Influence of food images with different macronutrient compositions on serum ghrelin levels: analysis in healthy men

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Supporting information

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Running title: Influence of food images on ghrelin

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| Criteria for participation                                    | Criteria for exclusion                                                                 |
|--------------------------------------------------------------|----------------------------------------------------------------------------------------|
| − male gender                                                | − severe or chronic diseases such as eating disorders, diabetes mellitus,               |
| − age between 20-30 years                                     |  congestive heart failure, hepatitis                                                  |
| − normal weight (BMI 18.5 to 25.0 kg/m²)                       | − acute or chronic neurological and psychiatric disorders in the own health history or |
| − emmetropia or normal vision corrected                        |  in the family, such as schizophrenia or epilepsy                                      |
| − no medication in the last 3 months                          | − shift work                                                                            |
| − eating habits according to the local culture                 | − excessive physical training on more than five days and/or more than seven hours per |
|                                                              |  week                                                                                   |
|                                                              | − food allergies                                                                        |
|                                                              | − specific diet (e.g. vegetarian, vegan)                                               |
|                                                              | − eating habits that differ from the local food culture                                 |
|                                                              | − drugs/substance abuse                                                                  |
|                                                              | − cigarette smoking                                                                      |
|                                                              | − Weight changes > ±3 kg in the last 3 months                                             |
|                                                              | − underweight (BMI < 18.5 kg/m²) or overweight/obesity (BMI > 25.0 kg/m²)               |
|                                                              | − blood donation during the last 6 weeks                                                 |

**Table S1** – Criterions for inclusion and exclusion. Abbreviation: BMI: Body mass index
Figure S2 - Individual ghrelin concentration during the four sessions. Abbreviations:
LCCH: long-chain carbohydrates; ns: not significant; SCCH: short-chain carbohydrates.