**Table 1** Ingredients and macronutrient composition of the high-energy preload (HEP) and low-energy preload (LEP)

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **g** | **kcal** | **CHO** | **%CHO** | **FAT** | **%FAT** | **PRO** | **%PRO** | **ED** |
| **HEP** | **295.5** | **698.7** | **73.3** | **39.3** | **36.5** | **47.0** | **23.9** | **13.7** | **2.36** |
| Porridge oats | 30.0 | 102.3 | 18.0 |  | 2.4 |  | 3.3 |  |  |
| Ground almonds | 25.0 | 157.1 | 1.6 |  | 14.0 |  | 6.4 |  |  |
| Whey protein | 10.0 | 41.4 | 0.5 |  | 0.8 |  | 8.2 |  |  |
| Maltodextrin | 45.0 | 168.8 | 45.0 |  | 0.0 |  | 0.0 |  |  |
| Sweetener | 0.5 | 1.8 | 0.5 |  | 0.0 |  | 0.0 |  |  |
| Whole milk | 160.0 | 105.1 | 7.8 |  | 5.9 |  | 5.6 |  |  |
| Double cream | 25.0 | 124.0 | 0.4 |  | 13.4 |  | 0.4 |  |  |
| **LEP** | **295.5** | **257.5** | **26.9** | **39.1** | **13.3** | **46.4** | **9.3** | **14.5** | **0.87** |
| Porridge oats | 30.0 | 102.3 | 18.0 |  | 2.4 |  | 3.3 |  |  |
| Ground almonds | 11.0 | 69.1 | 0.72 |  | 6.1 |  | 2.8 |  |  |
| Maltodextrin | 3.0 | 11.3 | 3.0 |  | 0.0 |  | 0.0 |  |  |
| Sweetener | 1.3 | 4.7 | 1.2 |  | 0.0 |  | 0.0 |  |  |
| Skimmed milk | 50.0 | 17.4 | 2.5 |  | 0.1 |  | 1.9 |  |  |
| Single cream | 15.0 | 29.0 | 0.3 |  | 2.8 |  | 0.5 |  |  |
| Greek style yogurt | 20.0 | 23.8 | 1.1 |  | 1.8 |  | 0.8 |  |  |
| Water | 165.2 | 0 | 0 |  | 0 |  | 0 |  |  |

*HEP* high-energy preload*; LEP* low-energy preload*; CHO* carbohydrate*; PRO* protein*; ED* energy density*.*