

**Supplemental Table S1.** The number of days and the number of meals that adolescents recorded in an intervention study of mobile application, Diet-A (n=21)

|           | Sex <sup>1</sup> | Number of days recorded <sup>2</sup> | Number of meals recorded |         |         |
|-----------|------------------|--------------------------------------|--------------------------|---------|---------|
|           |                  |                                      | 1 meal                   | 2 meals | 3 meals |
| Person 1  | M                | 6                                    | 1                        | 1       | 4       |
| Person 2  | M                | 32                                   | 0                        | 32      | 0       |
| Person 3  | M                | 5                                    | 1                        | 0       | 4       |
| Person 4  | M                | 6                                    | 3                        | 2       | 1       |
| Person 5  | M                | 1                                    | 0                        | 0       | 1       |
| Person 6  | M                | 23                                   | 0                        | 13      | 10      |
| Person 7  | M                | 8                                    | 0                        | 5       | 3       |
| Person 8  | M                | 7                                    | 3                        | 2       | 2       |
| Person 9  | F                | 11                                   | 0                        | 11      | 0       |
| Person 10 | F                | 1                                    | 0                        | 1       | 0       |
| Person 11 | F                | 12                                   | 1                        | 2       | 9       |
| Person 12 | F                | 16                                   | 2                        | 8       | 6       |
| Person 13 | F                | 47                                   | 1                        | 13      | 33      |
| Person 14 | F                | 3                                    | 1                        | 0       | 2       |
| Person 15 | F                | 10                                   | 5                        | 4       | 1       |
| Person 16 | F                | 9                                    | 5                        | 2       | 2       |
| Person 17 | F                | 15                                   | 2                        | 9       | 4       |
| Person 18 | F                | 14                                   | 2                        | 5       | 7       |
| Person 19 | F                | 12                                   | 3                        | 6       | 3       |
| Person 20 | F                | 4                                    | 1                        | 3       | 0       |
| Person 21 | F                | 14                                   | 0                        | 4       | 10      |

<sup>1</sup>M: male student, F: female student

<sup>2</sup>The average was 12.2 days