**Supplemental Fig. 1**

School lunch example 1

White rice, furikake (a seasoned powder for sprinkling over rice), mackerel cooked with miso (fermented soybean paste), vegetables dressed with sesame sauce, Noppei-jiru (vegetable soup), milk



School lunch example 2

Deep-fried bread topped in sugar, meat balls with ketchup, boiled vegetables, soup with won ton dumplings, milk, pineapple

