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| Supplemental Table 1. Descriptions of type of kids’ meal. | | | |
|  | | Description | Representative kids meals |
| Type of meal | |  |  |
|  | Noodle with soup | The dish of noodle that is served in hot soup or with dipping sauce. | Japanese noodle dish (e.g. *udon* and *soba*), Chinese noodle dish (e.g. *ramen*). |
|  | Curry and rice | The dish of curry that is served with rice and several toppings on a plate. | Curry and rice. |
|  | Rice-based | The dish of rice that is fried or cooked with broth. | Fried rice, pilaf, rice gratin, risotto, *omurice* (fried rice covered with fried egg or *omelette*) |
|  | Fish-based | The dish in which the seafood is mainly served on a plate. | *Sushi*, *kaisen-don* (raw seafood rice bowl), *ten-don* (fried seafood rice bowl) |
|  | Meat-based | The dish in which the meat (beef, pork, and chicken) is mainly served on a plate. | Steak (beef, pork, or chicken), hamburger steak dish, fried chicken, mix grill dish, *gyu-don* (beef bowl) |
|  | Burger/sandwich | The dish that contains burger or sandwich. | Burger, sandwich |
|  | Pasta-based | The dish of pasta. | Spaghetti dish, macaroni gratin. |
|  | Pancake | The dish of pancakes. | Pancakes. |
| Type of side dish | |  |  |
|  | Fries | The side dish or “on the side” consisting of fried foods. | Fried potato, fried fish, chicken nugget, |
|  | Vegetables | The side dish or “on the side” consisting of vegetables. | Fresh or steamed vegetables. |