

Supplement 4. Energy and nutrient intakes of 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	
Energy intake (kcal)	1,974.09±135.17	1,856.17±44.59	1,920.75±51.04	0.535 [†]
Water (g)	886.71±66.77	919.06±21.80	889.25±28.28	0.671
Dietary fiber (g)	22.10±2.29	18.57±0.44	18.70±0.51	0.311
Carbohydrates (g)*	271.17±9.04	248.28±3.84	258.55±3.90	0.041
Protein (g)	70.80±3.76	69.76±1.47	69.14±1.26	0.895
Fat (g)	51.80±2.71	52.51±1.26	51.10±1.28	0.731
Saturated fat (g)	16.91±1.19	17.91±0.51	17.33±0.53	0.619
Cholesterol (mg)	256.70±32.78	280.43±13.05	254.13±8.95	0.267
Total sugars (g)	66.09±4.37	63.00±2.06	60.64±1.88	0.473
Sodium (mg)	3,250.66±195.40	3,348.59±82.88	3,083.76±85.48	0.065
Potassium (mg)	2,412.90±99.49	2,416.35±40.58	2,304.99±46.82	0.201
Calcium (mg)	485.00±38.81	447.44±10.70	452.72±12.49	0.635
Phosphorous (mg)	991.93±36.64	974.97±14.62	953.07±14.76	0.467
Iron (mg)	10.99±0.65	10.50±0.26	10.07±0.27	0.317
Vitamin A (µgRAE)	329.00±28.70	410.32±51.18	347.98±24.90	0.346
Beta-carotene (µg)	2,041.29±281.28	2,729.97±580.54	2,056.10±106.08	0.490
Retinol (µg)	175.83±24.16	182.33±14.66	157.20±20.81	0.604
Thiamine (mg)	1.15±0.07	1.24±0.03	1.20±0.03	0.435
Riboflavin (mg)	1.57±0.10	1.60±0.04	1.52±0.04	0.265
Niacin (mg)	12.84±0.87	13.34±0.43	13.29±0.41	0.876
Vitamin C (mg)	53.45±4.93	55.17±3.54	71.30±12.55	0.416

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. [†]Adjusted with age and sex.