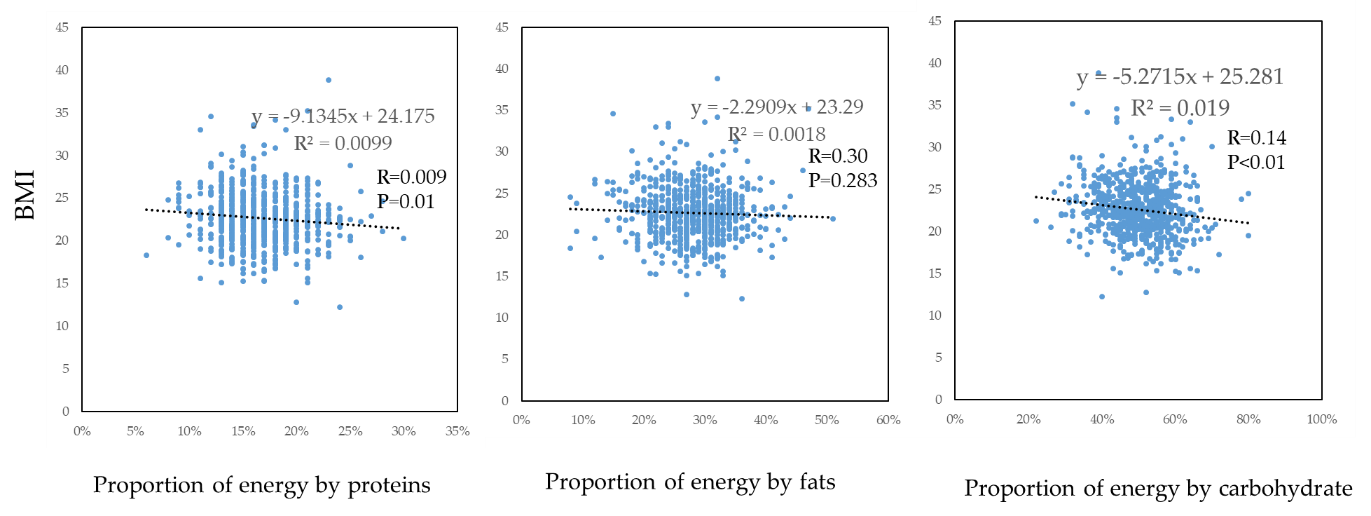
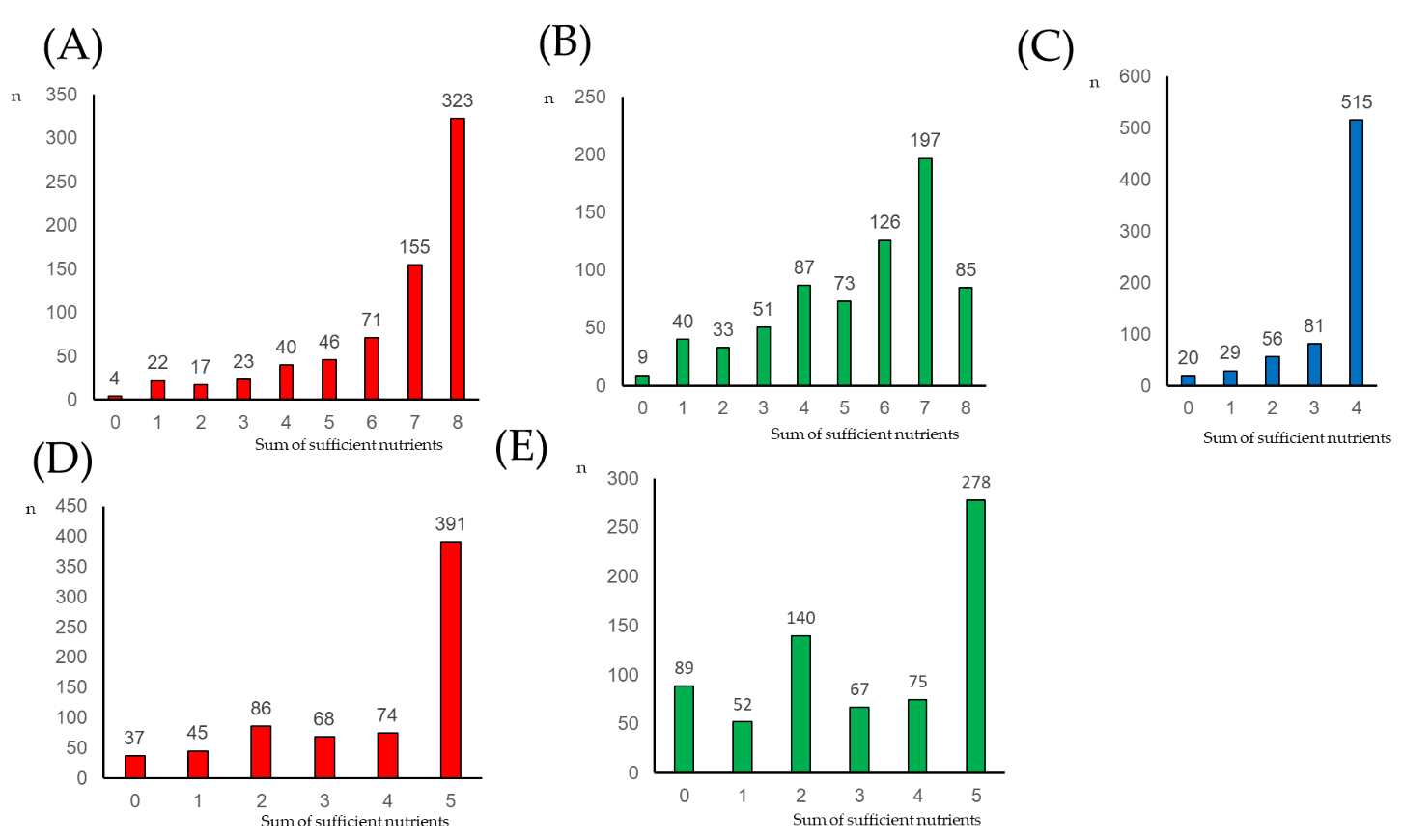
Supplementary materials



**Figure S1.** Scatter plot of BMI against proportion of energy by three macro nutrients.



**Figure S2.** Number of subjects against sum of sufficient nutrition. (**a**) Vitamins for EAR, (**b**) Vitamins for RDA, (**c**) Vitamins for AI, (**d**)Minerals for EAR, (**e**)Minerals for RDA. Among the 701 subjects investigated in this study, only 323 (46.1%) satisfied all vitamins EAR levels of vitamins, and 85(12.1%) satisfied RDA levels. For Minerals, 391(55.6%) for EAR level and 278 (39.6%) for RDA were satisfied. ERA: Estimated Average Requirement, AI: Recommended Dietary Allowance, RDA: Adequate Intake, according to Dietary Reference Intakes for Japanese (2015).