

Supplementary Materials

Sensory analysis of post-exercise coffee or cocoa milk beverages for endurance athletes

Table S1. Acceptance Correspondence of 9 point and 3 point-hedonic scales*.

Acceptance (Original)	Acceptance (Recoded)	Frequency	Percent	Cumulative Percent
Extremely Dislike	Dislike	1	0.50	0.50
Moderate Dislike	Dislike	2	1.00	1.50
Regular Dislike	Dislike	2	1.00	2.50
Lightly Dislike	Dislike	5	2.50	5.00
Indifferent	Indifferent	12	6.00	11.00
Lightly Like	Like	17	8.50	19.50
Regular Like	Like	39	19.50	39.00
Moderate Like	Like	70	35.00	74.00
Extremely Like	Like	52	26.00	100.00

Note: frequency considering evaluations of both beverages, i.e., a 100 evaluations for each beverage with a total of 200 evaluations

Supplement 2 – Beverage preparation

Table S2. Sample A (Coffee Milk Beverage).

INGREDIENTS	Weight/ Gross volume	Weight/ liquid volume	Correction Factor	Per capita	Individual Cost (R\$)*
Roasted and ground coffee (Melita®)	25 g	25 g	1	25 g	0.60
Instant Nonfat Powdered Milk (Piracanjuba®)	60 g	60 g	1	60 g	1.80
Crystal Sugar (União®)	54 g	54 g	1	54 g	0.20
Mineral water	500 mL	500 mL	1	500 mL	0.70
Preparation method					
<p>Pre-preparation:</p> <ol style="list-style-type: none"> 1- Weigh roasted coffee (25 g) and measure water volume (300 mL); 2- Heat the water (300 mL) for 4 min in microwave to the boiling point (approximately 90 °C); 3- Filter the coffee with a paper filter; 4- Pour the filtered coffee into an ice cube tray (250 mL for each regular tray); 5- Put tray of filtered coffee to the freezer for 24 h. <p>Preparation:</p> <ol style="list-style-type: none"> 1- Blend the milk powder (60 g), sugar (54 g), and water (250 mL) for 30 seconds; 2- Add all the coffee ice cubes from the tray to the blender and mix for another 2 min; 3- After thoroughly homogenizing and mixing the beverage in the blender, the beverage is ready to consume. 					
* Price survey conducted in August 2018. 1 US Dollar = 4.17 Brazilian Real					

Yield: 1 serving (Approximately 500mL)

Total energy value = 430 kcal

CHO 85.5g; PTN 21.0g; LIP 0.5 g

Carbohydrate/Protein Ratio (4:1) - CHO: 1.2 g/kg body weight/PTN: 0.3g/kg body weight (70 kg individual).

Table S3. PREPARATION NAME: Sample B (Cocoa Milk Beverage)

INGREDIENTS	Weight/ Gross volume	Weight/ net volume	Correction Factor	Per capita	Individual Cost *
Pure Cocoa Powder (Mãe-terra [®])	25 g	25 g	1	25 g	1.50
Instant Nonfat Powdered Milk (Piracanjuba [®])	60 g	60 g	1	60 g	1.80
Crystal Sugar (União [®])	54 g	54 g	1	54 g	0.20
Mineral water	500 mL	500 mL	1	500 mL	0.70
Preparation method					
Pre-preparation: <ol style="list-style-type: none">1- Weigh cocoa powder (25 g) and measure water volume (250 mL);2- Heat mineral water (250 mL) for 2 min in microwave to the point of heating. (approximately 60 °C)3- Mix the cocoa powder (25 g) with warm water (250 mL) in a blender for 1 min;4- Pour the mixed cocoa in ice cube tray (250 mL for each regular tray);5- Take tray of mixed cocoa to the freezer for 24 h. Preparation: <ol style="list-style-type: none">1- Blend the milk powder (60 g), sugar (54 g), and water (250 mL) for 30 seconds;2- Add the cocoa ice cubes to the blender and mix for another 2 min;3- After thoroughly homogenizing and mixing the beverage in the blender, the beverage is ready to consume.					
* Price survey conducted in August 2018. 1 US Dollar = 4.17 Brazilian Real					

Yield: 1 serving (Approximately 500 mL)

Total Energy Value = 485 kcal

CHO 90.0g; PTN 25.0g; LIP 3.0g

Carbohydrate/Protein Ratio (4:1) - CHO: 1.2 g/kg body weight/PTN: 0.3g/kg body weight (70 kg individual).