

Supplement 2. Energy and nutrient intakes of subjects according to the dietary pattern in the two-meal regular diet group (total=3,680)

| Variable | Breakfast skipper | Lunch skipper | Dinner skipper | P-value |
|----------------------|-------------------|-----------------|-----------------|--------------------|
| No. of subjects | 3,186 | 247 | 247 | |
| Energy intake (kcal) | 2,212.87±21.86 | 2,221.98±75.81 | 2,070.02±65.56 | 0.105 [†] |
| Water (g) | 1,038.16±11.80 | 1,004.54±45.50 | 1,077.25±37.13 | 0.397 |
| Dietary fiber (g) | 22.32±0.23 | 23.24±0.88 | 22.72±0.70 | 0.515 |
| Carbohydrates (g) | 295.53±1.86 | 310.87±7.09 | 291.56±5.14 | 0.080 |
| Protein (g) | 81.97±0.62 | 81.97±2.27 | 79.76±1.57 | 0.401 |
| Fat (g) | 57.22±0.59 | 57.99±2.03 | 60.38±1.68 | 0.157 |
| Saturated fat (g) | 18.91±0.24 | 19.61±0.76 | 20.29±0.75 | 0.134 |
| Cholesterol (mg) | 297.88±4.29 | 298.93±14.40 | 301.53±16.45 | 0.976 |
| Total sugars (g) | 66.11±0.90 | 69.09±3.42 | 69.73±2.55 | 0.302 |
| Sodium (mg) | 3,775.97±33.32 | 3,712.52±137.54 | 3,756.33±179.36 | 0.897 |
| Potassium (mg) | 2,768.67±19.87 | 2,920.36±62.22 | 2,796.66±71.83 | 0.072 |
| Calcium (mg)** | 514.41±5.69 | 579.34±18.88 | 563.03±22.34 | 0.002 |
| Phosphorous (mg)* | 1,132.79±6.90 | 1,193.47±22.00 | 1,143.84±22.17 | 0.035 |
| Iron (mg) | 12.05±0.12 | 12.38±0.31 | 12.24±0.58 | 0.561 |
| Vitamin A (µgRAE) | 387.92±8.13 | 483.31±45.53 | 377.16±18.60 | 0.068 |
| Beta-carotene (µg) | 2,495.48±45.37 | 3,048.69±240.68 | 2,395.43±143.63 | 0.057 |
| Retinol (µg) | 179.28±6.77 | 229.07±38.17 | 177.03±13.74 | 0.428 |
| Thiamine (mg) | 1.42±0.01 | 1.51±0.06 | 1.37±0.05 | 0.179 |
| Riboflavin (mg)** | 1.76±0.02 | 1.91±0.05 | 1.89±0.06 | 0.003 |
| Niacin (mg) | 15.29±0.15 | 15.73±0.50 | 15.49±0.44 | 0.535 |
| Vitamin C (mg) | 59.54±1.55 | 66.79±5.08 | 65.19±5.77 | 0.279 |

Values are presented as estimated mean±standard error, adjusted with age, sex, and energy intake. P-values are obtained by general linear model analysis in complex sample design.

*P<0.05. **P<0.01. [†]Adjusted with age and sex.