

Supplement 3. Food intake of the subjects according to the dietary pattern in one-meal regular diet group (total=1,019)

Variable	Breakfast	Lunch	Dinner	P-value
No. of subjects	68	540	411	
Total food (g/d)	1,539.64±73.99	1,554.05±23.48	1,485.55±28.81	0.187
Cereal and grain products**	285.85±22.22	240.91±6.43	274.10±7.19	0.001
Potatoes and starches	51.53±11.98	44.50±5.75	45.27±5.38	0.868
Vegetables	203.76±20.37	232.70±7.44	227.15±8.30	0.399
Seaweeds	32.52±10.23	25.75±3.89	31.82±6.09	0.636
Meat and their products	140.24±21.97	173.26±10.45	173.76±8.48	0.355
Eggs	45.55±13.96	45.49±5.27	41.75±3.38	0.838
Legumes	53.04±16.56	34.83±3.59	44.45±6.10	0.265
Seeds and nuts	12.03±7.55	7.81±2.04	7.96±1.58	0.863
Mushrooms	8.61±3.73	13.90±1.82	15.75±2.70	0.303
Fish and selfish	132.90±28.66	103.42±8.01	111.42±9.70	0.520
Fruits	276.52±54.82	186.95±15.94	157.35±16.26	0.083
Sugars and sweets	14.36±2.72	12.63±1.12	13.23±1.35	0.815
Seasonings	40.92±6.58	37.94±1.79	34.37±1.86	0.307
Milk and dairy products	205.64±36.81	209.54±16.40	192.56±17.33	0.789
Beverages	446.47±71.48	383.93±19.53	402.51±21.43	0.619
Liquor	597.09±187.48	532.01±42.30	502.77±39.78	0.822
Oil and fats	8.66±1.24	8.75±0.49	8.65±0.50	0.989
Other food	-0.29±7.94	12.45±3.65	25.33±11.33	0.419

Values 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<0.01.