



Supplemental Figure 2. Photographs used to estimate serving sizes. (a) curry and rice, (b) salad, (c) a bowl of rice, (d) dressing, (e) coffee, (f) miso soup, (g) margarine, (h) grilled mackerel, (i) banana, (j) cookies, (k) Japanese fried chicken, and (l) simmered squash. A picture of the fourth-smallest portion size is shown in the photos a–d, f–h, and l.