

Supplementary Table 1 | Comparison between recommended dietary allowance (RDA) <sup>a</sup> and observed children’s energy-adjusted nutrient intake <sup>b</sup>

Nutrients	Recommended Dietary Allowance <sup>a</sup>	Total ( N = 136 )				Good ( n = 56 )				Normal ( n = 55 )				Poor ( n = 25 )			
		mean	SD	Median	Deficiency <sup>c</sup> (%)	mean	SD	Median	Deficiency <sup>c</sup> (%)	mean	SD	Median	Deficiency <sup>c</sup> (%)	mean	SD	Median	Deficiency <sup>c</sup> (%)
Protein (g/EER day)	25g	46.7	7.6	46.9	0.0	49.0	7.0	48.9	0.0	45.9	8.0	45.3	0.0	43.6	7.3	44.6	0.0
Dietary fiber (g/EER per day)	10g <sup>d</sup>	8.6	2.4	8.3	78.7	9.1	2.3	9.3	67.9	8.4	2.7	8.0	81.8	7.6	1.2	7.6	96.0
Calcium (mg/EER per day)	575mg <sup>e</sup>	494.0	152.3	471.6	74.3	535.4	130.2	543.8	62.5	469.4	166.0	439.1	83.6	459.0	155.5	454.7	80.0
n-3 fatty acid (g/EER per day)	1.2g <sup>e</sup>	1.6	0.4	1.5	12.5	1.6	0.4	1.6	5.4	1.5	0.5	1.4	21.8	1.6	0.3	1.6	8.0
Iron (mg/EER per day)	5.25mg <sup>e</sup>	5.2	1.2	5.1	55.1	5.5	1.1	5.6	42.9	5.2	1.3	5.1	60.0	4.7	0.7	4.8	72.0

<sup>a</sup> Referred to Japanese Dietary Reference Intakes 2015.(27)

<sup>b</sup> Children’s nutrient intakes were adjusted for each child’s estimated energy requirement (EER).

<sup>c</sup> Percentage of children who did not meet the RDA

<sup>d</sup> RDA of dietary fiber for 4-5 year-old children have been not clearly estimated, so we substituted DG (tentative dietary goals for preventing lifestyle-related diseases) for 6-7 year-old children.

<sup>e</sup> The mean value of RDA for male and female.