



Supplementary Fig. 1. Longitudinal changes in (A) body mass index (BMI), (B) waist circumference (WC), (C) systolic blood pressure (SBP), (D) diastolic blood pressure (DBP), (E) glucose, (F) insulin, (G) triglycerides, and (H) high-density lipoprotein cholesterol (HDL-C) according to the meal frequency group using the linear mixed model. The blue line labeled “meal frequency (MF) = 1” represents the MF ≥ 3 group, while the red line labeled “MF = 0” represents the MF < 3 group.