

Supplement 5. Inadequacy of micronutrients compared by estimated average requirement in two-meal regular diet group (total=3,680)

Variable	Breakfast skipper	Lunch skipper	Dinner skipper	P-value
No. of subjects	3,186	247	247	
Energy intake (kcal)	-38.39±22.02	-28.14±75.89	-182.36±66.26	0.105 [†]
Calcium (mg)**	-69.98±5.69	-4.94±18.90	-21.44±22.36	0.002
Phosphorous (mg)*	552.79±6.90	613.47±22.00	562.84±22.17	0.035
Iron (mg)	2.73±0.12	3.06±0.31	2.92±0.58	0.561
Vitamin A (µgRAE)	-123.64±8.12	-28.63±42.56	-134.72±18.61	0.069
Thiamine (mg)	0.47±0.01	0.56±0.06	0.42±0.05	0.179
Riboflavin (mg)**	0.59±0.02	0.74±0.05	0.72±0.06	0.003
Niacin (mg)	3.64±0.15	4.17±0.50	3.93±0.44	0.535
Vitamin C (mg)	-15.46±1.55	-8.21±5.08	-9.81±5.77	0.279

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. [†]Adjusted with age and sex.