Supplementary Table 1. The food items in each food groups.

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| Group | Food items  |
| Carbohydrate foods  | Cooked rice (well milled), cooked barley (well milled), cooked rice with other cereals, parched cereal powder, noodles with soup, buckwheat vermicelli/buckwheat noodle, rice cake, other rice cakes, loaf bread, bread with small red bean, cereals, corn flakes, fried snacks, candy/chocolate, carbonated drinks, coffee sugar, ramen, chajangmyon (Chinese noodle), other sweet bread, pizza/hamburger, cakes/chocopie, potatoes, sweet potatoes, starch vermicelli, starch jelly  |
| Carbohydrate-fat rich  | Ramen, chajangmyun (Chinese noodle), other sweet bread, pizza/Hamburger, cakes/chocopie |
| Sweets | Fried snacks, candy/chocolate, carbonated drinks, coffee sugar, cakes/chocopie, ice cream |
| Protein-rich foods | Milk, yogurt, ice cream, cheese, dumpling, dog meat, chicken, pork (roasted), pork (belly), pork (braised), ham/sausage, steak/beef (roasted), beef soup/ribs with vegetables, edible viscera, eggs, sashimi, hair tail, eel, yellow croaker, alaska pollack, mackerels, anchovy (dried), cuttlefish/octopus, tuna (canned), fish paste/crab flavored, crab, clam/whelk, oyster, shrimp, salt-fermented fish  |
| Dairy | Milk, yogurt, ice cream, cheese |
| Meats | Dog meat, chicken, pork (roasted), pork (belly), pork (braised), ham/sausage, steak/beef (roasted), beef soup/ribs with vegetables, edible viscera, eggs |
| Seafoods | Sashimi, hair tail, eel, yellow croaker, alaska pollack, mackerels, anchovy (dried), cuttlefish/octopus, tuna (canned), fish paste/crab flavored, crab, clam/whelk, oyster, shrimp, salt-fermented fish |
| Fatty foods | Butter/margarine, coffee cream, nuts |
| All vegetables | Kimchi (Korean cabbage), kkakduki/small radish kimchi, kimchi (radish with water), radish/salted radish, Korean cabbages/ Korean cabbage soup, Other kimchies, Green pepper, Pepper leaves/chamnamul/asterscaber, spinach, lettuce, perilla leaf, crown daisy/leek/water dropwort, other green vegetables, vegetable juice, legumes, tofu, soup and stew with soybean paste/soybean paste, soy milk, laver (dried), kelp/sea mustard, deoduck/doraji (white root), onions, cucumbers, bean sprouts, carrot/carrot juice, pumpkin,mature/Pumpkin juice, pumpkin (immature), bracken/sweet potato stalk, Korean style pickles, oyster mushroom, other mushrooms, tomato/tomato juice |
| Green | Other Kimchies, Green pepper, Pepper leaves/Chamnamul/Asterscaber, Spinach, Lettuce, Perilla leaf, Crown daisy/Leek/Water dropwort, Other green vegetables, Vegetable juice |
| Cruciferous  | Kimchi (Korean cabbage), kkakduki/small radish kimchi, kimchi, radish with water, radish/salted radish, Korean cabbages/ Korean cabbage soup |
| All Fruits | Tangerine, orange/orange juice, persimmon (hard/dried), muskmelon/melon, banana, pear, apple/apple juice, watermelon, peach/plum, strawberry, grape/grape juice |
| Citrus  | Tangerine, orange/orange juice |