

Supplementary Table 2. Dietary information of volunteer team during they stay in TAT. As to Gender, 1 represents male, while 0 represents female. 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.

| | Gender | Age | Roughage | Refined grains | Dairy Products | Meat | Pilck | 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 | |
|----------|--------|-----|----------|----------------|----------------|------|-------|---------|------|------------------|-------|------------|------------------------|-----------------------|-------------------------|--------|--------------|------------|-------------|-------|-----------------------|--------------------------------|-------------|-----|-------|---|
| VTT0711 | 1 | 47 | 1 | 3 | 1 | 4 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 3 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| VTT0712 | 1 | 47 | 1 | 3 | 1 | 4 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 3 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| VTT0713 | 1 | 47 | 1 | 3 | 1 | 4 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 3 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| VTT0714 | 1 | 47 | 1 | 3 | 1 | 4 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 3 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| VTT0715 | 1 | 47 | 1 | 3 | 1 | 4 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 3 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| VTT0716 | 1 | 47 | 1 | 3 | 1 | 4 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 3 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| VTT0717 | 1 | 47 | 1 | 3 | 1 | 4 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 3 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| VTT0718 | 1 | 47 | 1 | 3 | 1 | 4 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 3 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| VTT0719 | 1 | 47 | 1 | 3 | 1 | 4 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 3 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| VTT1111 | 1 | 52 | 1 | 4 | 1 | 4 | 1 | 1 | 1 | 2 | 1 | 3 | 1 | 1 | 1 | 1 | 1 | 3 | 1 | 4 | 1 | 1 | 1 | 4 | 1 | |
| VTT1112 | 1 | 52 | 1 | 4 | 1 | 4 | 1 | 1 | 1 | 2 | 1 | 3 | 1 | 1 | 1 | 1 | 1 | 3 | 1 | 4 | 1 | 1 | 1 | 4 | 1 | |
| VTT1113 | 1 | 52 | 1 | 4 | 1 | 4 | 1 | 1 | 1 | 2 | 1 | 3 | 1 | 1 | 1 | 1 | 1 | 3 | 1 | 4 | 1 | 1 | 1 | 4 | 1 | |
| VTT1115 | 1 | 52 | 1 | 4 | 1 | 4 | 1 | 1 | 1 | 2 | 1 | 3 | 1 | 1 | 1 | 1 | 1 | 3 | 1 | 4 | 1 | 1 | 1 | 4 | 1 | |
| VTT1117 | 1 | 52 | 1 | 4 | 1 | 4 | 1 | 1 | 1 | 2 | 1 | 3 | 1 | 1 | 1 | 1 | 1 | 3 | 1 | 4 | 1 | 1 | 1 | 4 | 1 | |
| VTT1174 | 1 | 52 | 1 | 4 | 1 | 4 | 1 | 1 | 1 | 2 | 1 | 3 | 1 | 1 | 1 | 1 | 1 | 3 | 1 | 4 | 1 | 1 | 1 | 4 | 1 | |
| VTT1175 | 1 | 52 | 1 | 4 | 1 | 4 | 1 | 1 | 1 | 2 | 1 | 3 | 1 | 1 | 1 | 1 | 1 | 3 | 1 | 4 | 1 | 1 | 1 | 4 | 1 | |
| VTT1178 | 1 | 52 | 1 | 4 | 1 | 4 | 1 | 1 | 1 | 2 | 1 | 3 | 1 | 1 | 1 | 1 | 1 | 3 | 1 | 4 | 1 | 1 | 1 | 4 | 1 | |
| VTT1179 | 1 | 52 | 1 | 4 | 1 | 4 | 1 | 1 | 1 | 2 | 1 | 3 | 1 | 1 | 1 | 1 | 1 | 3 | 1 | 4 | 1 | 1 | 1 | 4 | 1 | |
| VTT2212 | 1 | 44 | 4 | 3 | 4 | 4 | 1 | 3 | 3 | 1 | 4 | 1 | 3 | 3 | 3 | 1 | 3 | 1 | 4 | 2 | 3 | 1 | 3 | 3 | 1 | |
| VTT2213 | 1 | 44 | 4 | 3 | 4 | 4 | 1 | 3 | 3 | 3 | 1 | 4 | 1 | 3 | 3 | 3 | 1 | 3 | 1 | 4 | 2 | 3 | 1 | 3 | 1 | |
| VTT2214 | 1 | 44 | 4 | 3 | 4 | 4 | 1 | 3 | 3 | 3 | 1 | 4 | 1 | 3 | 3 | 3 | 1 | 3 | 1 | 4 | 2 | 3 | 1 | 3 | 1 | |
| VTT2215 | 1 | 44 | 4 | 3 | 4 | 4 | 1 | 3 | 3 | 3 | 1 | 4 | 1 | 3 | 3 | 3 | 1 | 3 | 1 | 4 | 2 | 3 | 1 | 3 | 1 | |
| VTT2217 | 1 | 44 | 4 | 3 | 4 | 4 | 1 | 3 | 3 | 3 | 1 | 4 | 1 | 3 | 3 | 3 | 1 | 3 | 1 | 4 | 2 | 3 | 1 | 3 | 1 | |
| VTT2218 | 1 | 44 | 4 | 3 | 4 | 4 | 1 | 3 | 3 | 3 | 1 | 4 | 1 | 3 | 3 | 3 | 1 | 3 | 1 | 4 | 2 | 3 | 1 | 3 | 1 | |
| VTT2219 | 1 | 44 | 4 | 3 | 4 | 4 | 1 | 3 | 3 | 3 | 1 | 4 | 1 | 3 | 3 | 3 | 1 | 3 | 1 | 4 | 2 | 3 | 1 | 3 | 1 | |
| VTT2274 | 1 | 44 | 4 | 3 | 4 | 4 | 1 | 3 | 3 | 3 | 1 | 4 | 1 | 3 | 3 | 3 | 1 | 3 | 1 | 4 | 2 | 3 | 1 | 3 | 1 | |
| VTT2275 | 1 | 44 | 4 | 3 | 4 | 4 | 1 | 3 | 3 | 3 | 1 | 4 | 1 | 3 | 3 | 3 | 1 | 3 | 1 | 4 | 2 | 3 | 1 | 3 | 1 | |
| VTT2277 | 1 | 44 | 4 | 3 | 4 | 4 | 1 | 3 | 3 | 3 | 1 | 4 | 1 | 3 | 3 | 3 | 1 | 3 | 1 | 4 | 2 | 3 | 1 | 3 | 1 | |
| VTT2279 | 1 | 44 | 4 | 3 | 4 | 4 | 1 | 3 | 3 | 3 | 1 | 4 | 1 | 3 | 3 | 3 | 1 | 3 | 1 | 4 | 2 | 3 | 1 | 3 | 1 | |
| VTT3311 | 0 | 44 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 3 | 2 | 4 | 3 | 4 | 3 | 3 | 3 |
| VTT3312 | 0 | 44 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 3 | 2 | 4 | 3 | 4 | 3 | 3 | 3 |
| VTT3313 | 0 | 44 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 3 | 2 | 4 | 3 | 4 | 3 | 3 | 3 |
| VTT3314 | 0 | 44 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 3 | 2 | 4 | 3 | 4 | 3 | 3 | 3 |
| VTT3315 | 0 | 44 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 3 | 2 | 4 | 3 | 4 | 3 | 3 | 3 |
| VTT3317 | 0 | 44 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 3 | 2 | 4 | 3 | 4 | 3 | 3 | 3 |
| VTT3318 | 0 | 44 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 3 | 2 | 4 | 3 | 4 | 3 | 3 | 3 |
| VTT3319 | 0 | 44 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 3 | 2 | 4 | 3 | 4 | 3 | 3 | 3 |
| VTT3374 | 0 | 44 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 3 | 2 | 4 | 3 | 4 | 3 | 3 | 3 |
| VTT3375a | 0 | 44 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 3 | 2 | 4 | 3 | 4 | 3 | 3 | 3 |
| VTT3375b | 0 | 44 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 3 | 2 | 4 | 3 | 4 | 3 | 3 | 3 |
| VTT3377 | 0 | 44 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 3 | 2 | 4 | 3 | 4 | 3 | 3 | 3 |
| VTT3379 | 0 | 44 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 3 | 2 | 4 | 3 | 4 | 3 | 3 | 3 |
| VTT4412a | 1 | 38 | 3 | 3 | 4 | 2 | 4 | 3 | 4 | 3 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 3 |
| VTT4412b | 1 | 38 | 3 | 3 | 4 | 2 | 4 | 3 | 4 | 3 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 3 |
| VTT4414 | 1 | 38 | 3 | 3 | 4 | 2 | 4 | 3 | 4 | 3 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 3 |
| VTT4417 | 1 | 38 | 3 | 3 | 4 | 2 | 4 | 3 | 4 | 3 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 3 |
| VTT449a | 1 | 38 | 3 | 3 | 4 | 2 | 4 | 3 | 4 | 3 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 3 |
| VTT4496 | 1 | 38 | 3 | 3 | 4 | 2 | 4 | 3 | 4 | 3 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 3 |
| VTT5511 | 1 | 44 | 3 | 4 | 2 | 4 | 3 | 3 | 4 | 4 | 1 | 4 | 4 | 4 | 4 | 3 | 2 | 4 | 3 | 3 | 4 | 2 | 2 | 2 | 2 | 2 |
| VTT5512 | 1 | 44 | 3 | 4 | 2 | 4 | 3 | 3 | 4 | 4 | 1 | 4 | 4 | 4 | 4 | 3 | 2 | 4 | 3 | 3 | 4 | 2 | 2 | 2 | 2 | 2 |
| VTT5513 | 1 | 44 | 3 | 4 | 2 | 4 | 3 | 3 | 4 | 4 | 1 | 4 | 4 | 4 | 4 | 3 | 2 | 4 | 3 | 3 | 4 | 2 | 2 | 2 | 2 | 2 |
| VTT5514 | 1 | 44 | 3 | 4 | 2 | 4 | 3 | 3 | 4 | 4 | 1 | 4 | 4 | 4 | 4 | 3 | 2 | 4 | 3 | 3 | 4 | 2 | 2 | 2 | 2 | 2 |
| VTT5515 | 1 | 44 | 3 | 4 | 2 | 4 | 3 | 3 | 4 | 4 | 1 | 4 | 4 | 4 | 4 | 3 | 2 | 4 | 3 | 3 | 4 | 2 | 2 | 2 | 2 | 2 |
| VTT5517 | 1 | 44 | 3 | 4 | 2 | 4 | 3 | 3 | 4 | 4 | 1 | 4 | 4 | 4 | 4 | 3 | 2 | 4 | 3 | 3 | 4 | 2 | 2 | 2 | 2 | 2 |
| VTT5518 | 1 | 44 | 3 | 4 | 2 | 4 | 3 | 3 | 4 | 4 | 1 | 4 | 4 | 4 | 4 | 3 | 2 | 4 | 3 | 3 | 4 | 2 | 2 | 2 | 2 | 2 |
| VTT5519 | 1 | 44 | 3 | 4 | 2 | 4 | 3 | 3 | 4 | 4 | 1 | 4 | 4 | 4 | 4 | 3 | 2 | 4 | 3 | 3 | 4 | 2 | 2 | 2 | 2 | 2 |
| VTT5574 | 1 | 44 | 3 | 4 | 2 | 4 | 3 | 3 | 4 | 4 | 1 | 4 | 4 | 4 | 4 | 3 | 2 | 4 | 3 | 3 | 4 | 2 | 2 | 2 | 2 | 2 |
| VTT5576 | 1 | 44 | 3 | 4 | 2 | 4 | 3 | 3 | 4 | 4 | 1 | 4 | 4 | 4 | 4 | 3 | 2 | 4 | 3 | 3 | 4 | 2 | 2 | 2 | 2 | 2 |
| VTT5577 | 1 | 44 | 3 | 4 | 2 | 4 | 3 | 3 | 4 | 4 | 1 | 4 | 4 | 4 | 4 | 3 | 2 | 4 | 3 | 3 | 4 | 2 | 2 | 2 | 2 | 2 |
| VTT5579 | 1 | 44 | 3 | 4 | 2 | 4 | 3 | 3 | 4 | 4 | 1 | 4 | 4 | 4 | 4 | 3 | 2 | 4 | 3 | 3 | 4 | 2 | 2 | 2 | 2 | 2 |
| VTT6671 | 0 | 45 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 3 | 2 | 4 | 3 | 4 | 3 | 3 | 3 |
| VTT6672 | 0 | 45 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 3 | 2 | 4 | 3 | 4 | 3 | 3 | 3 |
| VTT6673 | 0 | 45 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 3 | 2 | 4 | 3 | 4 | 3 | 3 | 3 |
| VTT6674 | 0 | 45 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 3 | 2 | 4 | 3 | 4 | 3 | 3 | 3 |
| VTT6675 | 0 | 45 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 3 | 2 | 4 | 3 | 4 | 3 | 3 | 3 |
| VTT6677 | 0 | 45 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 3 | 2 | 4 | 3 | 4 | 3 | 3 | 3 |
| VTT6678 | 0 | 45 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 3 | 2 | 4 | 3 | 4 | 3 | 3 | 3 |
| VTT6679 | 0 | 45 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 3 | 2 | 4 | 3 | 4 | 3 | 3 | 3 |
| VTT7710 | 0 | 40 | 3 | 3 | 1 | 4 | 3 | 2 | 4 | 2 | 1 | 3 | 3 | 4 | 3 | 3 | 2 | 2 | 2 | 4 | 2 | 4 | 2 | 1 | 1 | 1 |
| VTT7712 | 0 | 40 | 3 | 3 | 1 | 4 | 3 | 2 | 4 | 2 | 1 | 3 | 3 | 4 | 3 | 3 | 2 | 2 | 2 | 4 | 2 | 4 | 2 | 1 | 1 | 1 |
| VTT7713 | 0 | 40 | 3 | 3 | 1 | 4 | 3 | 2 | 4 | 2 | 1 | 3 | 3 | 4 | 3 | | | | | | | | | | | |