**Supplemental Figure 1** Amino acid ratios at breakfast based on requirement patterns

The sufficiency of each amino acid in breakfast was calculated based on the requirement patterns proposed by the FAO/WHO. The dotted line shows the requirement pattern (i.e., 100% amino acid ratios), and the light and dark lines show amino acid ratios in the low and medium and high PDCAAS groups, respectively. Analyses were conducted using t-tests for comparisons between the low and medium and high PDCAAS groups.

AAA, aromatic amino acids (phenylalanine and tyrosine); His, histidine; Ile, isoleucine; Leu, leucine; Lys, lysine; PDCAAS, protein digestibility-corrected amino acid score; SAA, sulphur-containing amino acids (methionine and cystine); Thr, threonine; Trp, tryptophan; Val, valine.

