Supplementary Material 1. Model selection process

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|  |  |  | Variables included | AIC |
| Step 1 | General Characteristics | M0 |  | 1207.7 |
| M1 | Age | 1115.3 |
| M2 | Gender | 1081.4 |
| M3 | Age gender | 1034.2 |
| M4 | Age gender visit week | 944.5 |
| Step 2 | Main Dish | M5 | M4 + Pork belly(MD1) | 649.8 |
| M6 | M4 + Pork neck(MD2) | 646.7 |
| M7 | M4 + Sliced pork(MD3) | 644.7 |
| Side dish | M8 | M4 + Green onion kimchi(SD1) | 647.4 |
| M9 | M4 + Leaf Mustard Kimchi(SD2) | 644.5 |
| M10 | M4 + Pickled vegetables(SD3) | 649.3 |
| M11 | M4 + Lettuce(SD4) | 650.0 |
| M12 | M4 + Sesame leaf(SD5) | 650.0 |
| M13 | M4 + Pepper(SD6) | 650.1 |
| M14 | M4 + Garlic(SD7) | 648.8 |
| Meal  & Water | M15 | M4 + Boiled rice (M1) | 645.8 |
| M16 | M4 + Kimchi stew (M2) | 648.1 |
| M17 | M4 + Soybean paste stew (M3) | 649.2 |
| M18 | M4 + Spicy noodles (M4) | 649.7 |
| M19 | M4 + Water(W) | 649.9 |
| Sauce | M20 | M4 + Seasoned soybean paste(S1) | 644.4 |
| M21 | M4 + Salted shrimp(S2) | 636.2 |
| M22 | M4 + Salted clams(S3) | 672.7 |
| M23 | M4 + Salted guts of hairtail(S4) | 641.5 |
| M24 | M4 + Sesame oil with salt(S5) | 649.6 |
| M25† | M4 + S1+S2+S3 | 567.2 |
| Step 3 | Final Model | MF1 | M4 + S1+S2+S3 | 567.2 |
| MF2 | M4 + S1+S2+S3+MD3+SD2+M1 | 565.0 |
| MF3 | M4 + S1+S2+S3+MD3+SD2 | 569.0 |
| MF4 | M4 + S1+S2+S3+MD3+M1 | 563.7 |
| MF5 | M4 + S1+S2+S3+SD2+M1 | 564.5 |
| MF6 | M4 + S1+S2+S3+MD3+SD2 | 567.3 |
| MF7 | M4 + S1+S2+S3+SD2 | 568.6 |
| MF8 | M4 + S1+S2+S3+MD3 | 563.8 |
| MF9 | M4 + S1+S2+S3+M1 | 567.2 |

†Results of possible combinations of the five sauces are not presented. Only the results of the most suitable combinations are presented.

AIC, Akaike information criterion