Title: effects of pre-exercise high and low glycaemic index meals on substrate metabolism and appetite in middle-aged women Authors: Miki Sakazaki, et al.

SUPPLEMENTAL TABLE 1 Sixteen food photographs, four food images for each of the four food categories

Category	High-fat savoury	Low-fat savoury	High-fat sweet	Low-fat sweet
Food image	Fried chicken	Radish salad	Vanilla ice cream	Fruit jelly
	French fries  Bacon and eggs	Boiled flounder  Udon noodles	Doughnuts  Strawberry cake	Baked potato  Banana
	Pork cutlet	Boiled spinach	Cream puffs	Bracken rice cake