

Table S2. Detailed intervention protocols and meal composition

Study	Meal components	Meal sequence	Intervention duration	Washout period	Additional protocol details
Satrio Nagoro et al. [18] (2019)	Carbohydrate plate: boiled rice (175 g) Vegetable plate: banana (50 g), broccoli (75 g)	C (6): rice only T1 (6): banana→rice→broccoli T2 (6): banana, broccoli→rice T3(6): banana→broccoli→rice T4(6): rice→banana, broccoli	3 Consecutive days	Not applicable	Breakfast is conducted; lunch and dinner were unchanged
Nishino et al. [19] (2018)	Carbohydrate plate: rice (150 g), steamed pumpkin (45 g), orange (75 g) Meat plate: grilled pork (65 g) Vegetable plate: cucumber with sesame and vinegar sauce (50 g), vegetable salad (lettuce 30 g, broccoli 50 g, cherry tomatoes 20 g) with dressing (olive oil 5 g, rice vinegar 5 g, salt 0.3 g)	CVM: rice→vegetable→meat VCM: vegetable→rice→meat VMC: vegetable→meat→rice	3 Separate days	7 Days between the test meals	Not applicable
Sun et al. [20] (2020)	Carbohydrate plate: boiled rice (raw rice 63.2 g with 180 mL of water) Meat plate: steamed chicken breast without skin (100 g) Vegetable plate: boiled Xiao Bai Chye (180 g)	V-MR: vegetable→meat, rice M-VR: meat→vegetable, rice V-M-R: vegetable→meat→rice VMR: rice, meat, and vegetables together R-VM: rice→vegetable, meat	5 Separate days	Not reported	Not applicable
Shaheen et al. [21] (2024)	Carbohydrate plate: boiled rice (200 g) Meat plate: grilled chicken fillet (100 g) Vegetable plate: mixed vegetable Arabic salad (lettuce 50 g, tomato 50 g, cucumber 50 g) with lemon olive	SMM: rice, meat, and vegetables together VPF: meat, vegetable→rice	2 Separate days	7–10 Days between the test meals	Eat the test meal after 10–12 h fast

	oil (20 g)				
Kurotobi et al. [22] (2025)	Typical Japanese set meal: boiled rice (120 g), main dishes, side dishes, soup, dessert (fruit or gelatin) Beef and rice bowl: boiled rice (220 g), simmered beef and onions	-15 dish: nonrice 15 minutes before rice -10 dish: nonrice 10 minutes before rice -5 dish: nonrice 5 minutes before rice +15 dish: nonrice 15 minutes after rice Together: depends on the participants -15 beef: nonrice 15 minutes before rice 0 beef: rice and nonrice consumed together	7 Separate days	Not reported	Eat the test meal after 4 h of fasting
Matsuo et al. [23] (2023)	Carbohydrate plate: boiled rice (180 g) Meat plate: Hamburg steak (120 g) (a mixture of minced beef and pork) Vegetable plate: green salad (lettuce 50 g, cucumber 30 g, tomato 40 g) with nonoil dressing (15 g)	MVR: meat→vegetable→rice MRV: meat→rice→vegetable VMR: vegetable→meat→rice RMV: rice→meat→vegetable RVM: rice→vegetable→meat TE: randomly and alternately allowed to eat meat, vegetables, and rice in small amounts	7 Separate days	3 Days between the test meals	Drink 200 mL of water with the test meal; finish eating the test meal within 15 min