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Table 1. Results of the validation of the selected food images in each category

	Priority	Food name	Recognition (%) ^a	Frequency of eating (1-6)	Liking (mm)	Perception		Time appropriateness		
						Taste (mm) ^b	Fat content (mm) ^c	Breakfast (mm)	Lunch (mm)	Dinner (mm)
HFSA	1	Fried chicken	99.5	4.1	84.9	76.6	80.1	44.4	75.0	74.3
	2	French fries	99.0	3.7	80.6	82.9	84.8	45.0	72.7	54.8
	3	Bacon and eggs	93.5	3.5	76.5	75.4	64.2	87.4	66.3	50.2
	4	Pork cutlet	99.0	3.5	80.5	68.3	84.8	39.0	75.1	71.6
LFSA	1	Radish salad	96.0	4.2	72.3	64.5	12.7	81.6	81.9	85.6
	2	Boiled flounder	82.0	2.8	67.9	66.2	37.1	64.7	72.2	79.9
	3	Udon noodles	84.5	3.7	71.1	67.9	15.0	75.4	76.5	82.5
	4	Boiled spinach	100.0	4.1	81.4	70.2	41.3	64.7	80.6	72.3
HFSW	1	Vanilla ice cream	100.0	3.9	83.3	9.0	76.2	45.5	75.0	60.2
	2	Doughnuts	100.0	3.0	75.2	9.9	84.0	63.1	74.5	37.8
	3	Strawberry cake	100.0	2.8	78.4	7.8	84.7	45.9	77.5	55.0
	4	Cream puffs	98.0	3.5	82.0	6.6	82.6	52.8	77.6	48.0
LFSW	1	Fruit jelly	83.0	2.9	72.2	15.4	32.9	74.6	75.7	61.8
	2	Baked potato	97.5	2.7	71.0	17.4	37.1	59.3	74.4	58.4
	3	Banana	99.5	3.9	70.8	14.6	32.5	88.5	76.7	58.2
	4	Bracken rice cake	95.0	2.5	70.8	20.1	35.2	58.9	74.2	57.5

Values are means for n = 200. ^aRecognition is expressed as a percentage of the total number of the samples (n = 200). ^bTaste scores indicate 0 = More sweet and 100 = More savoury. ^cFat content scores indicate 0 = Low-fat and 100 = High-fat

HFSA, High-fat savoury; LFSA, Low-fat savoury; HFSW, High-fat sweet; LFSW, Low-fat sweet.