

Supplementary Table 1. Dietary information of volunteer team before they departure to TAT. As for different dietaries, the numbers represent the amount of food the host eats: For a specific type of food, "1" represents eating relatively little, "4" represents eating relatively large amount, while "2" and "3" represent amount in between. These dietary information are obtained based on the combination of questionnaire and VT members' self-inspection.

	Roughage	Refined grains	Dairy Products	Meat	Pluck	Poultry	Eggs	Fish and Seafood	Pizza	Vegetables	Other vegetables (raw)	Vegetables (practice)	Legumes, nuts and seeds	Potato	Pickled food	Fried food	Salty snack	Fruit	Ice cream and pudding	Sweets and snacks after eating	Sugar candy	ade	Sodas
VTC1T1	4	4	1	4	1	3	4	1	1	4	1	4	2	2	1	2	1	1	1	1	1	1	1
VTC1T2	4	4	1	4	1	3	4	1	1	4	1	4	2	2	1	2	1	1	1	1	1	1	1
VTC2T1	3	3	4	4	2	3	4	3	1	4	3	3	4	3	3	3	3	4	1	3	1	3	1
VTC2T2	3	3	4	4	2	3	4	3	1	4	3	3	4	3	3	3	3	4	1	3	1	3	1
VTC3T1	3	3	3	4	2	3	4	3	2	4	4	4	4	3	2	3	3	4	3	4	3	3	3
VTC3T2	3	3	3	4	2	3	4	3	2	4	4	4	4	3	2	3	3	4	3	4	3	3	3
VTC4T1	3	3	3	4	3	3	3	3	3	3	3	3	3	3	2	2	2	4	3	3	3	3	3
VTC4T2	3	3	3	4	3	3	3	3	3	3	3	3	3	3	2	2	2	4	3	3	3	3	3
VTC5T1	2	4	3	4	2	3	4	3	1	4	4	4	3	3	3	3	3	4	3	3	2	3	2
VTC5T2	2	4	3	4	2	3	4	3	1	4	4	4	3	3	3	3	3	4	3	3	2	3	2
VTC6T1	3	4	3	4	2	3	3	2	1	4	4	4	3	3	3	3	2	4	1	1	1	2	3
VTC6T2	3	4	3	4	2	3	3	2	1	4	4	4	3	3	3	3	2	4	1	1	1	2	3
VTC7T1	4	4	1	4	2	1	4	3	1	4	4	4	4	3	3	2	4	4	1	2	1	1	1
VTC7T2	4	4	1	4	2	1	4	3	1	4	4	4	4	3	3	2	4	4	1	2	1	1	1
VTC8T1	3	4	2	4	1	3	4	2	1	4	3	4	3	3	3	2	2	4	1	1	1	1	1
VTC8T2	3	4	2	4	1	3	4	2	1	4	3	4	3	3	3	2	2	4	1	1	1	1	1
VTC9T1	1	4	3	3	3	3	3	3	1	4	3	3	3	3	3	3	3	3	1	2	2	3	3
VTC9T2	1	4	3	3	3	3	3	3	1	4	3	3	3	3	3	3	3	3	1	2	2	3	3
VTC10T1	4	4	1	4	3	3	4	3	1	3	3	3	2	2	3	2	2	2	1	1	1	1	3
VTC10T2	4	4	1	4	3	3	4	3	1	3	3	3	2	2	3	2	2	2	1	1	1	1	3