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| **Supplementary Table 1 - Food energy and macronutrients composition** |
|  | **Food with brilliant blue**  | **Food with carmine**  | **p Value** |
| Energy density (kcal/g) | 4.69 ± 0.03 | 4.67 ± 0.01 | 0.666 |
| Carbohydrate (%) | 56.55 ± 0.83 | 56.62 ± 1.07 | 0.965 |
| Fat (%) | 29.74 ± 1.06 | 29.56 ± 1.03 | 0.916 |
| Protein (%) | 13.71 ± 0.23 | 13.82 ± 0.04 | 0.720 |
| \*Data were presented as mean ± SEM. \*Differences between group were tested by Student's t test. |