

Supplementary Table 1. Baseline nutritional composition characteristics of the study population based on the meal frequency

Variable	Total	Meal frequency ≥ 3	Meal frequency < 3	P value
Ca, mg	497.58 \pm 247.32	498.04 \pm 246.90	494.94 \pm 249.94	0.766
P, mg	1,045.59 \pm 361.96	1,059.10 \pm 362.15	967.52 \pm 351.08	<0.001
Fe, mg	11.14 \pm 4.58	11.29 \pm 4.59	10.28 \pm 4.39	<0.001
K, mg	2,591.98 \pm 1,068.26	2,615.31 \pm 1,071.67	2,457.15 \pm 1,038.92	<0.001
Vitamin A, retinol equivalent	548.65 \pm 365.36	552.88 \pm 369.64	524.20 \pm 338.79	0.046
Na, mg	3,177.89 \pm 1,487.85	3,250.11 \pm 1,507.97	2,760.41 \pm 1,289.76	<0.001
Vitamin B1, mg	1.27 \pm 0.52	1.29 \pm 0.52	1.15 \pm 0.49	<0.001
Vitamin B2, mg	1.04 \pm 0.44	1.05 \pm 0.44	1.01 \pm 0.43	0.062
Niacin, mg	15.97 \pm 6.07	16.14 \pm 6.08	14.97 \pm 5.92	<0.001
Vitamin C, mg	129.83 \pm 89.97	130.81 \pm 89.72	124.18 \pm 91.24	0.081
Zinc, μ g	8.94 \pm 4.15	9.09 \pm 4.26	8.08 \pm 3.35	<0.001
Vitamin B6, mg	1.83 \pm 0.69	1.85 \pm 0.69	1.68 \pm 0.66	<0.001
Folate, μ g	251.87 \pm 115.48	255.35 \pm 116.14	231.74 \pm 109.55	<0.001
Retinol, μ g	74.40 \pm 60.20	73.39 \pm 60.96	80.28 \pm 55.28	0.003
Carotene, μ g	2,783.56 \pm 2,152.55	2,813.24 \pm 2,171.59	2,611.99 \pm 2,032.05	0.019
Ash, mg	21.04 \pm 13.34	21.62 \pm 13.74	17.66 \pm 10.07	<0.001
Fiber, g	7.05 \pm 3.09	7.19 \pm 3.09	6.20 \pm 2.95	<0.001
Vitamin E, mg	9.67 \pm 4.66	9.72 \pm 4.69	9.41 \pm 4.51	0.109
Cholesterol, mg	186.39 \pm 129.10	185.77 \pm 131.26	189.96 \pm 115.85	0.396

Values are presented as mean \pm standard deviation.