

Table S1. Buffet items at dinner.

Participants freely ate the food items until they were satisfied, and the duration of buffet time was from 19:30 to 23:00.

Table S1. Buffet items at dinner (19:30-23:00)

- Beef pastrami
- Curry
- Fried chicken
- Chocolate cookie
- Butter cookie
- Rice crackers
- Cheese
- Fish sausage
- Steamed Chicken
- Bean-starch vermicelli salad
- Coleslaw
- Rice
- Boiled eggs
- Dumplings
- A peace of cake (Baumkuchen)