**Supplemental Table 1.** Detailed composition of amazake-like placebo

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| --- | --- |
| (per serving) | (g) |
| Sugar  | 45 |
| Powder starch syrup | 34 |
| Starch | 9 |
| Fat powder | 6 |
| Sodium chloride | 2 |
| Flavor | 3 |
| Sweetener | 0.5 |
| Acidulant | 0.5 |
| Casein sodium | 0.5 |
| Emulsifier | > 0.1 |