

## Supplementary Material

**Supplementary Table 1.** Food and beverage items for inclusion of intervention powders

Food/beverage items	Brand
<b>Smoothie</b> <ul style="list-style-type: none"> <li>• Ready-to-add frozen ingredients (blueberries, raspberries, bananas, green chickpeas, spinach)</li> <li>• Orange juice</li> <li>• Apple juice</li> <li>• Lite coconut milk</li> <li>• Mango nectar</li> <li>• Pineapple juice</li> <li>• Sugar substitute packet</li> </ul>	<ul style="list-style-type: none"> <li>• Snowcrest Farms</li> <li>• Minute Maid</li> <li>• SunRype</li> <li>• Thai Kitchen</li> <li>• Del Monte</li> <li>• SunRype</li> <li>• Splenda</li> </ul>
<b>Pasta sauces</b> <ul style="list-style-type: none"> <li>• Alfredo with roasted garlic</li> <li>• Sockarooni (tomato sauce with mushrooms, bell peppers, carrot puree, spices and seasonings)</li> </ul>	<ul style="list-style-type: none"> <li>• Newman’s Own</li> </ul>
<b>Cheese powder</b>	<ul style="list-style-type: none"> <li>• Kraft Dinner</li> </ul>
<b>Chocolate pudding</b>	<ul style="list-style-type: none"> <li>• Jello</li> </ul>
<b>Pre-mixed smoothies</b> <ul style="list-style-type: none"> <li>• Strawberry banana (fruit puree [strawberry, banana, apple], pear juice, apple juice, other functional ingredients)</li> <li>• Berry (apple juice, fruit purees [apple, blackberry, banana, raspberry, strawberry, blueberry], lemon juice, natural flavour)</li> <li>• Tropical (fruit juice [pineapple, apple, lemon], fruit puree [mango, banana, kiwi], spinach, broccoli, green tea, other functional ingredients)</li> </ul>	<ul style="list-style-type: none"> <li>• Bolthouse Farms</li> </ul>
<b>Soups</b> <ul style="list-style-type: none"> <li>• Thai chicken &amp; rice soup</li> <li>• Tomato soup with cream (bisque)</li> <li>• Tomato soup with coconut milk</li> <li>• Mushroom soup with cream</li> </ul>	<ul style="list-style-type: none"> <li>• Campbell’s</li> </ul>
<b>Yogurts</b> <ul style="list-style-type: none"> <li>• Greek 2% vanilla yogurt</li> <li>• 2.9% coconut yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Oikos</li> <li>• Activia</li> </ul>

Food and beverage items provided to participants as options for inclusion of intervention powders at various meals. All items listed above have been determined suitable with whey protein, pea protein, and maltodextrin powders. Participants will be instructed to not directly heat their intervention powders; therefore, if including powders with hot meals, they must be added after preparation and before serving.