Supplementary material. Composition ratio of test meal in each test

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|  | Our Study | Tremblay et al. | Kojima et al. | Ahn et al. |
| Fat (%) | 23% | 60% | 35% | 38% |
| Carbohydrate (%) | 57% | 25% | 49% | 52% |
| Protein (%) | 20% | 15% | 16% | 10% |
| Energy (kcal) | 536 | 1003\* | 460 | 811 |
| Trial Times (hr) | 2 | 8 | 3 | 4 |

\*35g of fat per m2 of body surface area.

In the case of gram display in the paper, the composition ratio was calculated as Fat 9kcal / g, Carbohydrate 4kcal / g, Protein 4kcsl / g.