**Supplementary Table 1.** Component foods of food groups.

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| Food Group | Component Foods |
| Soda | Coke, soda, fruit carbonated drinks |
| Red meat | Pork bulgogi/steamed pork ribs/stir-fried spicy pork/grilled spareribs, pork back-bone stew, grilled pork belly, pork cutlet/sweet and sour pork, boiled pork, beef bulgogi, beef stew/hot spicy meat stew/radish soup, roast beef, stock soup of bone and stew meat/beef-bone soup/bone soup, sausage stew, sundae, and ham |
| White meat | Grilled duck, fried chicken, chopped roast chicken/boiled chicken, and chicken soup with ginseng |
| Vegetables | Balloonflower, green-bean sprouts/bean sprouts, garlic, daikon, boiled lotus root/boiled burdock, cucumber, pickled vegetables/pickled cucumber, seasoned spinach, seasoned chives /seasoned green onion, pumpkin, vegetable salad, green chilli/wrapped with vegetables, seasoned bracken/seasoned aster/seasoned eggplants, sea mustard soup, steamed broccoli/steamed cabbage, grilled seaweed/raw seaweed/seasoned seaweed, stir-fried sea mustard stem, and seasoned green laver/seaweed with vinegar dressing |
| Fruit | Strawberry, grape, apple, peach, watermelon, pear, cherry tomato/tomato, dried persimmon/persimmon, oriental melon, orange, banana, tangerine, kiwi, and fruit juice |
| Fish | Croaker/hairtail, mackerel pike/mackerel, loach in hot bean paste soup, and anchovies/stir-fried anchovy |
| Dairy | Milk, semisolid yogurt, and liquid yogurt |
| Legumes | Boiled bean, bean paste stew/rich soybean paste stew, bean paste soup, tofu/braised tofu/fried tofu, tofu stew/soft tofu stew, and soya milk |
| Nuts | Peanut and chestnut |
| Whole grains | Multigrain rice |