | Amount of food (g) presented | Portion with different format than the original photo |
|-------------|-----------------------------------------|------------------------------------------|-----------------------------|-----------------------------------------------------|
|             |                                         | Small | Average | Large   | Small | Average | Large |                        |                                      |
| Apple       | Whole unit                              | 66    | 198     | 217     | 66    | 178     | 217   |                        | Different Apple                      |
| Beans       | With liquid                             | 61    | 174     | 354     | 61    | 160     | 354   |                        | -                                    |
| Cabbage     | Chopped, raw                            | 17    | 57      | 123     | 17    | 51      | 123   |                        | -                                    |
| Carrot      | Grated                                 | 25    | 85      | 160     | 37    | 85      | 160   |                        | -                                    |
| Cassava     | Pieces, cooked                         | 118   | 238     | 415     | 118   | 193     | 415   |                        | -                                    |
| Egg         | Scrambled                              | 69    | 123     | 190     | 69    | 123     | 288   |                        | Position on the plate                |
| Feijoada    | In deep plate                          | 172   | 376     | 478     | 236   | 376     | 478   |                        | Different plate                      |
| Jello       | Amorphous format                       | 116   | 298     | 480     | 116   | 298     | 434   |                        | Position on the plate                |
| Green salad | Mixed green salad                      | 5     | 17      | 100     | 2.5   | 17      | 100   |                        | -                                    |
| Ground beef | With tomato sauce                      | 120   | 251     | 402     | 120   | 288     | 402   |                        | Position on the plate                |
| Kale        | Chopped, sautéed                       | 34    | 62      | 90      | 34    | 62      | 135   |                        | -                                    |
| Margarine   | Spreads on sliced bread                | 2.5   | 15      | 22      | 2.5   | 15      | 30    |                        | -                                    |
| Mortadella  | Sliced                                 | 17    | 19      | 27      | 17    | 18      | 27    |                        | Slice thickness                      |
| Papaya      | Slices                                 | 139   | 390     | 614     | 139   | 438     | 614   |                        | -                                    |
| Pasta       | Cooked spaghetti                       | 61    | 170     | 400     | 35    | 170     | 400   |                        | -                                    |
| Popcorn     | Glass bowl                            | 23    | 41      | 77      | 17    | 41      | 77    |                        | Different Bowl                      |
| Potato      | Boiled, diced                          | 70    | 228     | 405     | 35    | 228     | 405   |                        | Position on the plate                |
| Rice        | White cooked                           | 112   | 239     | 403     | 141   | 239     | 403   |                        | Position on the plate                |
| Vegetable   | Soup                                    | 96    | 324     | 400     | 96    | 362     | 400   |                        | Different plate                      |

a The evaluated portion ranged from up to 100% smaller to 50% larger than the original portion, depending on the amount of the adjacent photo, b Portion assessed on different format that the one from the original photo, c Half of the evaluated portions had the same size as the photo and the other half had a different format.