

Supplement 1. Food intake of the subjects according to the dietary pattern in the two-meal regular diet group (total=3,680)

Variable	Breakfast skipper	Lunch skipper	Dinner skipper	P-value
No. of subjects	3,186	247	247	
Total food (g/d)	1,750.91±12.55	1,698.37±44.38	1,765.89±37.72	0.442
Cereal and grain products	300.74±3.10	297.46±9.40	300.70±9.20	0.948
Potatoes and starches	50.90±2.65	72.20±11.81	55.48±7.76	0.208
Vegetables	273.44±3.50	277.30±13.45	265.60±9.83	0.707
Seaweeds	36.60±3.27	60.47±13.70	41.62±10.96	0.219
Meat and their products**	188.16±4.08	161.21±12.14	161.40±10.44	0.009
Eggs	45.60±1.21	50.98±4.26	51.82±4.83	0.247
Legumes	51.40±3.27	37.94±5.62	56.93±8.24	0.060
Seeds and nuts	6.60±0.98	5.42±1.21	9.79±2.87	0.323
Mushrooms	12.91±0.71	14.18±2.56	11.02±1.76	0.504
Fish and selfish	130.06±4.25	146.67±24.04	123.17±11.13	0.629
Fruits	187.72±7.12	214.97±25.98	229.55±23.61	0.144
Sugars and sweets	13.24±0.45	14.20±1.70	15.22±2.62	0.664
Seasonings	43.35±0.74	38.32±2.45	42.50±3.32	0.140
Milk and dairy products*	192.21±5.16	241.77±22.11	243.72±22.44	0.010
Beverages	375.54±7.96	327.36±25.64	383.79±28.11	0.159
Liquor	605.47±20.44	596.07±76.02	665.72±66.65	0.658
Oil and fats	9.45±0.22	10.70±1.41	8.73±0.72	0.352
Other food	11.40±1.41	18.98±12.66	-0.46±5.72	0.128

Values are presented as estimated mean±standard error, adjusted with age, sex, and energy intake. P-values are obtained by general linear model analysis in complex sample design.

*P<0.05. **P<0.01.