

**Supplement 6.** Inadequacy of micronutrients compared by estimated average requirement in one-meal regular diet group (total=1,019)

Variable	Breakfast	Lunch	Dinner	P-value
No. of subjects	68	540	411	
Energy intake (kcal)	-205.91±134.17	-326.54±44.88	-257.59±50.57	0.501*
Calcium (mg)	-80.36±38.61	-118.22±10.73	-112.49±12.44	0.626
Phosphorous (mg)	411.93±36.64	394.97±14.62	373.07±14.76	0.467
Iron (mg)	1.16±0.65	0.67±0.26	0.24±0.27	0.317
Vitamin A (µgRAE)	-166.34±28.65	-85.05±51.20	-146.95±24.87	0.346
Thiamine (mg)	0.21±0.06	0.30±0.03	0.27±0.03	0.435
Riboflavin (mg)	0.45±0.10	0.48±0.04	0.40±0.04	0.265
Niacin (mg)	1.45±0.87	1.94±0.43	1.90±0.41	0.876
Vitamin C (mg)	-3.70±12.55	-19.83±3.54	-21.55±4.93	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.

\*Adjusted with age and sex.