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

	Priority	Food name	Recognition	Frequency	Liking	Perception		Time appropriateness		
			(%) <sup>a</sup>	of eating (1-6)	(mm)	Taste (mm) <sup>b</sup>	Fat content (mm) <sup>c</sup>	Breakfast (mm)	Lunch (mm)	Dinner (mm)
HFSA	5	Mixed-vegetable tempura	94.5	3.0	69.2	65.9	79.7	38.6	70.3	68.3
	6	Buttered toast	85.5	4.5	78.1	56.2	72.9	88.1	66.7	32.6
	7	Grilled mackerel	80.0	3.5	72.2	77.5	46.3	76.5	74.9	82.5
	8	Deep-fried tofu	89.0	2.9	77.4	66.9	47.8	57.0	67.6	77.4
LFSA	5	Fish paste	100.0	3.2	64.9	59.5	28.6	62.7	68.2	75.1
	6	Raw fish	100.0	3.6	74.4	55.6	31.6	39.3	64.3	82.7
	7	Grilled chicken	77.0	2.6	71.2	71.0	37.7	45.7	61.7	78.2
	8	Baked rice ball	99.5	2.6	73.8	74.0	48.6	75.6	77.0	68.1
HFSW	5	Cheese cake	98.0	2.9	76.6	18.8	76.3	51.0	76.6	55.6
	6	Choco Coronet	92.5	2.5	72.5	9.4	79.7	76.0	71.4	28.6
	7	Cookies	87.5	3.7	75.0	19.5	75.0	52.4	75.5	45.0
	8	Apple pie	72.0	2.4	66.0	18.4	73.1	53.6	72.3	44.6
LFSW	5	Mandarin orange	100.0	3.9	79.9	18.8	21.5	77.5	77.7	74.8
	6	Ohagi	92.5	2.5	70.2	12.3	54.1	58.0	75.4	43.1
	7	Dorayaki	100.0	2.8	68.4	11.6	68.1	56.7	75.4	44.8
	8	Castella	100.0	2.7	75.2	10.4	73.4	57.7	75.9	45.6

Values are means for n = 200. <sup>a</sup> Recognition is expressed as a percentage of the total number of the samples (n = 200). <sup>b</sup> Taste scores indicate 0 = More sweet and 100 = More savoury. <sup>c</sup> Fat 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.