Table S1. Intake amount of each food group per cafeteria visit among 775 participants 12 weeks before the follow-up examinations.

Food groups (g)[1]	Mean	SD
Eggs	18.3	12.3
Fish, mollusks, and crustaceans	15.9	12.8
Fruits	3.9	6.4
Grain (Cereal) foods	159.3	50.3
Pulses	23.1	24.5
Meats	102.5	70.8
Milk and milk products	5.2	7.7
Mushrooms	2.3	2.8
Nuts and seeds	0.3	0.3
Fats and Oils	9.6	4.3
Potatoes and starches	13.6	8.8
Algae	0.8	0.9
Sugars and sweeteners	1.8	1.3
Vegetables	112.4	31.8

SD, standard deviation

[1] The groups were based on the classification of the Standard Tables of Food Composition in Japan - 2015 - (Seventh Revised Version).