

IV. Nutritional Examinations

Foods and nutrition intakes were assessed by the three-consecutive-day weighing dietary records. This method was those foods as raw materials were weighed separately with scales before they were cooked, and we asked subjects to take the photos before and after eating foods using a disposable camera. And the dietary records were checked and coded by nutritionists. The average intakes of foods and nutrition were calculated according to the 4th edition Standard Tables of Foods Consumption edited by the Science and Technology Agency in Japan. Moreover, we used the substituted food composition table for Japanese foods developed by National Cancer Center for the assessment of fatty acid intakes (Ref. Sasaki S, Kobayashi M, Tsugane S. Development of substituted fatty acid food composition table for the use in nutritional epidemiologic studies for Japanese population: its methodological backgrounds and the evaluation. J Epidemiol, 1999; 9: 190-207).

Food intakes were also assessed by a food frequency and dietary habit questionnaire. (Ref: Shimizu H, Ohwaki A, Kurisu Y, Takatsuka N, Ido M, Kawakami N, Nagata C, Inaba S: Validity and reproducibility of a quantitative food frequency questionnaire for a cohort study in Japan. Jpn J Clin Oncol 29: 38-44, 1999). The average of amounts and frequencies of 166 representative foods eaten during the previous year were written. A dietician interviewed the subjects to confirm the amounts and frequencies

Three days dietary record (3DR)

1) Food intake

- Cereals
- Potatoes and starches
- Sugars and sweeteners
- Confectioneries
- Fats and oils
- Nuts and seeds
- Beans
- Fishes and shellfishes
- Meats
- Eggs
- Milks
- Vegetables
- Fruits
- Mushrooms
- Seaweeds
- Beverages
- Seasonings and spices
- Prepared foods

2) Nutrition intake - Three days dietary record (3DR)

- Energy
- Water
- Protein
- Lipid
- Carbohydrate
- Non-fibrous carbohydrate
- Fibrous carbohydrate
- Ash
- Calcium
- Phosphorus
- Iron
- Sodium
- Potassium
- Retinol
- Carotene
- Retinol potency
- Vitamin B1
- Vitamin B2

Niacin
Vitamin C
Vitamin D
Vitamin E
Salt
Cholesterol
Total dietary fiber
Water soluble fiber
Water insoluble fiber
Vitamin K
Vitamin B6
Vitamin B12
Magnesium
Zinc
Copper
Nitrogen
Isoleucine
Leucine
Lysine
Methionine
Cystine
Sulfur-containing amino acids
Phenylalanine
Tyrosine
Aromatic amino acids
Threonine
Tryptophan
Valine
Histidine
Alginine
Alanine
Aspartic acid
Glutamic acid
Glycine
Proline
Serine
Total fatty acid
Saturated fatty acid
Monounsaturated fatty acid
Polyunsaturated fatty acid
Unsaturated fatty acid
n-6 fatty acid
n-3 fatty acid
Butyric acid
Hexanoic acid
Octanoic acid
Decanoic acid
Decenoic acid
Lauric acid
Myristic acid
Myristoleic acid
Pentadecanoic acid
Pentadecenoic acid
Palmitic acid
Palmitoleic acid
Hexadecatrienoic acid
Heptadecanoic acid
Heptadecenoic acid
Stearic acid
Oleic acid
Linoleic acid
Linolenic acid
 γ -Linolenic acid
Octadecatetraenic acid
Arachidic acid

Eicosenoic acid
Eicosadienoic acid
Eicosatrienoic acid
Eicosatetraenoic acid
Arachidonic acid
Eicosapentaenoic acid
Behenic acid
Docosenoic acid
Docosadienoic acid
n-3 docosapentaenoic acid
n-6 docosapentaenoic acid
Docosahexaenoic acid
Lignoceric acid
Tetracosenoic acid
Alcohol

[Food frequency questionnaire](#)

[1\) Frequency of food intake](#)

Miso soup (miso-shiru)
Clear soup (sumashi-jiru)
Egg custard (chawanmushi)
Japanese chowder (kennchin, kasu-jiru)
Thick or creamy soup
Thin soup
Noodle topped tempura (tempura soba, tempura udon)
Noodle served on bamboo work plate (zaru soba, zaru udon)
Other dishes of noodle
Chinese noodle, noodle with won-tun
Fried or steamed noodles (yakisoba)
Spaghetti with tomato sauce and meat or cheese
Spaghetti with seafood
Macaroni gratin
Macaroni salad
Instant Chinese noodle
Cup noodle
Beef mixed with vegetables
Pork mixed with vegetables
Chicken mixed with vegetables
Fish mixed with vegetables
Fried vegetables
Hamburger steak
Meat dumpling (niku-danngo)
Shao-mai
Fried or steamed dumpling stuffed with minced pork (gyoza)
Pizza
Grilled meat
Beefsteak
Porksteak
Pork cutlet (ton-katsu)
Ham or sausages
Bacon
Roasted pork
Liver (beef, pork and chicken)
Grilled or boiled intestine (horumon-yaki, dote-ni)
Fried chicken (deep-fried chicken, kara-age)
Roast chicken, chicken teri-yaki, yakitori
Grilled fish
Fish boiled with soy and sugar
Dried fish
Raw fish (sashimi)
Squid, octopus
Canned fish
Boiled fish paste (hanpen, kamaboko, chikuwa)

Shellfish boiled down in soy (tsukudani)
Deep-fried fish
Deep fried prawn, tempura of shrimp
Shellfish (include oyster)
Rice (include rice ball)
Half-cleaned rice, unpolished rice
Sushi (nigiri-zushi)
Sushi (chirashi-zushi, maki-zushi and inari-zushi)
Boiled rice mixed with fish, chicken, vegetable and mushroom
Chinese dish of fried rice
Rice boiled together with red beans (seki-han)
Rice gruel
Rice cake (mochi)
Sweet potato
Taro (sato-imo)
Yam (yama-imo, naga-imo)
Fried potatoes
Baked or boiled potatoes
Potato salad
Cornflakes
Corn
Eggs (such as boiled, fried, scrambled, etc)
Tofu
Steamed egg custard (tamago-dofu)
Fried bean curd (abura-age)
Dried bean curd (koya-dofu)
Fried bean curd (ganmodoki or nama-age)
Fermented soy beans
Cucumber
Tomato
Lettuce
Celery
Broccoli
Cauliflower
Cabbage
Green vegetable (such as green peppers, spinach, etc)
Carrot
Pumpkin
Chinese cabbage (haksai)
Edible wild plants (sansai)
Japanese radish (daikon)
Other vegetables (such as eggplant, onion etc.)
Green soybeans, green peas (soramame, edamame)
Other beans and peas
Mushroom
Seaweeds
Tangle or laver boiled down in soy
Orange
Mandarin orange
Grapefruit
Peach
Melon
Water melon
Apple
Pear
Banana
Persimmon (include dried persimmon)
Strawberries
Kiwi fruit
Grapefruit or orange juices or drinks
Tomato or vegetable juices
Other fruits juices and drinks
White bread
Whole wheat or rye breads
Rolls, french rolls

Doughnuts (agepan)
Sweet rolles
Pancakes, waffles and french toast
Butter
Margarine
Peanut butter
Jam, honey, sirop
Whole milk (as beverage or added to cereal)
Low fat milk or yogult (as beverage or added to cereal)
Skim milk (as beverage or added to cereal)
Cocoa
Lactic acid beverage
Soybean milk
Cheese
Ice cream
Ice milk or sherbet
Cookies
Cake
Apple or other fruit pies
Pudding
Chocolate
Japanese style confectioneries (man-ju, yo-kan)
Cracker, Rice cracker, Snack cake (arare, sen-bei)
Rice dumpling (dango)
Nuts (peanuts, other nuts)
Potato, corn or other chips
Pop corn
Pickled Japanese radish (takuan)
Pickled Chinese cabbage (hakusai-duke, mizuna-duke)
Pickled vegetables by miso
Pickled vegetables by soy-sauce
Picled cucumber or eggplant (itiya-duke)
Other pickles
Salt at th table
Soy sauce at the table
Specific miso to Hida area (houba-miso)
Vinegar at the table (ponzu)
Worcester sauce at the table
Dressing at the table
Mayonnaise at tha table
Diet dressing at the table
Japanese sake
Japanese distilled alcoholic beverages (Shochu)
Regular or draft beer
Light beer
Wine
Hard liquor (such as whisky, brandy, gin, vodka, rum, cocktails, etc.)
Regular coffee
Decaffeinnated coffee
Black tea
Green tea
Oolonge tea
Carbonated beverages (such as cola, soda, etc.)
Isotonic drink

[2\) Frequency of supplement intake](#)

Mixed vitamins
Prescribed drug including vitamins and minerals
Cod liver oil
Vitamin A
 β -Carotene
Vitamin C
Calcium
Vitamin E

3) Monthly amount of food intake

Miso soup (miso-shiru) - cup/month
Clear soup (sumashi-jiru) - cup/month
Egg custard (chawanmushi) - cup/month
Japanese chowder (kennchin, kasu-jiru) - cup/month
Thick or creamy soup - cup/month
Thin soup - cup/month
Noodle topped tempura (tempura soba, tempura udon) - bowl/month
Noodle served on bamboo work plate (zaru soba, zaru udon) - bowl/month
Other dishes of noodle - bowl/month
Chinese noodle, noodle with won-tun - bowl/month
Fried or steamed noodles (yakisoba) - plate/month
Spaghetti with tomato sauce and meat or cheese - plate/month
Spaghetti with seafood - plate/month
Macaroni gratin - plate/month
Macaroni salad - plate/month
Instant Chinese noodle - bag/month
Cup noodle - cup/month
Beef mixed with vegetables - plate/month
Pork mixed with vegetables - plate/month
Chicken mixed with vegetables - plate/month
Fish mixed with vegetables - plate/month
Fried vegetables - plate/month
Hamburger steak - plate/month
Meat dumpling (niku-danngo) - piece/month
Shao-mai - piece/month
Fried or steamed dumpling stuffed with minced pork (gyoza) - piece/month
Pizza - slice/month
Grilled meat - plate/month
Beefsteak - plate/month
Porksteak - plate/month
Pork cutlet (ton-katsu) - plate/month
Ham or sausages - plate/month
Bacon - plate/month
Roasted pork - plate/month
Liver (beef, pork and chicken) - plate/month
Grilled or boiled intestine (horumon-yaki, dote-ni) - plate/month
Fried chicken (deep-fried chicken, kara-age) - plate/month
Roast chicken, chicken teri-yaki, yakitori - plate/month
Grilled fish - plate/month
Fish boiled with soy and sugar - plate/month
Dried fish - plate/month
Raw fish (sashimi) - slice/month
Squid, octopus - plate/month
Canned fish - plate/month
Boiled fish paste (hanpen, kamaboko, chikuwa) - plate/month
Shellfish boiled down in soy (tsukudani) - table spoon/month
Deep fried fish - slice/month
Deep fried prawn, tempura of shrimp - plate/month
Shellfish (include oyster) - cup/month
Rice (include rice ball) - cup/month
Half-cleaned rice, unpolished rice - cup/month
Sushi (nigiri-zushi) - piece/month
Sushi (chirashi-zushi, maki-zushi and inari-zushi) - plate/month
Boiled rice mixed with fish, chicken, vegetable and mushroom - cup/month
Chinese dish of fried rice - plate/month
Rice boiled together with red beans (seki-han) - cup/month
Rice gruel - cup/month
Rice cake (mochi) - piece/month
Sweet potato - piece/month
Taro (sato-imo) - piece/month
Yam (yama-imo, naga-imo) - plate/month
Fried potatoes - plate/month
Baked or boiled potatoes - piece/month
Potato salad - plate/month

Cornflakes - plate/month
Corn - corn/month
Eggs (such as boiled, fried, scrambled, etc) - egg/month
Tofu - piece/month
Steamed egg custard (tamago-dofu) - piece/month
Fried been curd (abura-age) - piece/month
Dried been curd (kouya-dofu) - slice/month
Fried been curd (ganmodoki or nama-age) - piece/month
Fermented soy beans - portion/month
Cucumber - stick/month
Tomato - tomato/month
Lettuce - plate/month
Celery - plate/month
Broccoli - plate/month
Cauliflower - plate/month
Cabbage - plate/month
Green vegetable (such as green peppers, spinach, etc) - plate/month
Carrot - plate/month
Pumpkin - plate/month
Chinese cabbage (haksai) - plate/month
Edible wild plants (sansai) - plate/month
Japanese radish (daikon) - plate/month
Other vegetables (such as eggplant, onion etc.) - plate/month
Green soybeans, green peas (soramame, edamame) - plate/month
Other beans and peas - plate/month
Mushroom (such as shiitake, shimeji, hacklberry, matsutake, mushroom etc.) - plate/month
Seaweeds (such as wakame seaweed, tangle, brown algae, etc.) - plate/month
Tangle or laver boiled down in soy - tea spoon/month
Orange - orange/month
Mandarin orange - mandarin orange/month
Grapefruit - grapefruit/month
Peach - peach/month
Melon - slice/month
Water melon - slice/month
Apple - apple/month
Pear - pear/month
Banana - banana/month
Persimmon (include dried persimmon) - persimmon/month
Strawberries - strawberry/month
Kiwi fruit - slice/month
Grapefruit or orange juices or drinks - cup/month
Tomato or vegetable juices - cup/month
Other fruits juices and drinks - cup/month
White bread - slice/month
Whole wheat or rye breads - slice/month
Rolles, french rolles - piece/month
Doughnuts (agepan) - piece/month
Sweet rolles - piece/month
Pancakes, waffles and french toast - slice/month
Whole milk (as beverage or added to cereal) - cup/month
Low fat milk or yogult (as beverage or added to cereal) - cup/month
Skim milk (as beverage or added to cereal) - cup/month
Cocoa - cup/month
Lactic acid beverage - cup/month
Soybean milk - cup/month
Cheese - slice/month
Ice cream - cup/month
Ice milk or sherbet - cup/month
Cookies- piece/month
Cake - piece/month
Apple or other fruit pies - slice/month
Pudding - pudding/month
Chocolate - piece/month
Japanese style confectioneries (man-ju, yo-kan) - piece/month
Cracker, Rice cracker, Snack cake (arare, sen-bei) - piece/month

Rice dumpling (dango) - stick/month
Nuts (peanuts, other nuts) - cup/month
Potato, corn or other chips - cup/month
Pop corn - cup/month
Japanese sake - ethanol ml/month
Japanese distilled alcoholic beverages (Shochu) - ethanol ml/month
Regular or draft beer - ethanolml/month
Light beer - ethanol ml/month
Wine - ethanol ml/month
Hard liquor - ethanol ml/month

4) Daily nutrition intake

Energy - kcal/day
Water - ml/day
Animal protein - g/day
Vegetable protein - g/day
Total protein - g/day
Animal fat - g/day
Fish fat - g/day
Vegetable fat - g/day
Total fat - g/day
Carbohydrate- g/day
Crude fiber - g/day
Ash - g/day
Calcium - mg/day
Phosphorus - mg/day
Iron - mg/day
Sodium - mg/day
Potadium - mg/day
Retinol - micro g/day
Carotene - micro g/day
Vitamin A - IU/day
Vitamin B1 - mg/day
Vitamin B2 - mg/day
Niacin - mg/day
Vitamin C - mg/day
Vitamin D - IU/day
Vitamin E - mg/day
Salt - g/day
Cholesterol - mg/day
Alcohol (Ethanol) - ml/day

Three days dietary record (3DR)

1) Food intake (3DR)

Cereals (g)

	40-49yr			50-59yr			60-69yr			70-79yr			total		
	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n
Male	277.0	74.0	267	273.8	70.6	272	278.0	73.4	273	252.9	79.0	268	270.4	74.9	1080
Female	213.4	53.3	264	209.0	53.5	272	206.6	55.5	276	212.3	68.5	273	210.3	58.1	1085
total	245.4	71.9	531	241.4	70.5	544	242.1	74.1	549	232.4	76.6	541	240.3	73.4	2165

Potatoes and starches (g)

	40–49yr			50–59yr			60–69yr			70–79yr			total		
	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n
Male	63.8	45.6	261	67.1	44.5	278	69.2	49.4	273	71.0	49.6	268	67.8	47.3	1080
Female	58.2	39.2	261	68.8	44.3	277	66.7	46.2	274	70.1	54.9	273	66.1	46.7	1085
total	61.0	42.6	522	68.0	44.3	555	67.9	47.8	547	70.5	52.3	541	66.9	47.0	2165

Sugars and sweeteners (g)

	40–49yr			50–59yr			60–69yr			70–79yr			total		
	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n
Male	11.1	8.3	261	11.3	8.6	278	11.9	13.0	273	10.5	8.4	268	11.2	9.8	1080
Female	10.9	8.1	261	11.7	8.7	277	10.8	7.8	274	10.9	7.6	273	11.1	8.0	1085
total	11.0	8.2	522	11.5	8.6	555	11.3	10.7	547	10.7	8.0	541	11.1	9.0	2165

Confectioneries (g)

	40–49yr			50–59yr			60–69yr			70–79yr			total		
	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n
Male	50.6	52.2	261	43.7	45.4	278	45.7	51.4	273	47.9	44.9	268	46.9	48.6	1080
Female	64.3	43.3	261	59.2	46.8	277	54.1	46.9	274	51.3	41.5	273	57.1	44.9	1085
total	57.5	48.4	522	51.4	46.7	555	49.9	49.3	547	49.6	43.2	541	52.0	47.0	2165

Fats and oils (g)

	40–49yr			50–59yr			60–69yr			70–79yr			total		
	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n
Male	12.8	6.2	261	11.2	5.9	278	10.1	6.2	273	8.7	5.4	268	10.7	6.1	1080
Female	11.1	5.7	261	11.0	6.4	277	8.5	4.8	274	7.8	5.2	273	9.6	5.7	1085
total	11.9	6.0	522	11.1	6.2	555	9.3	5.6	547	8.2	5.3	541	10.1	6.0	2165

Nuts and seeds (g)

	40–49yr			50–59yr			60–69yr			70–79yr			total		
	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n
Male	5.3	7.4	261	5.7	10.0	278	7.6	15.7	273	5.1	7.3	268	5.9	10.7	1080
Female	6.0	12.9	261	7.9	12.8	277	7.6	12.3	274	5.1	7.8	273	6.6	11.7	1085
total	5.6	10.5	522	6.8	11.5	555	7.6	14.1	547	5.1	7.6	541	6.3	11.2	2165

Beans (g)

	40–49yr			50–59yr			60–69yr			70–79yr			total		
	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n

Male	85.1	50.8	261	94.4	56.5	278	95.7	61.0	273	91.5	52.8	268	91.8	55.5	1080
Female	69.0	45.3	261	80.3	54.8	277	85.5	52.2	274	81.1	49.8	273	79.1	51.0	1085
total	77.0	48.7	522	87.3	56.0	555	90.6	56.9	547	86.3	51.5	541	85.4	53.7	2165

Fishes and shellfishes (g)

	40–49yr			50–59yr			60–69yr			70–79yr			total		
	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n
Male	107.9	52.6	261	121.1	54.4	278	119.2	55.1	273	108.8	47.2	268	114.4	52.7	1080
Female	90.6	50.0	261	99.6	47.9	277	92.7	43.1	274	86.4	39.0	273	92.4	45.3	1085
total	99.3	52.0	522	110.4	52.3	555	105.9	51.2	547	97.5	44.6	541	103.3	50.4	2165

Meats (g)

	40–49yr			50–59yr			60–69yr			70–79yr			total		
	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n
Male	93.9	46.5	261	89.9	46.4	278	74.0	44.9	273	66.8	38.8	268	81.1	45.6	1080
Female	73.6	38.2	261	64.5	36.1	277	64.6	39.3	274	53.2	33.8	273	63.9	37.5	1085
total	83.8	43.7	522	77.2	43.5	555	69.3	42.4	547	59.9	37.0	541	72.5	42.6	2165

Eggs (g)

	40–49yr			50–59yr			60–69yr			70–79yr			total		
	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n
Male	60.8	30.9	261	63.0	30.7	278	62.3	26.7	273	56.1	27.4	268	60.6	29.1	1080
Female	55.1	27.0	261	53.6	25.7	277	53.6	25.6	274	51.8	25.9	273	53.5	26.0	1085
total	57.9	29.1	522	58.3	28.7	555	57.9	26.5	547	53.9	26.7	541	57.0	27.8	2165

Milks and daily foods (g)

	40–49yr			50–59yr			60–69yr			70–79yr			total		
	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n
Male	148.7	131.3	261	146.4	134.8	278	162.7	140.2	273	178.9	127.3	268	159.2	134.0	1080
Female	180.2	128.1	261	185.4	137.4	277	184.1	116.3	274	179.7	130.6	273	182.4	128.2	1085
total	164.4	130.5	522	165.9	137.4	555	173.4	129.1	547	179.3	128.9	541	170.8	131.6	2165

Vegetables (g)

	40–49yr			50–59yr			60–69yr			70–79yr			total		
	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n
Male	267.9	110.7	261	311.2	125.1	278	321.0	139.4	273	292.9	130.6	268	298.7	128.4	1080
Female	244.5	93.2	261	283.2	94.2	277	297.1	113.5	274	274.2	112.5	273	275.1	105.5	1085
total	256.2	102.9	522	297.2	111.6	555	309.0	127.6	547	283.5	122.1	541	286.9	118.1	2165

Fruits (g)

	40–49yr			50–59yr			60–69yr			70–79yr			total		
	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n
Male	118.9	101.4	261	137.1	115.2	278	193.0	132.5	273	171.6	125.3	268	155.4	122.6	1080
Female	140.3	96.7	261	174.9	113.3	277	188.5	113.9	274	178.3	120.6	273	170.9	112.9	1085
total	129.6	99.6	522	156.0	115.7	555	190.7	123.5	547	174.9	122.9	541	163.1	118.1	2165

Mushrooms (g)

	40–49yr			50–59yr			60–69yr			70–79yr			total		
	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n
Male	17.2	20.7	261	20.0	17.8	278	20.9	18.9	273	18.3	20.6	268	19.1	19.5	1080
Female	19.0	18.6	261	20.9	19.6	277	18.2	19.4	274	15.7	16.3	273	18.5	18.6	1085
total	18.1	19.7	522	20.4	18.7	555	19.5	19.2	547	17.0	18.6	541	18.8	19.1	2165

Seaweeds (g)

	40–49yr			50–59yr			60–69yr			70–79yr			total		
	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n
Male	6.8	10.3	261	7.7	9.2	278	8.7	14.0	273	10.9	16.6	268	8.5	12.9	1080
Female	7.2	18.8	261	8.7	16.1	277	7.2	10.8	274	10.5	27.0	273	8.4	19.1	1085
total	7.0	15.1	522	8.2	13.1	555	7.9	12.5	547	10.7	22.4	541	8.5	16.3	2165

Beverages (g)

	40–49yr			50–59yr			60–69yr			70–79yr			total		
	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n
Male	977.3	464.0	261	1001.8	485.4	278	848.3	413.7	273	751.6	366.9	268	895.0	446.2	1080
Female	687.4	352.4	261	669.9	301.2	277	676.0	323.5	274	562.2	263.6	273	648.6	315.0	1085
total	832.4	436.4	522	836.1	436.6	555	762.0	380.8	547	656.0	332.5	541	771.5	405.1	2165

Seasonings and spices (g)

	40–49yr			50–59yr			60–69yr			70–79yr			total		
	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n
Male	40.9	16.3	261	41.1	16.7	278	38.9	16.5	273	34.3	14.2	268	38.8	16.1	1080
Female	33.9	11.6	261	35.9	13.7	277	34.8	14.2	274	31.4	12.2	273	34.0	13.1	1085
total	37.4	14.5	522	38.5	15.5	555	36.8	15.5	547	32.8	13.3	541	36.4	14.9	2165

Prepared foods (g)

	40–49yr			50–59yr			60–69yr			70–79yr			total		
	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n	mean	SD	n
Male	41.6	50.1	261	32.6	50.5	278	29.2	48.4	273	26.7	47.5	268	32.4	49.4	1080
Female	33.0	47.6	261	24.4	39.5	277	25.5	45.8	274	22.5	41.5	273	26.3	43.8	1085
total	37.3	49.0	522	28.5	45.5	555	27.4	47.1	547	24.6	44.5	541	29.3	46.7	2165

2) Nutrition intake (3DR)

Energy (kcal)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2266.9	391.5	267	2259.4	406.0	272	2217.5	394.6	273	2024.0	349.1	268	2192.2	397.9	1080
Female	1846.6	282.8	264	1846.8	301.6	272	1778.8	303.2	276	1703.7	323.4	273	1793.4	308.5	1085
Total	2058.0	401.1	531	2053.1	412.6	544	1996.9	414.3	549	1862.3	372.3	541	1992.4	407.9	2165

Water (g)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2036.6	525.6	267	2133.0	538.5	272	2050.6	510.8	273	1892.3	490.8	268	2028.6	523.3	1080
Female	1650.7	433.0	264	1732.8	391.8	272	1746.4	458.6	276	1601.1	389.3	273	1683.1	422.9	1085
Total	1844.7	518.6	531	1932.9	511.3	544	1897.6	508.2	549	1745.4	465.5	541	1855.5	505.9	2165

Protein (g)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	86.7	17.3	267	89.4	16.7	272	88.2	17.5	273	81.4	18.2	268	86.4	17.7	1080
Female	73.1	13.7	264	76.0	14.8	272	73.4	14.9	276	68.9	15.0	273	72.8	14.8	1085
Total	79.9	17.0	531	82.7	17.1	544	80.7	17.9	549	75.1	17.8	541	79.6	17.7	2165

Lipid (g)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	66.3	16.4	267	60.8	15.8	272	58.0	16.6	273	52.9	14.0	268	59.5	16.4	1080
Female	57.9	13.6	264	55.7	15.2	272	50.0	13.5	276	45.9	13.3	273	52.3	14.7	1085
Total	62.1	15.6	531	58.2	15.7	544	54.0	15.6	549	49.4	14.1	541	55.9	16.0	2165

Carbohydrate (g)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	299.3	62.1	267	302.0	62.1	272	310.8	62.7	273	287.9	56.9	268	300.0	61.5	1080
Female	252.7	43.5	264	258.6	48.5	272	257.9	48.8	276	254.6	53.4	273	256.0	48.7	1085
Total	276.1	58.4	531	280.3	59.8	544	284.2	62.0	549	271.1	57.6	541	277.9	59.7	2165

Non-fibrous carbohydrate (g)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	292.6	61.2	267	293.7	61.9	272	301.7	62.7	273	279.9	55.9	268	292.0	60.9	1080
Female	246.1	42.7	264	251.7	47.6	272	250.1	48.1	276	248.2	51.9	273	249.1	47.7	1085
Total	269.5	57.7	531	272.7	59.0	544	275.8	61.4	549	263.9	56.1	541	270.5	58.7	2165

Fibrous carbohydrate (g)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.0	1.2	267	4.6	1.4	272	5.1	1.6	273	4.7	1.5	268	4.6	1.5	1080
Female	3.7	1.1	264	4.4	1.3	272	4.7	1.4	276	4.5	1.3	273	4.3	1.3	1085
Total	3.8	1.1	531	4.5	1.3	544	4.9	1.5	549	4.6	1.4	541	4.5	1.4	2165

Ash (g)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	21.5	4.9	267	23.4	5.5	272	24.4	6.1	273	22.8	5.8	268	23.0	5.7	1080
Female	19.1	4.2	264	21.0	4.5	272	21.2	4.9	276	20.2	4.7	273	20.4	4.7	1085
Total	20.3	4.7	531	22.2	5.2	544	22.8	5.7	549	21.5	5.4	541	21.7	5.4	2165

Calcium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	583.9	190.5	267	641.8	223.1	272	690.3	244.1	273	670.3	242.8	268	646.8	229.5	1080
Female	576.6	192.9	264	649.9	215.3	272	656.4	223.0	276	626.5	230.0	273	627.8	217.9	1085
Total	580.3	191.5	531	645.8	219.0	544	673.3	234.1	549	648.2	237.2	541	637.3	223.9	2165

Phosphorus (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1195.4	245.2	267	1256.9	256.8	272	1264.3	289.4	273	1184.8	284.3	268	1225.7	271.6	1080

Female	1034.2	205.0	264	1109.2	241.7	272	1088.9	247.4	276	1033.3	263.7	273	1066.7	242.7	1085
Total	1115.3	239.8	531	1183.0	259.9	544	1176.1	282.8	549	1108.3	284.1	541	1146.0	269.4	2165

Iron (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.5	2.6	267	12.3	2.6	272	13.0	3.3	273	12.0	3.0	268	12.2	3.0	1080
Female	10.1	2.4	264	10.9	2.5	272	11.4	2.9	276	10.7	2.7	273	10.8	2.7	1085
Total	10.8	2.6	531	11.6	2.7	544	12.2	3.2	549	11.3	3.0	541	11.5	2.9	2165

Sodium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4987.1	1256.3	267	5366.8	1389.6	272	5451.2	1527.7	273	5040.5	1335.3	268	5213.3	1394.3	1080
Female	4286.5	1119.0	264	4583.0	1108.2	272	4609.6	1168.6	276	4431.8	1106.9	273	4479.6	1132.0	1085
Total	4638.8	1239.5	531	4974.9	1315.5	544	5028.1	1421.7	549	4733.3	1261.6	541	4845.6	1321.3	2165

Potadium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2912.9	713.3	267	3152.0	715.7	272	3321.8	862.1	273	3064.3	822.9	268	3114.0	794.3	1080
Female	2659.7	597.1	264	2971.5	676.1	272	2977.8	754.2	276	2794.6	719.2	273	2852.7	701.6	1085
Total	2787.0	669.6	531	3061.7	701.4	544	3148.8	827.0	549	2928.2	783.3	541	2983.1	760.4	2165

Retinol (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	337.3	467.3	267	349.2	538.9	272	446.6	821.9	273	417.3	729.9	268	387.8	656.5	1080
Female	318.9	520.4	264	300.5	635.2	272	444.2	1099.7	276	347.1	636.7	273	353.3	760.4	1085
Total	328.1	494.0	531	324.9	589.0	544	445.4	970.7	549	381.9	684.7	541	370.5	710.5	2165

Carotene (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2736.2	1409.5	267	3322.7	1785.6	272	3700.5	2118.4	273	3418.1	2026.8	268	3296.9	1887.1	1080
Female	2759.7	1415.8	264	3090.5	1667.1	272	3560.7	1971.8	276	3447.3	1887.3	273	3219.4	1777.5	1085
Total	2747.9	1411.4	531	3206.6	1729.7	544	3630.2	2045.3	549	3432.8	1955.9	541	3258.0	1833.0	2165

Retinol potency (IU)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2671.7	1697.0	267	3035.2	2067.8	272	3569.8	2986.3	273	3313.9	2665.3	268	3149.6	2429.2	1080
Female	2625.2	1923.5	264	2744.9	2399.2	272	3486.1	3863.3	276	3097.3	2387.6	273	2993.0	2768.9	1085
Total	2648.6	1811.6	531	2890.1	2242.3	544	3527.8	3452.3	549	3204.6	2529.0	541	3071.1	2605.6	2165

Vitamin B1 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.1	0.3	267	1.2	0.3	272	1.2	0.4	273	1.1	0.3	268	1.1	0.3	1080
Female	1.0	0.2	264	1.0	0.3	272	1.0	0.3	276	0.9	0.3	273	1.0	0.3	1085
Total	1.0	0.3	531	1.1	0.3	544	1.1	0.3	549	1.0	0.3	541	1.1	0.3	2165

Vitamin B2 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.6	0.4	267	1.6	0.4	272	1.7	0.4	273	1.6	0.4	268	1.6	0.4	1080
Female	1.4	0.3	264	1.5	0.4	272	1.5	0.4	276	1.4	0.4	273	1.4	0.4	1085
Total	1.5	0.3	531	1.6	0.4	544	1.6	0.4	549	1.5	0.4	541	1.5	0.4	2165

Niacin (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	19.6	5.6	267	20.5	5.5	272	18.9	5.7	273	17.2	5.8	268	19.1	5.8	1080
Female	15.6	4.6	264	16.4	4.5	272	15.2	4.4	276	13.8	4.1	273	15.2	4.5	1085
Total	17.6	5.5	531	18.4	5.4	544	17.0	5.5	549	15.5	5.3	541	17.1	5.5	2165

Vitamin C (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	121.8	78.6	267	133.9	65.1	272	152.5	69.0	273	140.6	70.1	268	137.3	71.6	1080
Female	119.3	59.9	264	142.3	62.7	272	155.3	74.3	276	134.8	55.8	273	138.1	64.8	1085
Total	120.5	69.9	531	138.1	64.0	544	153.9	71.7	549	137.7	63.3	541	137.7	68.3	2165

Vitamin D (IU)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	258.6	226.9	267	311.7	233.4	272	288.4	226.6	273	271.6	224.4	268	282.7	228.4	1080
Female	218.5	175.4	264	261.5	211.8	272	243.9	190.3	276	213.1	183.3	273	234.4	191.5	1085
Total	238.7	203.8	531	286.6	224.0	544	266.0	210.2	549	242.1	206.6	541	258.5	212.1	2165

Vitamin E (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.4	2.4	267	8.7	2.4	272	9.0	2.8	273	8.0	2.4	268	8.5	2.5	1080
Female	7.5	2.0	264	8.2	2.4	272	7.8	2.3	276	7.3	2.2	273	7.7	2.3	1085
Total	8.0	2.3	531	8.4	2.4	544	8.4	2.7	549	7.6	2.3	541	8.1	2.5	2165

Salt (g)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12.4	3.2	267	13.3	3.5	272	13.6	3.9	273	12.6	3.4	268	13.0	3.5	1080
Female	10.7	2.8	264	11.4	2.8	272	11.5	3.0	276	11.1	2.8	273	11.2	2.9	1085
Total	11.5	3.1	531	12.4	3.3	544	12.5	3.6	549	11.8	3.2	541	12.1	3.3	2165

Cholesterol (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	406.0	151.3	267	409.3	155.9	272	396.8	145.6	273	354.4	142.3	268	391.7	150.3	1080
Female	343.8	120.1	264	347.9	136.4	272	332.6	134.7	276	296.6	125.9	273	330.1	130.9	1085
Total	375.1	140.1	531	378.6	149.5	544	364.5	143.8	549	325.2	137.2	541	360.8	144.2	2165

Total dietary fiber (g)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.7	3.8	267	16.4	4.3	272	18.3	5.3	273	16.6	4.8	268	16.5	4.8	1080
Female	13.8	3.6	264	15.7	4.1	272	16.1	4.2	276	15.4	4.1	273	15.3	4.1	1085
Total	14.3	3.7	531	16.1	4.2	544	17.2	4.9	549	16.0	4.5	541	15.9	4.5	2165

Water soluble fiber (g)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.0	0.8	267	2.3	0.9	272	2.7	1.1	273	2.4	1.0	268	2.4	1.0	1080
Female	1.9	0.7	264	2.2	0.8	272	2.4	0.9	276	2.3	0.9	273	2.2	0.8	1085

Total	2.0	0.8	531	2.3	0.9	544	2.5	1.0	549	2.3	0.9	541	2.3	0.9	2165
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Water insoluble fiber (g)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.3	2.5	267	10.6	3.0	272	12.0	3.6	273	10.7	3.4	268	10.7	3.3	1080
Female	8.7	2.5	264	10.2	2.7	272	10.4	3.0	276	10.1	2.8	273	9.9	2.8	1085
Total	9.0	2.5	531	10.4	2.9	544	11.2	3.4	549	10.4	3.1	541	10.3	3.1	2165

Vitamin K (micro g)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	460.3	260.0	267	494.3	244.4	272	505.7	273.9	273	467.3	280.2	268	482.1	265.3	1080
Female	393.3	232.6	264	482.0	264.3	272	481.8	254.6	276	394.8	223.6	273	438.4	248.0	1085
Total	427.0	248.8	531	488.2	254.4	544	493.7	264.4	549	430.7	255.6	541	460.2	257.6	2165

Vitamin B6 (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.0	0.3	267	1.2	0.4	272	1.2	0.4	273	1.1	0.4	268	1.1	0.4	1080
Female	0.9	0.3	264	1.1	0.3	272	1.0	0.3	276	1.0	0.3	273	1.0	0.3	1085
Total	1.0	0.3	531	1.1	0.4	544	1.1	0.4	549	1.0	0.4	541	1.1	0.4	2165

Vitamin B12 (micro g)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.1	5.9	267	7.2	6.3	272	7.5	7.7	273	6.0	5.3	268	6.7	6.4	1080
Female	5.1	4.9	264	5.4	4.6	272	6.6	6.8	276	5.3	5.3	273	5.6	5.5	1085
Total	5.6	5.5	531	6.3	5.6	544	7.1	7.3	549	5.6	5.3	541	6.2	6.0	2165

Magnesium (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	209.0	56.6	267	228.9	53.1	272	238.3	63.0	273	214.0	61.9	268	222.7	59.9	1080
Female	179.2	47.9	264	198.5	55.1	272	198.1	53.7	276	190.0	50.7	273	191.5	52.5	1085
Total	194.2	54.5	531	213.7	56.2	544	218.1	61.8	549	201.9	57.8	541	207.1	58.4	2165

Zinc (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	7095.4	3011.8	267	7561.4	3510.6	272	7755.0	3279.2	273	6879.3	2419.9	268	7325.9	3100.7	1080
Female	5722.2	2360.9	264	6040.6	1995.6	272	6212.2	2436.8	276	6028.7	2567.2	273	6003.8	2353.5	1085
Total	6412.6	2791.2	531	6801.0	2952.5	544	6979.4	2985.5	549	6450.1	2529.1	541	6663.3	2829.4	2165

Copper (micro g)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1091.9	396.6	267	1164.7	377.7	272	1235.3	380.8	273	1098.7	338.6	268	1148.2	378.1	1080
Female	884.1	308.3	264	980.0	286.2	272	1018.4	329.0	276	974.5	304.2	273	965.0	310.8	1085
Total	988.6	370.0	531	1072.3	347.3	544	1126.3	371.6	549	1036.0	327.4	541	1056.4	357.8	2165

Nitrogen (g)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12.8	2.7	267	13.2	2.6	272	13.2	2.7	273	12.2	2.8	268	12.9	2.7	1080
Female	10.7	2.1	264	11.2	2.3	272	10.9	2.4	276	10.3	2.3	273	10.8	2.3	1085
Total	11.7	2.7	531	12.2	2.7	544	12.1	2.8	549	11.2	2.7	541	11.8	2.7	2165

Isoleucine (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3532.1	776.7	267	3650.7	745.7	272	3623.8	762.7	273	3376.1	793.5	268	3546.5	776.1	1080
Female	2952.4	595.9	264	3094.2	658.0	272	3014.6	660.0	276	2837.8	666.6	273	2974.9	652.1	1085
Total	3243.9	750.4	531	3372.4	755.8	544	3317.5	774.8	549	3104.5	779.6	541	3260.0	771.4	2165

Leucine (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6163.7	1319.7	267	6343.3	1276.5	272	6312.3	1306.7	273	5866.9	1345.4	268	6172.8	1323.8	1080
Female	5157.3	1017.9	264	5383.0	1125.5	272	5241.3	1128.7	276	4939.5	1140.0	273	5180.4	1115.1	1085
Total	5663.3	1281.4	531	5863.1	1294.8	544	5773.9	1331.9	549	5398.9	1328.6	541	5675.5	1320.2	2165

Lysine (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N

Male	5144.2	1301.9	267	5356.6	1255.8	272	5233.2	1259.4	273	4923.0	1322.8	268	5165.3	1293.0	1080
Female	4276.5	979.7	264	4521.4	1098.6	272	4384.7	1078.9	276	4086.6	1086.0	273	4317.7	1072.9	1085
Total	4712.8	1231.1	531	4939.0	1250.6	544	4806.7	1245.7	549	4501.0	1278.5	541	4740.5	1260.9	2165

Methionine (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1872.4	431.7	267	1928.7	421.6	272	1887.9	411.0	273	1763.3	436.2	268	1863.4	428.9	1080
Female	1546.6	325.7	264	1616.0	362.2	272	1557.4	349.9	276	1458.9	359.5	273	1544.7	353.8	1085
Total	1710.4	415.6	531	1772.3	422.7	544	1721.7	415.5	549	1609.7	427.0	541	1703.7	424.1	2165

Cystine (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1286.9	249.7	267	1309.4	232.6	272	1321.4	243.6	273	1209.7	245.3	268	1282.1	246.3	1080
Female	1067.5	192.9	264	1100.8	208.4	272	1075.8	208.9	276	1023.6	208.8	273	1066.9	206.6	1085
Total	1177.8	248.6	531	1205.1	244.1	544	1197.9	257.8	549	1115.8	245.7	541	1174.3	251.5	2165

Sulfer-containing amino acids (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3158.4	666.0	267	3237.0	638.7	272	3208.6	639.7	273	2971.8	668.3	268	3144.6	660.4	1080
Female	2612.8	507.1	264	2715.1	554.0	272	2631.6	544.9	276	2481.1	556.6	273	2610.1	547.0	1085
Total	2887.1	651.7	531	2976.1	651.9	544	2918.5	659.9	549	2724.2	661.2	541	2876.7	662.4	2165

Phenylalanine (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3552.7	727.4	267	3654.3	703.1	272	3666.5	738.0	273	3397.8	748.3	268	3568.6	736.2	1080
Female	2965.5	562.5	264	3101.3	619.9	272	3032.0	635.2	276	2872.0	636.9	273	2992.9	619.8	1085
Total	3260.7	713.4	531	3377.8	717.7	544	3347.5	757.4	549	3132.5	741.9	541	3280.1	738.6	2165

Tyrosine (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2698.4	586.0	267	2797.2	573.4	272	2784.3	594.5	273	2579.2	603.8	268	2715.4	595.1	1080
Female	2235.1	446.4	264	2363.7	503.2	272	2310.4	501.7	276	2170.7	496.4	273	2270.3	492.7	1085
Total	2468.0	570.1	531	2580.4	581.0	544	2546.1	598.3	549	2373.1	588.4	541	2492.3	589.7	2165

Aromatic amino acids (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6247.6	1310.1	267	6445.7	1271.0	272	6441.3	1326.0	273	5971.4	1349.7	268	6277.9	1326.8	1080
Female	5194.8	1006.0	264	5459.8	1114.2	272	5336.7	1131.7	276	5037.5	1127.7	273	5257.7	1106.7	1085
Total	5724.2	1281.2	531	5952.7	1292.0	544	5886.0	1349.4	549	5500.1	1326.5	541	5766.7	1323.5	2165

Threonine (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3116.8	703.5	267	3231.0	679.0	272	3187.0	686.8	273	2969.6	713.5	268	3126.8	701.8	1080
Female	2590.7	537.0	264	2722.7	589.3	272	2648.8	592.7	276	2483.8	590.0	273	2611.7	583.9	1085
Total	2855.2	678.9	531	2976.8	684.2	544	2916.5	694.9	549	2724.4	697.3	541	2868.6	694.8	2165

Tryptophan (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	951.0	201.0	267	981.6	193.9	272	981.8	202.1	273	913.8	208.4	268	957.3	203.0	1080
Female	789.9	154.3	264	830.8	172.8	272	815.8	173.3	276	769.7	173.6	273	801.7	170.3	1085
Total	870.9	196.4	531	906.2	198.4	544	898.4	205.5	549	841.1	204.6	541	879.3	202.8	2165

Valine (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4193.1	885.8	267	4329.6	871.1	272	4307.6	883.2	273	4015.6	915.2	268	4212.4	896.3	1080
Female	3494.0	681.0	264	3666.9	764.3	272	3583.9	760.7	276	3382.0	771.2	273	3532.1	752.2	1085
Total	3845.5	863.9	531	3998.3	883.3	544	3943.8	899.3	549	3695.9	902.4	541	3871.4	894.3	2165

Histidine (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2586.9	726.8	267	2660.6	669.7	272	2615.7	674.4	273	2445.3	763.4	268	2577.6	712.9	1080
Female	2107.6	501.5	264	2247.3	601.5	272	2141.5	563.8	276	1997.3	556.3	273	2123.5	563.7	1085
Total	2348.6	668.9	531	2453.9	668.7	544	2377.3	664.5	549	2219.2	703.1	541	2350.0	681.3	2165

Alginine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4769.1	1059.2	267	4961.2	1012.1	272	4896.9	1104.0	273	4517.5	1037.4	268	4787.3	1065.9	1080
Female	3831.9	785.3	264	4088.8	879.4	272	3997.7	897.1	276	3755.0	858.0	273	3919.1	865.6	1085
Total	4303.1	1043.6	531	4525.0	1043.0	544	4444.8	1100.6	549	4132.7	1023.9	541	4352.2	1063.2	2165

Alanine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3995.3	916.2	267	4156.8	877.5	272	4076.5	884.0	273	3793.2	904.5	268	4006.4	904.5	1080
Female	3251.9	679.7	264	3436.0	745.8	272	3359.0	754.9	276	3142.9	728.8	273	3297.9	735.7	1085
Total	3625.7	888.2	531	3796.4	890.0	544	3715.8	896.0	549	3465.0	882.0	541	3651.3	897.0	2165

Aspartic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	7353.5	1647.5	267	7704.6	1614.9	272	7671.4	1715.7	273	7141.3	1707.8	268	7469.6	1685.9	1080
Female	6053.4	1251.9	264	6509.4	1405.3	272	6398.6	1430.9	276	6008.3	1410.7	273	6244.2	1392.6	1085
Total	6707.1	1601.1	531	7107.0	1626.3	544	7031.5	1701.2	549	6569.6	1663.1	541	6855.5	1662.6	2165

Glutamic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14456	3008.6	267	14591	2706.0	272	14724	2834.2	273	13479	2900.8	268	14315	2901.3	1080
Female	12381	2374.0	264	12581	2451.2	272	12124	2465.1	276	11562	2575.8	273	12160	2494.5	1085
Total	13425	2901.4	531	13586	2768.6	544	13417	2954.6	549	12512	2902.2	541	13235	2911.4	2165

Glycine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3424.1	824.2	267	3523.2	743.3	272	3483.1	801.1	273	3204.5	774.1	268	3409.5	794.6	1080
Female	2784.6	623.1	264	2939.1	645.7	272	2838.9	679.2	276	2651.5	617.6	273	2803.6	649.6	1085
Total	3106.2	797.5	531	3231.1	754.5	544	3159.2	808.7	549	2925.4	751.7	541	3105.9	786.1	2165

Proline (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4569.2	1040.5	267	4512.3	933.3	272	4630.9	1001.3	273	4179.4	975.4	268	4473.7	1002.1	1080

Female	4062.9	856.7	264	4065.5	887.6	272	3842.3	857.8	276	3677.2	921.6	273	3910.4	895.2	1085
Total	4317.5	985.8	531	4288.9	937.0	544	4234.4	1011.3	549	3926.0	980.5	541	4191.4	990.7	2165

Serine (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3527.4	719.6	267	3635.3	704.7	272	3642.3	724.9	273	3368.7	734.1	268	3544.2	728.3	1080
Female	2960.0	560.0	264	3090.9	620.9	272	3018.4	629.0	276	2850.8	630.2	273	2980.2	616.7	1085
Total	3245.3	704.4	531	3363.1	717.3	544	3328.6	746.2	549	3107.3	730.6	541	3261.6	731.1	2165

Total fatty acid (g)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	57.2	15.0	267	52.5	14.3	272	49.8	14.9	273	45.7	12.4	268	51.3	14.8	1080
Female	50.2	12.2	264	48.2	13.5	272	43.3	12.0	276	39.7	11.9	273	45.3	13.1	1085
Total	53.7	14.1	531	50.4	14.1	544	46.5	13.9	549	42.7	12.5	541	48.3	14.3	2165

Saturated fatty acid (g)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	17.8	5.6	267	16.2	5.3	272	15.4	5.4	273	14.4	4.6	268	15.9	5.4	1080
Female	16.5	5.0	264	15.4	5.2	272	13.8	4.5	276	12.7	4.5	273	14.6	5.0	1085
Total	17.1	5.4	531	15.8	5.3	544	14.6	5.0	549	13.6	4.6	541	15.3	5.2	2165

Monounsaturated fatty acid (g)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	23.1	6.6	267	20.9	6.5	272	19.5	6.3	273	17.5	5.1	268	20.2	6.5	1080
Female	20.0	5.4	264	19.0	6.0	272	16.7	5.1	276	15.1	5.0	273	17.7	5.7	1085
Total	21.6	6.2	531	20.0	6.3	544	18.1	5.9	549	16.3	5.2	541	19.0	6.2	2165

Polyunsaturated fatty acid (g)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	16.2	4.4	267	15.3	4.0	272	14.9	4.7	273	13.7	4.1	268	15.0	4.4	1080
Female	13.6	3.5	264	13.7	4.1	272	12.8	3.7	276	11.8	3.7	273	13.0	3.8	1085
Total	14.9	4.2	531	14.5	4.1	544	13.8	4.4	549	12.8	4.0	541	14.0	4.2	2165

Unsaturated fatty acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	39.3	10.4	267	36.2	9.8	272	34.3	10.3	273	31.2	8.6	268	35.2	10.2	1080
Female	33.5	8.1	264	32.7	9.4	272	29.4	8.2	276	26.9	8.2	273	30.6	8.9	1085
Total	36.4	9.7	531	34.5	9.7	544	31.9	9.6	549	29.0	8.6	541	32.9	9.8	2165

n-6 fatty acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	13.1	3.8	267	12.1	3.5	272	11.8	4.1	273	10.7	3.4	268	11.9	3.8	1080
Female	10.8	3.0	264	10.8	3.6	272	10.2	3.1	276	9.4	3.2	273	10.3	3.3	1085
Total	12.0	3.6	531	11.5	3.6	544	11.0	3.7	549	10.1	3.4	541	11.1	3.6	2165

n-3 fatty acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.0	1.1	267	3.1	1.1	272	3.0	1.1	273	2.9	1.1	268	3.0	1.1	1080
Female	2.5	0.8	264	2.6	0.9	272	2.5	0.9	276	2.3	0.9	273	2.5	0.9	1085
Total	2.7	1.0	531	2.9	1.0	544	2.7	1.1	549	2.6	1.1	541	2.7	1.0	2165

Butyric acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	240.2	207.2	267	207.3	186.1	272	213.5	183.9	273	234.2	186.1	268	223.7	191.2	1080
Female	283.0	174.2	264	268.8	206.8	272	232.7	175.6	276	222.3	172.8	273	251.4	184.4	1085
Total	261.5	192.5	531	238.0	198.9	544	223.1	179.9	549	228.2	179.4	541	237.6	188.3	2165

Hexanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	157.5	134.9	267	136.2	121.9	272	139.5	120.2	273	152.8	121.0	268	146.4	124.8	1080
Female	184.8	114.6	264	174.7	136.1	272	151.9	114.5	276	145.5	113.2	273	164.0	120.9	1085
Total	171.0	125.8	531	155.4	130.5	544	145.8	117.4	549	149.1	117.1	541	155.2	123.1	2165

Octanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	91.2	79.4	267	80.0	73.9	272	83.3	71.9	273	91.8	72.5	268	86.5	74.5	1080
Female	109.1	68.9	264	103.8	82.2	272	91.3	68.8	276	87.8	68.8	273	97.9	72.8	1085
Total	100.1	74.8	531	91.9	79.0	544	87.3	70.4	549	89.8	70.6	541	92.2	73.9	2165

Decanoic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	192.5	158.2	267	166.5	142.6	272	169.0	140.3	273	182.8	141.2	268	177.6	145.9	1080
Female	223.9	138.3	264	211.2	162.7	272	183.8	136.1	276	175.5	134.7	273	198.3	144.6	1085
Total	208.1	149.4	531	188.8	154.4	544	176.4	138.3	549	179.1	137.9	541	188.0	145.6	2165

Decenoic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	18.0	16.5	267	15.7	15.1	272	15.8	14.8	273	17.7	14.9	268	16.8	15.4	1080
Female	21.3	14.1	264	19.9	17.1	272	17.6	14.5	276	16.8	14.3	273	18.9	15.1	1085
Total	19.7	15.4	531	17.8	16.3	544	16.7	14.7	549	17.2	14.6	541	17.8	15.3	2165

Lauric acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	237.8	191.4	267	209.3	183.9	272	207.7	168.0	273	222.5	168.3	268	219.2	178.3	1080
Female	280.0	166.3	264	258.0	195.4	272	224.7	164.0	276	217.8	167.3	273	244.8	175.3	1085
Total	258.8	180.4	531	233.7	191.1	544	216.2	166.1	549	220.2	167.7	541	232.0	177.2	2165

Myristic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1209.0	639.5	267	1136.5	600.9	272	1113.6	584.2	273	1141.8	585.9	268	1150.0	603.1	1080
Female	1267.1	593.7	264	1212.5	666.4	272	1069.0	549.7	276	1013.3	565.4	273	1139.2	603.3	1085
Total	1237.9	617.3	531	1174.5	635.1	544	1091.2	567.0	549	1077.0	578.7	541	1144.5	603.1	2165

Myristoleic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	115.4	85.9	267	105.2	85.8	272	98.6	76.3	273	96.6	68.6	268	103.9	79.7	1080
Female	129.8	84.1	264	109.2	75.3	272	95.7	67.8	276	88.4	60.2	273	105.5	73.8	1085

Total	122.5	85.2	531	107.2	80.7	544	97.2	72.1	549	92.4	64.5	541	104.7	76.8	2165
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Pentadecanoic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	141.3	94.8	267	129.6	89.1	272	133.4	88.5	273	140.5	88.2	268	136.2	90.2	1080
Female	160.0	83.2	264	152.7	97.5	272	135.4	83.0	276	129.0	83.9	273	144.1	87.9	1085
Total	150.6	89.6	531	141.2	94.0	544	134.4	85.7	549	134.7	86.2	541	140.2	89.1	2165

Pentadecenoic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.1	0.3	267	0.1	0.8	272	0.0	0.3	273	0.0	0.3	268	0.1	0.5	1080
Female	0.1	1.1	264	0.0	0.4	272	0.1	1.0	276	0.0	0.0	273	0.1	0.8	1085
Total	0.1	0.8	531	0.1	0.6	544	0.1	0.7	549	0.0	0.2	541	0.1	0.6	2165

Palmitic acid (g)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	10.7	3.1	267	9.8	2.9	272	9.3	2.9	273	8.6	2.5	268	9.6	3.0	1080
Female	9.6	2.7	264	9.0	2.8	272	8.1	2.4	276	7.5	2.4	273	8.5	2.7	1085
Total	10.2	3.0	531	9.4	2.9	544	8.7	2.7	549	8.0	2.5	541	9.1	2.9	2165

Palmitoleic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1127.3	418.1	267	1102.6	439.7	272	989.4	384.3	273	944.8	369.1	268	1040.9	410.3	1080
Female	986.1	388.2	264	938.4	359.6	272	853.7	346.9	276	769.9	329.7	273	886.1	365.3	1085
Total	1057.1	409.3	531	1020.5	409.6	544	921.2	371.9	549	856.5	360.2	541	963.3	396.0	2165

Hexadecatrienoic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.2	2.9	267	1.5	2.1	272	1.7	2.8	273	1.7	6.6	268	1.5	4.0	1080
Female	1.3	3.0	264	1.4	4.0	272	1.6	2.5	276	1.4	2.2	273	1.4	3.0	1085
Total	1.2	2.9	531	1.5	3.2	544	1.6	2.6	549	1.5	4.9	541	1.5	3.5	2165

Heptadecanoic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	172.4	78.4	267	166.7	79.9	272	157.9	74.2	273	157.3	72.4	268	163.6	76.5	1080
Female	172.6	74.4	264	162.8	77.7	272	145.0	65.4	276	134.7	70.4	273	153.6	73.5	1085
Total	172.5	76.4	531	164.8	78.8	544	151.4	70.1	549	145.9	72.3	541	158.6	75.1	2165

Heptadecenoic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	118.0	48.8	267	119.1	52.2	272	112.5	48.4	273	106.2	41.8	268	114.0	48.2	1080
Female	109.2	47.9	264	104.5	45.1	272	95.7	41.8	276	86.5	40.4	273	98.9	44.6	1085
Total	113.6	48.5	531	111.8	49.2	544	104.0	45.9	549	96.3	42.2	541	106.4	47.0	2165

Stearic acid (g)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.1	1.4	267	3.7	1.3	272	3.4	1.4	273	3.1	1.1	268	3.6	1.4	1080
Female	3.7	1.2	264	3.4	1.2	272	3.0	1.0	276	2.8	1.0	273	3.2	1.2	1085
Total	3.9	1.3	531	3.5	1.3	544	3.2	1.2	549	2.9	1.1	541	3.4	1.3	2165

Oleic acid (g)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	19.9	5.8	267	17.8	5.7	272	16.6	5.6	273	14.9	4.5	268	17.3	5.7	1080
Female	17.3	4.8	264	16.4	5.5	272	14.4	4.5	276	13.1	4.4	273	15.3	5.1	1085
Total	18.6	5.5	531	17.1	5.6	544	15.5	5.2	549	14.0	4.6	541	16.3	5.5	2165

Linoleic acid (g)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	13.2	3.8	267	12.2	3.5	272	11.9	4.1	273	10.8	3.5	268	12.0	3.8	1080
Female	11.1	3.1	264	11.0	3.6	272	10.2	3.1	276	9.4	3.2	273	10.4	3.3	1085
Total	12.1	3.6	531	11.6	3.6	544	11.0	3.7	549	10.1	3.4	541	11.2	3.7	2165

Linolenic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N

Male	1957.5	687.7	267	1752.7	568.5	272	1667.9	633.0	273	1539.8	565.4	268	1729.1	633.1	1080
Female	1578.5	534.6	264	1553.2	580.2	272	1463.1	547.2	276	1374.9	563.7	273	1491.6	561.8	1085
Total	1769.1	644.3	531	1652.9	582.5	544	1564.9	599.7	549	1456.6	570.0	541	1610.0	610.0	2165

γ -Linolenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.2	0.4	267	0.3	0.4	272	0.3	0.4	273	0.4	0.8	268	0.3	0.5	1080
Female	0.2	0.4	264	0.3	0.5	272	0.3	0.4	276	0.3	0.5	273	0.3	0.5	1085
Total	0.2	0.4	531	0.3	0.5	544	0.3	0.4	549	0.3	0.7	541	0.3	0.5	2165

Octadecatetraenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	69.5	74.5	267	87.7	83.9	272	89.0	82.4	273	91.2	80.7	268	84.4	80.8	1080
Female	57.3	58.2	264	75.3	73.9	272	69.3	66.4	276	61.4	58.4	273	65.9	64.9	1085
Total	63.5	67.1	531	81.5	79.2	544	79.1	75.4	549	76.2	71.8	541	75.1	73.8	2165

Arachidic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	224.8	87.6	267	204.3	89.1	272	210.9	105.5	273	183.4	84.0	268	205.9	93.1	1080
Female	208.9	75.2	264	206.7	90.3	272	173.0	79.3	276	171.1	81.8	273	189.7	83.7	1085
Total	216.9	82.0	531	205.5	89.6	544	191.9	95.1	549	177.2	83.1	541	197.8	88.8	2165

Eicosenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	527.8	288.0	267	531.9	328.7	272	527.5	337.4	273	494.7	321.8	268	520.5	319.6	1080
Female	467.6	264.0	264	503.8	310.4	272	407.7	221.9	276	396.2	274.3	273	443.5	272.6	1085
Total	497.9	277.7	531	517.8	319.7	544	467.2	291.2	549	445.0	302.5	541	481.9	299.4	2165

Eicosadienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	41.7	25.9	267	37.9	22.2	272	32.4	20.3	273	28.2	18.0	268	35.0	22.3	1080
Female	30.1	16.1	264	30.8	20.8	272	26.7	16.9	276	22.0	14.7	273	27.4	17.6	1085
Total	35.9	22.3	531	34.3	21.8	544	29.5	18.9	549	25.1	16.7	541	31.2	20.5	2165

Eicosatrienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	24.8	10.5	267	25.2	9.8	272	23.9	9.8	273	22.6	9.2	268	24.1	9.9	1080
Female	20.7	8.8	264	20.6	8.4	272	20.6	8.7	276	17.8	8.3	273	19.9	8.6	1085
Total	22.8	9.9	531	22.9	9.4	544	22.2	9.4	549	20.2	9.1	541	22.0	9.5	2165

Eicosatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	27.5	27.3	267	35.2	29.0	272	36.2	33.7	273	38.8	34.6	268	34.4	31.5	1080
Female	22.1	21.6	264	29.6	27.2	272	28.0	25.0	276	26.4	25.2	273	26.6	25.0	1085
Total	24.8	24.8	531	32.4	28.2	544	32.1	29.9	549	32.5	30.8	541	30.5	28.7	2165

Arachidonic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	184.6	68.8	267	184.8	68.7	272	174.8	63.6	273	164.9	63.1	268	177.3	66.5	1080
Female	153.6	52.3	264	154.2	56.8	272	150.4	56.5	276	131.7	54.7	273	147.4	55.8	1085
Total	169.2	63.0	531	169.5	64.8	544	162.5	61.3	549	148.1	61.3	541	162.3	63.2	2165

Eicosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	313.0	252.3	267	409.0	308.3	272	387.3	290.1	273	408.4	293.5	268	379.6	289.2	1080
Female	254.5	199.3	264	321.7	251.8	272	312.9	257.3	276	286.3	236.2	273	294.2	238.7	1085
Total	283.9	229.2	531	365.4	284.6	544	349.9	276.4	549	346.8	272.8	541	336.8	268.4	2165

Behenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	101.1	76.3	267	95.5	96.0	272	96.5	133.4	273	76.5	62.5	268	92.4	96.4	1080
Female	76.4	49.3	264	92.0	106.4	272	79.4	91.3	276	69.4	66.4	273	79.3	81.9	1085
Total	88.8	65.5	531	93.8	101.3	544	87.9	114.4	549	72.9	64.5	541	85.9	89.7	2165

Docosenoic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	251.2	269.9	267	273.5	318.4	272	283.6	298.1	273	259.6	278.8	268	267.1	291.9	1080
Female	241.0	241.8	264	275.3	287.9	272	200.9	199.7	276	198.7	231.8	273	228.7	243.9	1085
Total	246.1	256.1	531	274.4	303.3	544	242.0	256.6	549	228.9	257.7	541	247.9	269.6	2165

Docosadienoic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.2	267	0.0	0.1	272	0.1	0.8	273	0.0	0.3	268	0.0	0.4	1080
Female	0.0	0.2	264	0.0	0.3	272	0.0	0.1	276	0.0	0.2	273	0.0	0.2	1085
Total	0.0	0.2	531	0.0	0.2	544	0.0	0.5	549	0.0	0.3	541	0.0	0.3	2165

n–3 docosapentaenoic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	85.8	67.7	267	107.0	74.5	272	104.3	86.6	273	114.9	89.6	268	103.0	80.7	1080
Female	67.3	52.4	264	86.6	69.4	272	85.1	65.3	276	79.4	71.0	273	79.7	65.4	1085
Total	76.6	61.2	531	96.8	72.7	544	94.6	77.1	549	97.0	82.6	541	91.3	74.3	2165

n–6 docosapentaenoic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.4	4.3	267	2.8	5.1	272	3.6	6.8	273	3.7	6.1	268	3.1	5.7	1080
Female	1.9	3.9	264	2.4	4.1	272	2.6	4.5	276	2.3	5.1	273	2.3	4.4	1085
Total	2.1	4.1	531	2.6	4.6	544	3.1	5.8	549	3.0	5.6	541	2.7	5.1	2165

Docosahexaenoic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	587.8	362.5	267	708.2	425.3	272	679.0	430.3	273	702.4	429.5	268	669.6	415.3	1080
Female	475.1	280.7	264	575.2	355.9	272	545.2	338.7	276	497.0	353.5	273	523.5	335.8	1085
Total	531.8	329.0	531	641.7	397.4	544	611.7	392.4	549	598.8	405.8	541	596.4	384.5	2165

Lignoceric acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	16.1	37.2	267	17.1	47.4	272	20.1	69.5	273	12.0	31.0	268	16.3	48.7	1080

Female	10.2	23.0	264	20.2	54.5	272	15.3	47.1	276	10.8	31.7	273	14.2	41.2	1085
Total	13.2	31.1	531	18.6	51.1	544	17.7	59.3	549	11.4	31.4	541	15.2	45.1	2165

Tetracosenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	49.2	38.1	267	60.8	43.3	272	61.7	46.6	273	61.9	43.4	268	58.4	43.2	1080
Female	40.3	30.4	264	51.1	38.3	272	47.9	35.7	276	42.8	35.0	273	45.6	35.2	1085
Total	44.8	34.7	531	56.0	41.1	544	54.8	42.0	549	52.3	40.5	541	52.0	39.9	2165

Alcohol (g)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.7	8.0	267	5.6	12.7	272	5.3	12.8	273	5.2	10.8	268	4.7	11.3	1080
Female	0.9	4.0	264	0.5	1.1	272	0.5	1.6	276	0.5	1.5	273	0.6	2.3	1085
Total	1.8	6.4	531	3.0	9.4	544	2.9	9.4	549	2.8	8.0	541	2.6	8.4	2165

Food frequency questionnaire

1) Frequency of food intake

Frequency of food intakes
Miso soup (miso-shiru)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	1	0.4	1	0.4	1	0.4	1	0.4	4	0.4
	Female	0	0	1	0.4	2	0.8	2	0.8	5	0.5
	Total	1	0.2	2	0.4	3	0.6	3	0.6	9	0.4
Once a month	Male	3	1.1	1	0.4	1	0.4	1	0.4	6	0.6
	Female	4	1.5	1	0.4	2	0.8	2	0.8	9	0.9
	Total	7	1.3	2	0.4	3	0.6	3	0.6	15	0.7
2 to 3 times a month	Male	8	2.9	8	3.0	3	1.2	6	2.3	25	2.4
	Female	9	3.5	10	4.0	7	2.7	10	3.9	36	3.5
	Total	17	3.2	18	3.5	10	2.0	16	3.1	61	2.9
Once a week	Male	18	6.6	6	2.3	11	4.4	15	5.7	50	4.8
	Female	11	4.2	16	6.3	5	1.9	4	1.6	36	3.5
	Total	29	5.5	22	4.2	16	3.1	19	3.7	86	4.1
2 to 3 times a week	Male	52	19.0	42	15.8	34	13.5	26	9.9	154	14.6
	Female	55	21.2	50	19.8	38	14.7	46	18.0	189	18.4

	Total	107	20.1	92	17.8	72	14.1	72	13.9	343	16.5
4 to 6 times a week	Male	60	22.0	46	17.4	38	15.1	44	16.7	188	17.9
	Female	84	32.4	65	25.7	52	20.1	44	17.2	245	23.9
	Total	144	27.1	111	21.4	90	17.6	88	17.0	433	20.8
Once a day	Male	103	37.7	130	49.1	136	54.2	144	54.8	513	48.8
	Female	88	34.0	100	39.5	140	54.1	134	52.3	462	45.0
	Total	191	35.9	230	44.4	276	54.1	278	53.6	975	46.9
2 or more times a day	Male	28	10.3	31	11.7	27	10.8	26	9.9	112	10.6
	Female	8	3.1	10	4.0	13	5.0	14	5.5	45	4.4
	Total	36	6.8	41	7.9	40	7.8	40	7.7	157	7.6

Frequency of food intakes
Clear soup (sumashi-jiru)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	59	21.6	60	22.6	53	21.1	76	28.9	248	23.6
	Female	32	12.4	47	18.6	27	10.4	46	18.0	152	14.8
	Total	91	17.1	107	20.7	80	15.7	122	23.5	400	19.2
Once a month	Male	64	23.4	78	29.4	63	25.1	46	17.5	251	23.9
	Female	53	20.5	51	20.2	50	19.3	37	14.5	191	18.6
	Total	117	22.0	129	24.9	113	22.2	83	16.0	442	21.3
2 to 3 times a month	Male	81	29.7	52	19.6	59	23.5	63	24.0	255	24.2
	Female	74	28.6	64	25.3	62	23.9	51	19.9	251	24.4
	Total	155	29.1	116	22.4	121	23.7	114	22.0	506	24.3
Once a week	Male	47	17.2	46	17.4	40	15.9	43	16.3	176	16.7
	Female	62	23.9	51	20.2	65	25.1	63	24.6	241	23.5
	Total	109	20.5	97	18.7	105	20.6	106	20.4	417	20.1
2 to 3 times a week	Male	19	7.0	22	8.3	27	10.8	26	9.9	94	8.9
	Female	31	12.0	35	13.8	38	14.7	48	18.8	152	14.8
	Total	50	9.4	57	11.0	65	12.7	74	14.3	246	11.8
4 to 6 times a week	Male	0	0	3	1.1	1	0.4	5	1.9	9	0.9
	Female	5	1.9	5	2.0	9	3.5	7	2.7	26	2.5
	Total	5	0.9	8	1.5	10	2.0	12	2.3	35	1.7
Once a day	Male	3	1.1	4	1.5	8	3.2	4	1.5	19	1.8
	Female	2	0.8	0	0	8	3.1	4	1.6	14	1.4
	Total	5	0.9	4	0.8	16	3.1	8	1.5	33	1.6

Frequency of food intakes
Egg custard (chawanmushi)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	114	41.8	109	41.1	97	38.6	91	34.6	411	39.1

	Female	95	36.7	80	31.6	63	24.3	75	29.3	313	30.5
	Total	209	39.3	189	36.5	160	31.4	166	32.0	724	34.8
Once a month	Male	130	47.6	125	47.2	118	47.0	127	48.3	500	47.5
	Female	133	51.4	134	53.0	133	51.4	121	47.3	521	50.7
	Total	263	49.4	259	50.0	251	49.2	248	47.8	1021	49.1
2 to 3 times a month	Male	26	9.5	25	9.4	34	13.5	34	12.9	119	11.3
	Female	28	10.8	34	13.4	51	19.7	52	20.3	165	16.1
	Total	54	10.2	59	11.4	85	16.7	86	16.6	284	13.7
Once a week	Male	3	1.1	5	1.9	2	0.8	10	3.8	20	1.9
	Female	3	1.2	4	1.6	11	4.2	7	2.7	25	2.4
	Total	6	1.1	9	1.7	13	2.5	17	3.3	45	2.2
2 to 3 times a week	Male	0	0	1	0.4	0	0	1	0.4	2	0.2
	Female	0	0	1	0.4	1	0.4	1	0.4	3	0.3
	Total	0	0	2	0.4	1	0.2	2	0.4	5	0.2

Frequency of food intakes
Japanese chowder (kennchin, kasu-jiru)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	174	63.7	177	66.8	171	68.1	178	67.7	700	66.5
	Female	130	50.2	128	50.6	134	51.7	159	62.1	551	53.7
	Total	304	57.1	305	58.9	305	59.8	337	64.9	1251	60.2
Once a month	Male	75	27.5	71	26.8	64	25.5	60	22.8	270	25.7
	Female	82	31.7	79	31.2	71	27.4	65	25.4	297	28.9
	Total	157	29.5	150	29.0	135	26.5	125	24.1	567	27.3
2 to 3 times a month	Male	24	8.8	15	5.7	13	5.2	19	7.2	71	6.7
	Female	38	14.7	36	14.2	43	16.6	27	10.5	144	14.0
	Total	62	11.7	51	9.8	56	11.0	46	8.9	215	10.3
Once a week	Male	0	0	1	0.4	2	0.8	4	1.5	7	0.7
	Female	9	3.5	7	2.8	8	3.1	5	2.0	29	2.8
	Total	9	1.7	8	1.5	10	2.0	9	1.7	36	1.7
2 to 3 times a week	Male	0	0	1	0.4	1	0.4	1	0.4	3	0.3
	Female	0	0	3	1.2	3	1.2	0	0	6	0.6
	Total	0	0	4	0.8	4	0.8	1	0.2	9	0.4
4 to 6 times a week	Male	0	0	0	0	0	0	1	0.4	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	1	0.2	1	0.0

Frequency of food intakes
Thick or creamy soup

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%

Never	Male	77	28.2	107	40.4	119	47.4	126	47.9	429	40.8
	Female	66	25.5	95	37.5	96	37.1	109	42.6	366	35.6
	Total	143	26.9	202	39.0	215	42.2	235	45.3	795	38.2
Once a month	Male	120	44.0	109	41.1	78	31.1	72	27.4	379	36.0
	Female	114	44.0	93	36.8	80	30.9	74	28.9	361	35.2
	Total	234	44.0	202	39.0	158	31.0	146	28.1	740	35.6
2 to 3 times a month	Male	59	21.6	45	17.0	46	18.3	49	18.6	199	18.9
	Female	64	24.7	49	19.4	44	17.0	46	18.0	203	19.8
	Total	123	23.1	94	18.1	90	17.6	95	18.3	402	19.3
Once a week	Male	13	4.8	2	0.8	5	2.0	10	3.8	30	2.9
	Female	12	4.6	10	4.0	29	11.2	17	6.6	68	6.6
	Total	25	4.7	12	2.3	34	6.7	27	5.2	98	4.7
2 to 3 times a week	Male	4	1.5	2	0.8	3	1.2	5	1.9	14	1.3
	Female	3	1.2	6	2.4	10	3.9	7	2.7	26	2.5
	Total	7	1.3	8	1.5	13	2.5	12	2.3	40	1.9
4 to 6 times a week	Male	0	0	0	0	0	0	1	0.4	1	0.1
	Female	0	0	0	0	0	0	1	0.4	1	0.1
	Total	0	0	0	0	0	0	2	0.4	2	0.1
Once a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	2	0.8	2	0.2
	Total	0	0	0	0	0	0	2	0.4	2	0.1

Frequency of food intakes
Thin soup

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	99	36.3	113	42.6	120	47.8	148	56.3	480	45.6
	Female	82	31.7	103	40.7	110	42.5	144	56.3	439	42.7
	Total	181	34.0	216	41.7	230	45.1	292	56.3	919	44.2
Once a month	Male	92	33.7	88	33.2	75	29.9	59	22.4	314	29.8
	Female	91	35.1	78	30.8	72	27.8	49	19.1	290	28.2
	Total	183	34.4	166	32.0	147	28.8	108	20.8	604	29.1
2 to 3 times a month	Male	53	19.4	55	20.8	39	15.5	34	12.9	181	17.2
	Female	64	24.7	45	17.8	37	14.3	41	16.0	187	18.2
	Total	117	22.0	100	19.3	76	14.9	75	14.5	368	17.7
Once a week	Male	17	6.2	7	2.6	10	4.0	12	4.6	46	4.4
	Female	19	7.3	20	7.9	21	8.1	12	4.7	72	7.0
	Total	36	6.8	27	5.2	31	6.1	24	4.6	118	5.7
2 to 3 times a week	Male	10	3.7	0	0	5	2.0	7	2.7	22	2.1
	Female	2	0.8	7	2.8	16	6.2	8	3.1	33	3.2
	Total	12	2.3	7	1.4	21	4.1	15	2.9	55	2.6
4 to 6 times a week	Male	1	0.4	1	0.4	1	0.4	0	0	3	0.3
	Female	1	0.4	0	0	3	1.2	1	0.4	5	0.5

Once a day	Total	2	0.4	1	0.2	4	0.8	1	0.2	8	0.4
	Male	1	0.4	1	0.4	1	0.4	3	1.1	6	0.6
	Female	0	0	0	0	0	0	1	0.4	1	0.1
	Total	1	0.2	1	0.2	1	0.2	4	0.8	7	0.3

Frequency of food intakes
Noodle topped tennpura (tempura soba, tempura udon)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	72	26.4	74	27.9	91	36.3	104	39.5	341	32.4
	Female	110	42.5	117	46.2	104	40.2	117	45.7	448	43.6
	Total	182	34.2	191	36.9	195	38.2	221	42.6	789	38.0
Once a month	Male	114	41.8	116	43.8	97	38.6	75	28.5	402	38.2
	Female	114	44.0	84	33.2	99	38.2	90	35.2	387	37.7
	Total	228	42.9	200	38.6	196	38.4	165	31.8	789	38.0
2 to 3 times a month	Male	62	22.7	50	18.9	46	18.3	52	19.8	210	20.0
	Female	26	10.0	40	15.8	42	16.2	36	14.1	144	14.0
	Total	88	16.5	90	17.4	88	17.3	88	17.0	354	17.0
Once a week	Male	18	6.6	18	6.8	10	4.0	24	9.1	70	6.7
	Female	8	3.1	12	4.7	8	3.1	8	3.1	36	3.5
	Total	26	4.9	30	5.8	18	3.5	32	6.2	106	5.1
2 to 3 times a week	Male	6	2.2	6	2.3	4	1.6	7	2.7	23	2.2
	Female	1	0.4	0	0	5	1.9	5	2.0	11	1.1
	Total	7	1.3	6	1.2	9	1.8	12	2.3	34	1.6
4 to 6 times a week	Male	1	0.4	0	0	2	0.8	1	0.4	4	0.4
	Female	0	0	0	0	1	0.4	0	0	1	0.1
	Total	1	0.2	0	0	3	0.6	1	0.2	5	0.2
Once a day	Male	0	0	1	0.4	1	0.4	0	0	2	0.2
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	1	0.2	1	0.2	0	0	2	0.1

Frequency of food intakes
Noodle served on bamboo work plate (zaru soba, zaru udon)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	80	29.3	72	27.2	70	27.9	86	32.7	308	29.3
	Female	74	28.6	84	33.2	65	25.1	67	26.2	290	28.2
	Total	154	28.9	156	30.1	135	26.5	153	29.5	598	28.8
Once a month	Male	126	46.2	125	47.2	91	36.3	93	35.4	435	41.3
	Female	136	52.5	107	42.3	102	39.4	91	35.5	436	42.5
	Total	262	49.2	232	44.8	193	37.8	184	35.5	871	41.9
2 to 3 times a	Male	50	18.3	37	14.0	54	21.5	56	21.3	197	18.7

month	Female	42	16.2	51	20.2	71	27.4	69	27.0	233	22.7
	Total	92	17.3	88	17.0	125	24.5	125	24.1	430	20.7
Once a week	Male	17	6.2	23	8.7	25	10.0	18	6.8	83	7.9
	Female	7	2.7	9	3.6	16	6.2	22	8.6	54	5.3
	Total	24	4.5	32	6.2	41	8.0	40	7.7	137	6.6
2 to 3 times a week	Male	0	0	8	3.0	8	3.2	9	3.4	25	2.4
	Female	0	0	1	0.4	5	1.9	6	2.3	12	1.2
	Total	0	0	9	1.7	13	2.5	15	2.9	37	1.8
4 to 6 times a week	Male	0	0	0	0	3	1.2	1	0.4	4	0.4
	Female	0	0	1	0.4	0	0	0	0	1	0.1
	Total	0	0	1	0.2	3	0.6	1	0.2	5	0.2
Once a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	1	0.4	1	0.1
	Total	0	0	0	0	0	0	1	0.2	1	0.0

Frequency of food intakes
Other dishes of noodle

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	47	17.2	32	12.1	36	14.3	50	19.0	165	15.7
	Female	37	14.3	37	14.6	30	11.6	40	15.6	144	14.0
	Total	84	15.8	69	13.3	66	12.9	90	17.3	309	14.9
Once a month	Male	97	35.5	96	36.2	64	25.5	69	26.2	326	31.0
	Female	121	46.7	91	36.0	71	27.4	64	25.0	347	33.8
	Total	218	41.0	187	36.1	135	26.5	133	25.6	673	32.4
2 to 3 times a month	Male	82	30.0	79	29.8	78	31.1	73	27.8	312	29.7
	Female	75	29.0	86	34.0	83	32.0	76	29.7	320	31.2
	Total	157	29.5	165	31.9	161	31.6	149	28.7	632	30.4
Once a week	Male	31	11.4	30	11.3	41	16.3	46	17.5	148	14.1
	Female	20	7.7	32	12.6	43	16.6	54	21.1	149	14.5
	Total	51	9.6	62	12.0	84	16.5	100	19.3	297	14.3
2 to 3 times a week	Male	12	4.4	20	7.5	24	9.6	18	6.8	74	7.0
	Female	5	1.9	7	2.8	27	10.4	19	7.4	58	5.6
	Total	17	3.2	27	5.2	51	10.0	37	7.1	132	6.3
4 to 6 times a week	Male	3	1.1	7	2.6	5	2.0	6	2.3	21	2.0
	Female	1	0.4	0	0	5	1.9	3	1.2	9	0.9
	Total	4	0.8	7	1.4	10	2.0	9	1.7	30	1.4
Once a day	Male	1	0.4	1	0.4	3	1.2	1	0.4	6	0.6
	Female	0	0	0	0	0	0	0	0	0	0
	Total	1	0.2	1	0.2	3	0.6	1	0.2	6	0.3

Frequency of food intakes

Chinese noodle, noodle with won-tun

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	26	9.5	46	17.4	66	26.3	86	32.7	224	21.3
	Female	41	15.8	67	26.5	75	29.0	111	43.4	294	28.6
	Total	67	12.6	113	21.8	141	27.6	197	38.0	518	24.9
Once a month	Male	76	27.8	94	35.5	73	29.1	90	34.2	333	31.7
	Female	109	42.1	125	49.4	104	40.2	73	28.5	411	40.0
	Total	185	34.8	219	42.3	177	34.7	163	31.4	744	35.8
2 to 3 times a month	Male	104	38.1	76	28.7	67	26.7	62	23.6	309	29.4
	Female	92	35.5	49	19.4	57	22.0	47	18.4	245	23.9
	Total	196	36.8	125	24.1	124	24.3	109	21.0	554	26.6
Once a week	Male	53	19.4	37	14.0	31	12.4	20	7.6	141	13.4
	Female	16	6.2	9	3.6	21	8.1	21	8.2	67	6.5
	Total	69	13.0	46	8.9	52	10.2	41	7.9	208	10.0
2 to 3 times a week	Male	14	5.1	12	4.5	14	5.6	5	1.9	45	4.3
	Female	1	0.4	3	1.2	1	0.4	4	1.6	9	0.9
	Total	15	2.8	15	2.9	15	2.9	9	1.7	54	2.6
4 to 6 times a week	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	1	0.4	0	0	1	0.1
	Total	0	0	0	0	1	0.2	0	0	1	0.0

Frequency of food intakes
Fried or steamed noodles (yakisoba)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	18	6.6	55	20.8	70	27.9	88	33.5	231	22.0
	Female	15	5.8	34	13.4	44	17.0	66	25.8	159	15.5
	Total	33	6.2	89	17.2	114	22.4	154	29.7	390	18.8
Once a month	Male	110	40.3	143	54.0	104	41.4	103	39.2	460	43.7
	Female	128	49.4	127	50.2	128	49.4	113	44.1	496	48.3
	Total	238	44.7	270	52.1	232	45.5	216	41.6	956	46.0
2 to 3 times a month	Male	112	41.0	52	19.6	57	22.7	53	20.2	274	26.0
	Female	99	38.2	75	29.6	64	24.7	61	23.8	299	29.1
	Total	211	39.7	127	24.5	121	23.7	114	22.0	573	27.6
Once a week	Male	30	11.0	13	4.9	16	6.4	15	5.7	74	7.0
	Female	16	6.2	16	6.3	23	8.9	14	5.5	69	6.7
	Total	46	8.6	29	5.6	39	7.6	29	5.6	143	6.9
2 to 3 times a week	Male	3	1.1	1	0.4	4	1.6	4	1.5	12	1.1
	Female	1	0.4	1	0.4	0	0	2	0.8	4	0.4
	Total	4	0.8	2	0.4	4	0.8	6	1.2	16	0.8
4 to 6 times a week	Male	0	0	1	0.4	0	0	0	0	1	0.1

	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	1	0.2	0	0	0	0	1	0.0

Frequency of food intakes
Spaghetti with tomato sauce and meat or cheese

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	63	23.1	113	42.6	123	49.0	177	67.3	476	45.2
	Female	53	20.5	85	33.6	116	44.8	146	57.0	400	38.9
	Total	116	21.8	198	38.2	239	46.9	323	62.2	876	42.1
Once a month	Male	150	54.9	121	45.7	94	37.5	68	25.9	433	41.2
	Female	152	58.7	133	52.6	113	43.6	78	30.5	476	46.3
	Total	302	56.8	254	49.0	207	40.6	146	28.1	909	43.7
2 to 3 times a month	Male	49	17.9	26	9.8	31	12.4	14	5.3	120	11.4
	Female	49	18.9	30	11.9	24	9.3	26	10.2	129	12.6
	Total	98	18.4	56	10.8	55	10.8	40	7.7	249	12.0
Once a week	Male	10	3.7	5	1.9	2	0.8	3	1.1	20	1.9
	Female	5	1.9	5	2.0	6	2.3	6	2.3	22	2.1
	Total	15	2.8	10	1.9	8	1.6	9	1.7	42	2.0
2 to 3 times a week	Male	1	0.4	0	0	0	0	1	0.4	2	0.2
	Female	0	0	0	0	0	0	0	0	0	0
	Total	1	0.2	0	0	0	0	1	0.2	2	0.1
4 to 6 times a week	Male	0	0	0	0	1	0.4	0	0	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	1	0.2	0	0	1	0.0

Frequency of food intakes
Spaghetti with seafood

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	206	75.5	216	81.5	215	85.7	235	89.4	872	82.9
	Female	195	75.3	185	73.1	201	77.6	227	88.7	808	78.7
	Total	401	75.4	401	77.4	416	81.6	462	89.0	1680	80.8
Once a month	Male	59	21.6	43	16.2	30	12.0	24	9.1	156	14.8
	Female	58	22.4	65	25.7	53	20.5	26	10.2	202	19.7
	Total	117	22.0	108	20.8	83	16.3	50	9.6	358	17.2
2 to 3 times a month	Male	7	2.6	6	2.3	6	2.4	4	1.5	23	2.2
	Female	6	2.3	3	1.2	4	1.5	3	1.2	16	1.6
	Total	13	2.4	9	1.7	10	2.0	7	1.3	39	1.9
Once a week	Male	1	0.4	0	0	0	0	0	0	1	0.1
	Female	0	0	0	0	1	0.4	0	0	1	0.1
	Total	1	0.2	0	0	1	0.2	0	0	2	0.1

Frequency of food intakes
Macaroni gratin

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	170	62.3	192	72.5	196	78.1	207	78.7	765	72.7
	Female	151	58.3	185	73.1	180	69.5	186	72.7	702	68.4
	Total	321	60.3	377	72.8	376	73.7	393	75.7	1467	70.6
Once a month	Male	90	33.0	68	25.7	46	18.3	45	17.1	249	23.7
	Female	101	39.0	61	24.1	70	27.0	59	23.0	291	28.3
	Total	191	35.9	129	24.9	116	22.7	104	20.0	540	26.0
2 to 3 times a month	Male	12	4.4	5	1.9	8	3.2	7	2.7	32	3.0
	Female	6	2.3	7	2.8	9	3.5	10	3.9	32	3.1
	Total	18	3.4	12	2.3	17	3.3	17	3.3	64	3.1
Once a week	Male	1	0.4	0	0	0	0	3	1.1	4	0.4
	Female	1	0.4	0	0	0	0	1	0.4	2	0.2
	Total	2	0.4	0	0	0	0	4	0.8	6	0.3
2 to 3 times a week	Male	0	0	0	0	1	0.4	1	0.4	2	0.2
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	1	0.2	1	0.2	2	0.1

Frequency of food intakes
Macaroni salada

[illegible]

Total	0	0	0	0	2	0.4	0	0	2	0.1
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Frequency of food intakes
Instant Chinese noodle

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	54	19.8	95	35.8	112	44.6	114	43.3	375	35.6
	Female	74	28.6	131	51.8	141	54.4	143	55.9	489	47.6
	Total	128	24.1	226	43.6	253	49.6	257	49.5	864	41.6
Once a month	Male	86	31.5	89	33.6	67	26.7	69	26.2	311	29.6
	Female	114	44.0	81	32.0	80	30.9	64	25.0	339	33.0
	Total	200	37.6	170	32.8	147	28.8	133	25.6	650	31.3
2 to 3 times a month	Male	82	30.0	50	18.9	45	17.9	53	20.2	230	21.9
	Female	54	20.8	31	12.3	28	10.8	29	11.3	142	13.8
	Total	136	25.6	81	15.6	73	14.3	82	15.8	372	17.9
Once a week	Male	39	14.3	21	7.9	20	8.0	19	7.2	99	9.4
	Female	14	5.4	6	2.4	7	2.7	13	5.1	40	3.9
	Total	53	10.0	27	5.2	27	5.3	32	6.2	139	6.7
2 to 3 times a week	Male	11	4.0	9	3.4	5	2.0	7	2.7	32	3.0
	Female	3	1.2	3	1.2	3	1.2	7	2.7	16	1.6
	Total	14	2.6	12	2.3	8	1.6	14	2.7	48	2.3
4 to 6 times a week	Male	0	0	0	0	1	0.4	1	0.4	2	0.2
	Female	0	0	1	0.4	0	0	0	0	1	0.1
	Total	0	0	1	0.2	1	0.2	1	0.2	3	0.1
Once a day	Male	1	0.4	1	0.4	1	0.4	0	0	3	0.3
	Female	0	0	0	0	0	0	0	0	0	0
	Total	1	0.2	1	0.2	1	0.2	0	0	3	0.1

Frequency of food intakes
Cup noodle

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	108	39.6	161	60.8	177	70.5	188	71.5	634	60.3
	Female	130	50.2	199	78.7	211	81.5	201	78.5	741	72.2
	Total	238	44.7	360	69.5	388	76.1	389	75.0	1375	66.1
Once a month	Male	93	34.1	66	24.9	49	19.5	48	18.3	256	24.3
	Female	94	36.3	43	17.0	38	14.7	37	14.5	212	20.6
	Total	187	35.2	109	21.0	87	17.1	85	16.4	468	22.5
2 to 3 times a month	Male	49	17.9	26	9.8	21	8.4	20	7.6	116	11.0
	Female	26	10.0	9	3.6	7	2.7	12	4.7	54	5.3
	Total	75	14.1	35	6.8	28	5.5	32	6.2	170	8.2
Once a week	Male	17	6.2	9	3.4	4	1.6	6	2.3	36	3.4

	Female	5	1.9	1	0.4	3	1.2	6	2.3	15	1.5
	Total	22	4.1	10	1.9	7	1.4	12	2.3	51	2.5
	Male	6	2.2	1	0.4	0	0	1	0.4	8	0.8
	Female	4	1.5	1	0.4	0	0	0	0	5	0.5
2 to 3 times a week	Total	10	1.9	2	0.4	0	0	1	0.2	13	0.6
	Male	0	0	1	0.4	0	0	0	0	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	1	0.2	0	0	0	0	1	0.0
4 to 6 times a week	Male	0	0	1	0.4	0	0	0	0	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	1	0.2	0	0	0	0	1	0.0
	Male	0	0	1	0.4	0	0	0	0	1	0.1
2 or more times a day	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	1	0.2	0	0	0	0	1	0.0
	Male	0	0	1	0.4	0	0	0	0	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	1	0.2	0	0	0	0	1	0.0
	Male	0	0	1	0.4	0	0	0	0	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	1	0.2	0	0	0	0	1	0.0

Frequency of food intakes
Beef mixed with vegetables

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	7	2.6	9	3.4	17	6.8	19	7.2	52	4.9
	Female	4	1.5	8	3.2	17	6.6	29	11.3	58	5.6
	Total	11	2.1	17	3.3	34	6.7	48	9.2	110	5.3
Once a month	Male	58	21.2	53	20.0	59	23.5	62	23.6	232	22.1
	Female	49	18.9	43	17.0	49	18.9	53	20.7	194	18.9
	Total	107	20.1	96	18.5	108	21.2	115	22.2	426	20.5
2 to 3 times a month	Male	91	33.3	97	36.6	99	39.4	100	38.0	387	36.8
	Female	99	38.2	106	41.9	105	40.5	85	33.2	395	38.5
	Total	190	35.7	203	39.2	204	40.0	185	35.6	782	37.6
Once a week	Male	70	25.6	69	26.0	56	22.3	56	21.3	251	23.9
	Female	66	25.5	68	26.9	69	26.6	60	23.4	263	25.6
	Total	136	25.6	137	26.4	125	24.5	116	22.4	514	24.7
2 to 3 times a week	Male	42	15.4	33	12.5	18	7.2	22	8.4	115	10.9
	Female	38	14.7	27	10.7	17	6.6	27	10.5	109	10.6
	Total	80	15.0	60	11.6	35	6.9	49	9.4	224	10.8
4 to 6 times a week	Male	5	1.8	4	1.5	2	0.8	4	1.5	15	1.4
	Female	3	1.2	1	0.4	2	0.8	2	0.8	8	0.8
	Total	8	1.5	5	1.0	4	0.8	6	1.2	23	1.1

Frequency of food intakes
Pork mixed with vegetables

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	10	3.7	12	4.5	25	10.0	43	16.3	90	8.6
	Female	8	3.1	10	4.0	20	7.7	32	12.5	70	6.8
	Total	18	3.4	22	4.2	45	8.8	75	14.5	160	7.7

Once a month	Male	56	20.5	57	21.5	82	32.7	59	22.4	254	24.1
	Female	55	21.2	58	22.9	70	27.0	52	20.3	235	22.9
	Total	111	20.9	115	22.2	152	29.8	111	21.4	489	23.5
2 to 3 times a month	Male	85	31.1	96	36.2	86	34.3	76	28.9	343	32.6
	Female	70	27.0	88	34.8	69	26.6	94	36.7	321	31.3
	Total	155	29.1	184	35.5	155	30.4	170	32.8	664	31.9
Once a week	Male	79	28.9	56	21.1	39	15.5	60	22.8	234	22.2
	Female	65	25.1	56	22.1	67	25.9	48	18.8	236	23.0
	Total	144	27.1	112	21.6	106	20.8	108	20.8	470	22.6
2 to 3 times a week	Male	34	12.5	34	12.8	19	7.6	24	9.1	111	10.6
	Female	54	20.8	36	14.2	31	12.0	23	9.0	144	14.0
	Total	88	16.5	70	13.5	50	9.8	47	9.1	255	12.3
4 to 6 times a week	Male	9	3.3	10	3.8	0	0	0	0	19	1.8
	Female	7	2.7	4	1.6	2	0.8	7	2.7	20	1.9
	Total	16	3.0	14	2.7	2	0.4	7	1.3	39	1.9
Once a day	Male	0	0	0	0	0	0	1	0.4	1	0.1
	Female	0	0	1	0.4	0	0	0	0	1	0.1
	Total	0	0	1	0.2	0	0	1	0.2	2	0.1

Frequency of food intakes
Chicken mixed with vegetables

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	31	11.4	24	9.1	29	11.6	36	13.7	120	11.4
	Female	16	6.2	28	11.1	29	11.2	36	14.1	109	10.6
	Total	47	8.8	52	10.0	58	11.4	72	13.9	229	11.0
Once a month	Male	84	30.8	72	27.2	80	31.9	63	24.0	299	28.4
	Female	63	24.3	50	19.8	44	17.0	53	20.7	210	20.4
	Total	147	27.6	122	23.6	124	24.3	116	22.4	509	24.5
2 to 3 times a month	Male	67	24.5	85	32.1	84	33.5	85	32.3	321	30.5
	Female	67	25.9	73	28.9	87	33.6	59	23.0	286	27.8
	Total	134	25.2	158	30.5	171	33.5	144	27.7	607	29.2
Once a week	Male	63	23.1	57	21.5	40	15.9	50	19.0	210	20.0
	Female	69	26.6	63	24.9	63	24.3	59	23.0	254	24.7
	Total	132	24.8	120	23.2	103	20.2	109	21.0	464	22.3
2 to 3 times a week	Male	22	8.1	24	9.1	17	6.8	29	11.0	92	8.7
	Female	40	15.4	36	14.2	34	13.1	40	15.6	150	14.6
	Total	62	11.7	60	11.6	51	10.0	69	13.3	242	11.6
4 to 6 times a week	Male	6	2.2	3	1.1	1	0.4	0	0	10	1.0
	Female	4	1.5	2	0.8	2	0.8	8	3.1	16	1.6
	Total	10	1.9	5	1.0	3	0.6	8	1.5	26	1.3
Once a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	1	0.4	0	0	1	0.4	2	0.2

	Total	0	0	1	0.2	0	0	1	0.2	2	0.1
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Frequency of food intakes
Fish mixed with vegetables

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	41	15.0	28	10.6	28	11.2	47	17.9	144	13.7
	Female	34	13.1	29	11.5	29	11.2	45	17.6	137	13.3
	Total	75	14.1	57	11.0	57	11.2	92	17.7	281	13.5
Once a month	Male	86	31.5	81	30.6	66	26.3	56	21.3	289	27.5
	Female	102	39.4	71	28.1	76	29.3	58	22.7	307	29.9
	Total	188	35.3	152	29.3	142	27.8	114	22.0	596	28.7
2 to 3 times a month	Male	70	25.6	77	29.1	84	33.5	77	29.3	308	29.3
	Female	51	19.7	69	27.3	71	27.4	64	25.0	255	24.8
	Total	121	22.7	146	28.2	155	30.4	141	27.2	563	27.1
Once a week	Male	55	20.1	46	17.4	45	17.9	44	16.7	190	18.1
	Female	51	19.7	52	20.6	45	17.4	53	20.7	201	19.6
	Total	106	19.9	98	18.9	90	17.6	97	18.7	391	18.8
2 to 3 times a week	Male	20	7.3	25	9.4	26	10.4	34	12.9	105	10.0
	Female	19	7.3	31	12.3	34	13.1	28	10.9	112	10.9
	Total	39	7.3	56	10.8	60	11.8	62	11.9	217	10.4
4 to 6 times a week	Male	1	0.4	8	3.0	2	0.8	5	1.9	16	1.5
	Female	2	0.8	1	0.4	1	0.4	7	2.7	11	1.1
	Total	3	0.6	9	1.7	3	0.6	12	2.3	27	1.3
Once a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	3	1.2	1	0.4	4	0.4
	Total	0	0	0	0	3	0.6	1	0.2	4	0.2

Frequency of food intakes
Fried vegetables

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	16	5.9	10	3.8	17	6.8	17	6.5	60	5.7
	Female	10	3.9	8	3.2	16	6.2	33	12.9	67	6.5
	Total	26	4.9	18	3.5	33	6.5	50	9.6	127	6.1
Once a month	Male	62	22.7	44	16.6	38	15.1	41	15.6	185	17.6
	Female	56	21.6	40	15.8	34	13.1	30	11.7	160	15.6
	Total	118	22.2	84	16.2	72	14.1	71	13.7	345	16.6
2 to 3 times a month	Male	90	33.0	105	39.6	72	28.7	69	26.2	336	31.9
	Female	76	29.3	77	30.4	65	25.1	47	18.4	265	25.8
	Total	166	31.2	182	35.1	137	26.9	116	22.4	601	28.9
Once a week	Male	77	28.2	61	23.0	66	26.3	72	27.4	276	26.2

2 to 3 times a week	Female	79	30.5	67	26.5	66	25.5	66	25.8	278	27.1
	Total	156	29.3	128	24.7	132	25.9	138	26.6	554	26.6
	Male	26	9.5	39	14.7	47	18.7	47	17.9	159	15.1
	Female	29	11.2	49	19.4	57	22.0	57	22.3	192	18.7
4 to 6 times a week	Total	55	10.3	88	17.0	104	20.4	104	20.0	351	16.9
	Male	1	0.4	4	1.5	7	2.8	14	5.3	26	2.5
	Female	8	3.1	11	4.3	14	5.4	19	7.4	52	5.1
	Total	9	1.7	15	2.9	21	4.1	33	6.4	78	3.8
Once a day	Male	1	0.4	2	0.8	4	1.6	3	1.1	10	1.0
	Female	1	0.4	1	0.4	5	1.9	4	1.6	11	1.1
	Total	2	0.4	3	0.6	9	1.8	7	1.3	21	1.0
	Male	0	0	0	0	0	0	0	0	0	0
2 or more times a day	Female	0	0	0	0	2	0.8	0	0	2	0.2
	Total	0	0	0	0	2	0.4	0	0	2	0.1

Frequency of food intakes
Hamburger steak

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	37	13.6	82	30.9	97	38.6	114	43.3	330	31.4
	Female	36	13.9	79	31.2	98	37.8	107	41.8	320	31.2
	Total	73	13.7	161	31.1	195	38.2	221	42.6	650	31.3
Once a month	Male	119	43.6	113	42.6	109	43.4	89	33.8	430	40.9
	Female	137	52.9	129	51.0	108	41.7	90	35.2	464	45.2
	Total	256	48.1	242	46.7	217	42.5	179	34.5	894	43.0
2 to 3 times a month	Male	100	36.6	51	19.2	35	13.9	52	19.8	238	22.6
	Female	75	29.0	41	16.2	47	18.1	49	19.1	212	20.6
	Total	175	32.9	92	17.8	82	16.1	101	19.5	450	21.6
Once a week	Male	16	5.9	16	6.0	6	2.4	7	2.7	45	4.3
	Female	10	3.9	4	1.6	6	2.3	10	3.9	30	2.9
	Total	26	4.9	20	3.9	12	2.4	17	3.3	75	3.6
2 to 3 times a week	Male	1	0.4	3	1.1	4	1.6	1	0.4	9	0.9
	Female	1	0.4	0	0	0	0	0	0	1	0.1
	Total	2	0.4	3	0.6	4	0.8	1	0.2	10	0.5

Frequency of food intakes
Meat dumpling (niku-danngo)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	103	37.7	132	49.8	151	60.2	155	58.9	541	51.4
	Female	114	44.0	136	53.8	147	56.8	146	57.0	543	52.9
	Total	217	40.8	268	51.7	298	58.4	301	58.0	1084	52.1

Once a month	Male	118	43.2	102	38.5	83	33.1	84	31.9	387	36.8
	Female	119	45.9	97	38.3	87	33.6	79	30.9	382	37.2
	Total	237	44.5	199	38.4	170	33.3	163	31.4	769	37.0
2 to 3 times a month	Male	41	15.0	20	7.5	13	5.2	23	8.7	97	9.2
	Female	22	8.5	18	7.1	22	8.5	26	10.2	88	8.6
	Total	63	11.8	38	7.3	35	6.9	49	9.4	185	8.9
Once a week	Male	7	2.6	10	3.8	2	0.8	1	0.4	20	1.9
	Female	4	1.5	2	0.8	3	1.2	4	1.6	13	1.3
	Total	11	2.1	12	2.3	5	1.0	5	1.0	33	1.6
2 to 3 times a week	Male	4	1.5	1	0.4	2	0.8	0	0	7	0.7
	Female	0	0	0	0	0	0	1	0.4	1	0.1
	Total	4	0.8	1	0.2	2	0.4	1	0.2	8	0.4

Frequency of food intakes
Shao-mai

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	73	26.7	88	33.2	88	35.1	111	42.2	360	34.2
	Female	69	26.6	93	36.8	74	28.6	84	32.8	320	31.2
	Total	142	26.7	181	34.9	162	31.8	195	37.6	680	32.7
Once a month	Male	126	46.2	127	47.9	111	44.2	97	36.9	461	43.8
	Female	141	54.4	101	39.9	120	46.3	100	39.1	462	45.0
	Total	267	50.2	228	44.0	231	45.3	197	38.0	923	44.4
2 to 3 times a month	Male	58	21.2	37	14.0	43	17.1	44	16.7	182	17.3
	Female	40	15.4	45	17.8	56	21.6	52	20.3	193	18.8
	Total	98	18.4	82	15.8	99	19.4	96	18.5	375	18.0
Once a week	Male	15	5.5	11	4.2	7	2.8	9	3.4	42	4.0
	Female	9	3.5	12	4.7	9	3.5	17	6.6	47	4.6
	Total	24	4.5	23	4.4	16	3.1	26	5.0	89	4.3
2 to 3 times a week	Male	1	0.4	2	0.8	2	0.8	2	0.8	7	0.7
	Female	0	0	2	0.8	0	0	3	1.2	5	0.5
	Total	1	0.2	4	0.8	2	0.4	5	1.0	12	0.6

Frequency of food intakes
Fried or steamed dumpling stuffed with minced pork (gyoza)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	13	4.8	21	7.9	29	11.6	43	16.3	106	10.1
	Female	11	4.2	22	8.7	18	6.9	32	12.5	83	8.1
	Total	24	4.5	43	8.3	47	9.2	75	14.5	189	9.1
Once a month	Male	107	39.2	118	44.5	116	46.2	108	41.1	449	42.7
	Female	131	50.6	120	47.4	115	44.4	105	41.0	471	45.9

	Total	238	44.7	238	45.9	231	45.3	213	41.0	920	44.3
2 to 3 times a month	Male	125	45.8	90	34.0	86	34.3	94	35.7	395	37.5
	Female	103	39.8	90	35.6	100	38.6	87	34.0	380	37.0
	Total	228	42.9	180	34.7	186	36.5	181	34.9	775	37.3
Once a week	Male	27	9.9	34	12.8	15	6.0	13	4.9	89	8.5
	Female	13	5.0	19	7.5	23	8.9	28	10.9	83	8.1
	Total	40	7.5	53	10.2	38	7.5	41	7.9	172	8.3
2 to 3 times a week	Male	1	0.4	2	0.8	5	2.0	5	1.9	13	1.2
	Female	1	0.4	2	0.8	3	1.2	4	1.6	10	1.0
	Total	2	0.4	4	0.8	8	1.6	9	1.7	23	1.1

Frequency of food intakes
Pizza

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	155	56.8	203	76.6	220	87.6	234	89.0	812	77.2
	Female	107	41.3	182	71.9	193	74.5	211	82.4	693	67.5
	Total	262	49.2	385	74.3	413	81.0	445	85.7	1505	72.4
Once a month	Male	89	32.6	53	20.0	31	12.4	27	10.3	200	19.0
	Female	131	50.6	63	24.9	59	22.8	41	16.0	294	28.6
	Total	220	41.4	116	22.4	90	17.6	68	13.1	494	23.8
2 to 3 times a month	Male	25	9.2	8	3.0	0	0	0	0	33	3.1
	Female	16	6.2	6	2.4	5	1.9	4	1.6	31	3.0
	Total	41	7.7	14	2.7	5	1.0	4	0.8	64	3.1
Once a week	Male	4	1.5	1	0.4	0	0	2	0.8	7	0.7
	Female	3	1.2	0	0	2	0.8	0	0	5	0.5
	Total	7	1.3	1	0.2	2	0.4	2	0.4	12	0.6
2 to 3 times a week	Male	0	0	0	0	0	0	0	0	0	0
	Female	2	0.8	2	0.8	0	0	0	0	4	0.4
	Total	2	0.4	2	0.4	0	0	0	0	4	0.2

Frequency of food intakes
Grilled meat

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	22	8.1	31	11.7	51	20.3	60	22.8	164	15.6
	Female	32	12.4	39	15.4	48	18.5	74	28.9	193	18.8
	Total	54	10.2	70	13.5	99	19.4	134	25.8	357	17.2
Once a month	Male	109	39.9	116	43.8	108	43.0	108	41.1	441	41.9
	Female	118	45.6	127	50.2	124	47.9	92	35.9	461	44.9
	Total	227	42.7	243	46.9	232	45.5	200	38.5	902	43.4
2 to 3 times a	Male	119	43.6	89	33.6	70	27.9	72	27.4	350	33.3

month	Female	88	34.0	66	26.1	64	24.7	69	27.0	287	27.9
	Total	207	38.9	155	29.9	134	26.3	141	27.2	637	30.6
Once a week	Male	17	6.2	27	10.2	18	7.2	21	8.0	83	7.9
	Female	19	7.3	17	6.7	19	7.3	16	6.3	71	6.9
	Total	36	6.8	44	8.5	37	7.3	37	7.1	154	7.4
2 to 3 times a week	Male	5	1.8	2	0.8	3	1.2	2	0.8	12	1.1
	Female	2	0.8	4	1.6	4	1.5	5	2.0	15	1.5
	Total	7	1.3	6	1.2	7	1.4	7	1.3	27	1.3
4 to 6 times a week	Male	1	0.4	0	0	0	0	0	0	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	1	0.2	0	0	0	0	0	0	1	0.0
Once a day	Male	0	0	0	0	1	0.4	0	0	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	1	0.2	0	0	1	0.0

Frequency of food intakes
Beefsteak

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	132	48.4	132	49.8	128	51.0	149	56.7	541	51.4
	Female	128	49.4	130	51.4	148	57.1	177	69.1	583	56.8
	Total	260	48.9	262	50.6	276	54.1	326	62.8	1124	54.1
Once a month	Male	116	42.5	111	41.9	109	43.4	89	33.8	425	40.4
	Female	117	45.2	108	42.7	93	35.9	67	26.2	385	37.5
	Total	233	43.8	219	42.3	202	39.6	156	30.1	810	39.0
2 to 3 times a month	Male	18	6.6	19	7.2	12	4.8	22	8.4	71	6.7
	Female	13	5.0	14	5.5	14	5.4	12	4.7	53	5.2
	Total	31	5.8	33	6.4	26	5.1	34	6.6	124	6.0
Once a week	Male	7	2.6	3	1.1	2	0.8	3	1.1	15	1.4
	Female	0	0	1	0.4	4	1.5	0	0	5	0.5
	Total	7	1.3	4	0.8	6	1.2	3	0.6	20	1.0
2 to 3 times a week	Male	0	0	0	0	0	0	0	0	0	0
	Female	1	0.4	0	0	0	0	0	0	1	0.1
	Total	1	0.2	0	0	0	0	0	0	1	0.0

Frequency of food intakes
Porksteak

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	154	56.4	168	63.4	173	68.9	199	75.7	694	66.0
	Female	138	53.3	149	58.9	172	66.4	208	81.3	667	64.9
	Total	292	54.9	317	61.2	345	67.6	407	78.4	1361	65.5

Once a month	Male	97	35.5	80	30.2	71	28.3	50	19.0	298	28.3
	Female	106	40.9	80	31.6	70	27.0	32	12.5	288	28.0
	Total	203	38.2	160	30.9	141	27.6	82	15.8	586	28.2
2 to 3 times a month	Male	20	7.3	17	6.4	6	2.4	10	3.8	53	5.0
	Female	15	5.8	23	9.1	13	5.0	14	5.5	65	6.3
	Total	35	6.6	40	7.7	19	3.7	24	4.6	118	5.7
Once a week	Male	2	0.7	0	0	1	0.4	4	1.5	7	0.7
	Female	0	0	1	0.4	4	1.5	2	0.8	7	0.7
	Total	2	0.4	1	0.2	5	1.0	6	1.2	14	0.7

Frequency of food intakes
Pork cutlet (ton-katsu)

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	24	8.8	39	14.7	45	17.9	54	20.5	162	15.4
	Female	33	12.7	50	19.8	58	22.4	74	28.9	215	20.9
	Total	57	10.7	89	17.2	103	20.2	128	24.7	377	18.1
Once a month	Male	126	46.2	114	43.0	129	51.4	119	45.2	488	46.4
	Female	148	57.1	134	53.0	129	49.8	109	42.6	520	50.6
	Total	274	51.5	248	47.9	258	50.6	228	43.9	1008	48.5
2 to 3 times a month	Male	108	39.6	94	35.5	61	24.3	76	28.9	339	32.2
	Female	71	27.4	63	24.9	64	24.7	61	23.8	259	25.2
	Total	179	33.6	157	30.3	125	24.5	137	26.4	598	28.8
Once a week	Male	13	4.8	16	6.0	14	5.6	13	4.9	56	5.3
	Female	7	2.7	6	2.4	8	3.1	11	4.3	32	3.1
	Total	20	3.8	22	4.2	22	4.3	24	4.6	88	4.2
2 to 3 times a week	Male	2	0.7	2	0.8	2	0.8	1	0.4	7	0.7
	Female	0	0	0	0	0	0	1	0.4	1	0.1
	Total	2	0.4	2	0.4	2	0.4	2	0.4	8	0.4

Frequency of food intakes
Ham or sausages

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	20	7.3	30	11.3	43	17.1	47	17.9	140	13.3
	Female	28	10.8	41	16.2	51	19.7	55	21.5	175	17.0
	Total	48	9.0	71	13.7	94	18.4	102	19.7	315	15.2
Once a month	Male	47	17.2	62	23.4	58	23.1	74	28.1	241	22.9
	Female	39	15.1	52	20.6	62	23.9	68	26.6	221	21.5
	Total	86	16.2	114	22.0	120	23.5	142	27.4	462	22.2
2 to 3 times a month	Male	72	26.4	70	26.4	74	29.5	77	29.3	293	27.9
	Female	69	26.6	70	27.7	59	22.8	69	27.0	267	26.0

Once a week	Total	141	26.5	140	27.0	133	26.1	146	28.1	560	26.9
	Male	71	26.0	63	23.8	44	17.5	36	13.7	214	20.3
	Female	69	26.6	44	17.4	40	15.4	33	12.9	186	18.1
	Total	140	26.3	107	20.7	84	16.5	69	13.3	400	19.2
2 to 3 times a week	Male	52	19.0	26	9.8	26	10.4	13	4.9	117	11.1
	Female	41	15.8	37	14.6	37	14.3	20	7.8	135	13.1
	Total	93	17.5	63	12.2	63	12.4	33	6.4	252	12.1
4 to 6 times a week	Male	8	2.9	11	4.2	4	1.6	9	3.4	32	3.0
	Female	9	3.5	6	2.4	7	2.7	8	3.1	30	2.9
	Total	17	3.2	17	3.3	11	2.2	17	3.3	62	3.0
Once a day	Male	3	1.1	3	1.1	2	0.8	7	2.7	15	1.4
	Female	4	1.5	3	1.2	3	1.2	3	1.2	13	1.3
	Total	7	1.3	6	1.2	5	1.0	10	1.9	28	1.3

Frequency of food intakes
Bacon

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	107	39.2	125	47.2	135	53.8	153	58.2	520	49.4
	Female	67	25.9	100	39.5	117	45.2	143	55.9	427	41.6
	Total	174	32.7	225	43.4	252	49.4	296	57.0	947	45.6
Once a month	Male	66	24.2	83	31.3	68	27.1	57	21.7	274	26.0
	Female	70	27.0	68	26.9	66	25.5	59	23.0	263	25.6
	Total	136	25.6	151	29.2	134	26.3	116	22.4	537	25.8
2 to 3 times a month	Male	51	18.7	31	11.7	26	10.4	40	15.2	148	14.1
	Female	56	21.6	49	19.4	38	14.7	32	12.5	175	17.0
	Total	107	20.1	80	15.4	64	12.5	72	13.9	323	15.5
Once a week	Male	35	12.8	18	6.8	13	5.2	10	3.8	76	7.2
	Female	49	18.9	25	9.9	23	8.9	12	4.7	109	10.6
	Total	84	15.8	43	8.3	36	7.1	22	4.2	185	8.9
2 to 3 times a week	Male	12	4.4	7	2.6	8	3.2	2	0.8	29	2.8
	Female	15	5.8	11	4.3	12	4.6	10	3.9	48	4.7
	Total	27	5.1	18	3.5	20	3.9	12	2.3	77	3.7
4 to 6 times a week	Male	2	0.7	1	0.4	0	0	1	0.4	4	0.4
	Female	2	0.8	0	0	3	1.2	0	0	5	0.5
	Total	4	0.8	1	0.2	3	0.6	1	0.2	9	0.4
Once a day	Male	0	0	0	0	1	0.4	0	0	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	1	0.2	0	0	1	0.0

Frequency of food intakes
Rorsted pork

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	105	38.5	95	35.8	106	42.2	115	43.7	421	40.0
	Female	87	33.6	98	38.7	80	30.9	110	43.0	375	36.5
	Total	192	36.1	193	37.3	186	36.5	225	43.4	796	38.3
Once a month	Male	111	40.7	122	46.0	91	36.3	85	32.3	409	38.9
	Female	124	47.9	104	41.1	124	47.9	92	35.9	444	43.2
	Total	235	44.2	226	43.6	215	42.2	177	34.1	853	41.0
2 to 3 times a month	Male	46	16.8	39	14.7	40	15.9	41	15.6	166	15.8
	Female	35	13.5	37	14.6	38	14.7	35	13.7	145	14.1
	Total	81	15.2	76	14.7	78	15.3	76	14.6	311	15.0
Once a week	Male	10	3.7	5	1.9	10	4.0	17	6.5	42	4.0
	Female	12	4.6	10	4.0	12	4.6	13	5.1	47	4.6
	Total	22	4.1	15	2.9	22	4.3	30	5.8	89	4.3
2 to 3 times a week	Male	1	0.4	4	1.5	4	1.6	5	1.9	14	1.3
	Female	1	0.4	3	1.2	4	1.5	6	2.3	14	1.4
	Total	2	0.4	7	1.4	8	1.6	11	2.1	28	1.3
4 to 6 times a week	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	1	0.4	1	0.4	0	0	2	0.2
	Total	0	0	1	0.2	1	0.2	0	0	2	0.1

Frequency of food intakes
Liver (beef,pork and chicken)

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	147	53.8	127	47.9	108	43.0	109	41.4	491	46.7
	Female	127	49.0	121	47.8	118	45.6	114	44.5	480	46.7
	Total	274	51.5	248	47.9	226	44.3	223	43.0	971	46.7
Once a month	Male	90	33.0	85	32.1	85	33.9	97	36.9	357	33.9
	Female	103	39.8	84	33.2	79	30.5	75	29.3	341	33.2
	Total	193	36.3	169	32.6	164	32.2	172	33.1	698	33.6
2 to 3 times a month	Male	31	11.4	48	18.1	46	18.3	41	15.6	166	15.8
	Female	26	10.0	40	15.8	40	15.4	39	15.2	145	14.1
	Total	57	10.7	88	17.0	86	16.9	80	15.4	311	15.0
Once a week	Male	3	1.1	5	1.9	9	3.6	9	3.4	26	2.5
	Female	3	1.2	6	2.4	16	6.2	22	8.6	47	4.6
	Total	6	1.1	11	2.1	25	4.9	31	6.0	73	3.5
2 to 3 times a week	Male	2	0.7	0	0	1	0.4	5	1.9	8	0.8
	Female	0	0	1	0.4	6	2.3	5	2.0	12	1.2
	Total	2	0.4	1	0.2	7	1.4	10	1.9	20	1.0
4 to 6 times a week	Male	0	0	0	0	1	0.4	1	0.4	2	0.2
	Female	0	0	0	0	0	0	1	0.4	1	0.1

	Total	0	0	0	0	1	0.2	2	0.4	3	0.1
Once a day	Male	0	0	0	0	1	0.4	1	0.4	2	0.2
	Female	0	0	1	0.4	0	0	0	0	1	0.1
	Total	0	0	1	0.2	1	0.2	1	0.2	3	0.1

Frequency of food intakes
Grilled or boiled intestine (horumon-yaki, dote-ni)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	138	50.5	129	48.7	155	61.8	172	65.4	594	56.5
	Female	165	63.7	160	63.2	184	71.0	200	78.1	709	69.0
	Total	303	57.0	289	55.8	339	66.5	372	71.7	1303	62.7
Once a month	Male	98	35.9	106	40.0	69	27.5	68	25.9	341	32.4
	Female	92	35.5	76	30.0	62	23.9	41	16.0	271	26.4
	Total	190	35.7	182	35.1	131	25.7	109	21.0	612	29.4
2 to 3 times a month	Male	34	12.5	25	9.4	23	9.2	21	8.0	103	9.8
	Female	2	0.8	15	5.9	8	3.1	13	5.1	38	3.7
	Total	36	6.8	40	7.7	31	6.1	34	6.6	141	6.8
Once a week	Male	3	1.1	4	1.5	4	1.6	2	0.8	13	1.2
	Female	0	0	2	0.8	4	1.5	1	0.4	7	0.7
	Total	3	0.6	6	1.2	8	1.6	3	0.6	20	1.0
2 to 3 times a week	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	1	0.4	1	0.4	2	0.2
	Total	0	0	0	0	1	0.2	1	0.2	2	0.1
4 to 6 times a week	Male	0	0	1	0.4	0	0	0	0	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	1	0.2	0	0	0	0	1	0.0

Frequency of food intakes
Fried chicken (deep-fried chicken, kara-age)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	79	28.9	112	42.3	109	43.4	126	47.9	426	40.5
	Female	68	26.3	132	52.2	114	44.0	119	46.5	433	42.2
	Total	147	27.6	244	47.1	223	43.7	245	47.2	859	41.3
Once a month	Male	91	33.3	91	34.3	87	34.7	75	28.5	344	32.7
	Female	126	48.6	72	28.5	86	33.2	79	30.9	363	35.3
	Total	217	40.8	163	31.5	173	33.9	154	29.7	707	34.0
2 to 3 times a month	Male	78	28.6	47	17.7	42	16.7	50	19.0	217	20.6
	Female	52	20.1	39	15.4	46	17.8	43	16.8	180	17.5
	Total	130	24.4	86	16.6	88	17.3	93	17.9	397	19.1
Once a week	Male	19	7.0	10	3.8	9	3.6	10	3.8	48	4.6

	Female	11	4.2	9	3.6	13	5.0	12	4.7	45	4.4
	Total	30	5.6	19	3.7	22	4.3	22	4.2	93	4.5
2 to 3 times a week	Male	5	1.8	5	1.9	4	1.6	2	0.8	16	1.5
	Female	2	0.8	1	0.4	0	0	3	1.2	6	0.6
	Total	7	1.3	6	1.2	4	0.8	5	1.0	22	1.1
4 to 6 times a week	Male	1	0.4	0	0	0	0	0	0	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	1	0.2	0	0	0	0	0	0	1	0.0

Frequency of food intakes
Roast chicken, chicken teri-yaki, yakitori

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	128	46.9	126	47.5	126	50.2	132	50.2	512	48.7
	Female	97	37.5	115	45.5	108	41.7	121	47.3	441	42.9
	Total	225	42.3	241	46.5	234	45.9	253	48.7	953	45.8
Once a month	Male	105	38.5	110	41.5	98	39.0	93	35.4	406	38.6
	Female	117	45.2	103	40.7	106	40.9	87	34.0	413	40.2
	Total	222	41.7	213	41.1	204	40.0	180	34.7	819	39.4
2 to 3 times a month	Male	32	11.7	22	8.3	22	8.8	29	11.0	105	10.0
	Female	41	15.8	30	11.9	35	13.5	35	13.7	141	13.7
	Total	73	13.7	52	10.0	57	11.2	64	12.3	246	11.8
Once a week	Male	6	2.2	6	2.3	4	1.6	8	3.0	24	2.3
	Female	3	1.2	2	0.8	9	3.5	12	4.7	26	2.5
	Total	9	1.7	8	1.5	13	2.5	20	3.9	50	2.4
2 to 3 times a week	Male	2	0.7	1	0.4	1	0.4	1	0.4	5	0.5
	Female	1	0.4	3	1.2	1	0.4	1	0.4	6	0.6
	Total	3	0.6	4	0.8	2	0.4	2	0.4	11	0.5

Frequency of food intakes
Grilled fish

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	9	3.3	3	1.1	3	1.2	5	1.9	20	1.9
	Female	5	1.9	3	1.2	4	1.5	11	4.3	23	2.2
	Total	14	2.6	6	1.2	7	1.4	16	3.1	43	2.1
Once a month	Male	32	11.7	24	9.1	32	12.7	24	9.1	112	10.6
	Female	27	10.4	25	9.9	27	10.4	25	9.8	104	10.1
	Total	59	11.1	49	9.5	59	11.6	49	9.4	216	10.4
2 to 3 times a month	Male	80	29.3	79	29.8	70	27.9	81	30.8	310	29.5
	Female	69	26.6	67	26.5	70	27.0	82	32.0	288	28.0
	Total	149	28.0	146	28.2	140	27.5	163	31.4	598	28.8

Once a week	Male	94	34.4	81	30.6	85	33.9	76	28.9	336	31.9
	Female	95	36.7	86	34.0	82	31.7	83	32.4	346	33.7
	Total	189	35.5	167	32.2	167	32.7	159	30.6	682	32.8
2 to 3 times a week	Male	53	19.4	67	25.3	55	21.9	69	26.2	244	23.2
	Female	56	21.6	63	24.9	69	26.6	50	19.5	238	23.2
	Total	109	20.5	130	25.1	124	24.3	119	22.9	482	23.2
4 to 6 times a week	Male	5	1.8	8	3.0	5	2.0	7	2.7	25	2.4
	Female	7	2.7	6	2.4	6	2.3	4	1.6	23	2.2
	Total	12	2.3	14	2.7	11	2.2	11	2.1	48	2.3
Once a day	Male	0	0	2	0.8	1	0.4	1	0.4	4	0.4
	Female	0	0	3	1.2	1	0.4	1	0.4	5	0.5
	Total	0	0	5	1.0	2	0.4	2	0.4	9	0.4
2 or more times a day	Male	0	0	1	0.4	0	0	0	0	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	1	0.2	0	0	0	0	1	0.0

Frequency of food intakes
Fish boiled with soy and sugar

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	26	9.5	9	3.4	10	4.0	9	3.4	54	5.1
	Female	13	5.0	9	3.6	7	2.7	11	4.3	40	3.9
	Total	39	7.3	18	3.5	17	3.3	20	3.9	94	4.5
Once a month	Male	64	23.4	48	18.1	40	15.9	34	12.9	186	17.7
	Female	68	26.3	37	14.6	37	14.3	36	14.1	178	17.3
	Total	132	24.8	85	16.4	77	15.1	70	13.5	364	17.5
2 to 3 times a month	Male	98	35.9	72	27.2	82	32.7	80	30.4	332	31.6
	Female	75	29.0	73	28.9	83	32.0	79	30.9	310	30.2
	Total	173	32.5	145	28.0	165	32.4	159	30.6	642	30.9
Once a week	Male	70	25.6	98	37.0	71	28.3	86	32.7	325	30.9
	Female	81	31.3	97	38.3	85	32.8	79	30.9	342	33.3
	Total	151	28.4	195	37.6	156	30.6	165	31.8	667	32.1
2 to 3 times a week	Male	15	5.5	34	12.8	46	18.3	50	19.0	145	13.8
	Female	22	8.5	32	12.6	43	16.6	44	17.2	141	13.7
	Total	37	7.0	66	12.7	89	17.5	94	18.1	286	13.8
4 to 6 times a week	Male	0	0	4	1.5	2	0.8	1	0.4	7	0.7
	Female	0	0	5	2.0	4	1.5	4	1.6	13	1.3
	Total	0	0	9	1.7	6	1.2	5	1.0	20	1.0
Once a day	Male	0	0	0	0	0	0	3	1.1	3	0.3
	Female	0	0	0	0	0	0	3	1.2	3	0.3
	Total	0	0	0	0	0	0	6	1.2	6	0.3

Frequency of food intakes
Dried fish

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	34	12.5	15	5.7	17	6.8	12	4.6	78	7.4
	Female	9	3.5	10	4.0	15	5.8	22	8.6	56	5.5
	Total	43	8.1	25	4.8	32	6.3	34	6.6	134	6.4
Once a month	Male	68	24.9	54	20.4	36	14.3	51	19.4	209	19.9
	Female	43	16.6	42	16.6	42	16.2	44	17.2	171	16.7
	Total	111	20.9	96	18.5	78	15.3	95	18.3	380	18.3
2 to 3 times a month	Male	89	32.6	79	29.8	75	29.9	76	28.9	319	30.3
	Female	108	41.7	72	28.5	72	27.8	69	27.0	321	31.3
	Total	197	37.0	151	29.2	147	28.8	145	27.9	640	30.8
Once a week	Male	64	23.4	72	27.2	68	27.1	58	22.1	262	24.9
	Female	68	26.3	76	30.0	57	22.0	67	26.2	268	26.1
	Total	132	24.8	148	28.6	125	24.5	125	24.1	530	25.5
2 to 3 times a week	Male	13	4.8	38	14.3	48	19.1	50	19.0	149	14.2
	Female	25	9.7	40	15.8	56	21.6	36	14.1	157	15.3
	Total	38	7.1	78	15.1	104	20.4	86	16.6	306	14.7
4 to 6 times a week	Male	3	1.1	3	1.1	4	1.6	9	3.4	19	1.8
	Female	2	0.8	8	3.2	11	4.2	12	4.7	33	3.2
	Total	5	0.9	11	2.1	15	2.9	21	4.0	52	2.5
Once a day	Male	2	0.7	3	1.1	3	1.2	7	2.7	15	1.4
	Female	4	1.5	5	2.0	6	2.3	5	2.0	20	1.9
	Total	6	1.1	8	1.5	9	1.8	12	2.3	35	1.7
2 or more times a day	Male	0	0	1	0.4	0	0	0	0	1	0.1
	Female	0	0	0	0	0	0	1	0.4	1	0.1
	Total	0	0	1	0.2	0	0	1	0.2	2	0.1

Frequency of food intakes
Raw fish (sashimi)

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	13	4.8	7	2.6	6	2.4	10	3.8	36	3.4
	Female	9	3.5	7	2.8	14	5.4	23	9.0	53	5.2
	Total	22	4.1	14	2.7	20	3.9	33	6.4	89	4.3
Once a month	Male	52	19.0	31	11.7	41	16.3	49	18.6	173	16.4
	Female	64	24.7	49	19.4	46	17.8	57	22.3	216	21.0
	Total	116	21.8	80	15.4	87	17.1	106	20.4	389	18.7
2 to 3 times a month	Male	90	33.0	90	34.0	77	30.7	77	29.3	334	31.7
	Female	91	35.1	98	38.7	82	31.7	83	32.4	354	34.5
	Total	181	34.0	188	36.3	159	31.2	160	30.8	688	33.1
Once a week	Male	82	30.0	89	33.6	75	29.9	79	30.0	325	30.9

2 to 3 times a week	Female	73	28.2	61	24.1	70	27.0	55	21.5	259	25.2
	Total	155	29.1	150	29.0	145	28.4	134	25.8	584	28.1
	Male	32	11.7	40	15.1	45	17.9	37	14.1	154	14.6
	Female	19	7.3	31	12.3	39	15.1	34	13.3	123	12.0
4 to 6 times a week	Total	51	9.6	71	13.7	84	16.5	71	13.7	277	13.3
	Male	3	1.1	5	1.9	5	2.0	8	3.0	21	2.0
	Female	2	0.8	7	2.8	8	3.1	3	1.2	20	1.9
	Total	5	0.9	12	2.3	13	2.5	11	2.1	41	2.0
Once a day	Male	1	0.4	3	1.1	2	0.8	3	1.1	9	0.9
	Female	1	0.4	0	0	0	0	1	0.4	2	0.2
	Total	2	0.4	3	0.6	2	0.4	4	0.8	11	0.5

Frequency of food intakes
Squid, octopus

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	20	7.3	20	7.5	20	8.0	44	16.7	104	9.9
	Female	14	5.4	17	6.7	34	13.1	54	21.1	119	11.6
	Total	34	6.4	37	7.1	54	10.6	98	18.9	223	10.7
Once a month	Male	82	30.0	76	28.7	85	33.9	87	33.1	330	31.4
	Female	76	29.3	77	30.4	83	32.0	82	32.0	318	31.0
	Total	158	29.7	153	29.5	168	32.9	169	32.6	648	31.2
2 to 3 times a month	Male	98	35.9	90	34.0	85	33.9	78	29.7	351	33.4
	Female	109	42.1	94	37.2	81	31.3	73	28.5	357	34.8
	Total	207	38.9	184	35.5	166	32.5	151	29.1	708	34.1
Once a week	Male	61	22.3	59	22.3	42	16.7	41	15.6	203	19.3
	Female	51	19.7	51	20.2	44	17.0	35	13.7	181	17.6
	Total	112	21.1	110	21.2	86	16.9	76	14.6	384	18.5
2 to 3 times a week	Male	12	4.4	18	6.8	19	7.6	13	4.9	62	5.9
	Female	9	3.5	10	4.0	15	5.8	12	4.7	46	4.5
	Total	21	3.9	28	5.4	34	6.7	25	4.8	108	5.2
4 to 6 times a week	Male	0	0	2	0.8	0	0	0	0	2	0.2
	Female	0	0	4	1.6	2	0.8	0	0	6	0.6
	Total	0	0	6	1.2	2	0.4	0	0	8	0.4

Frequency of food intakes
Canned fish

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	112	41.0	136	51.3	117	46.6	110	41.8	475	45.2
	Female	100	38.6	108	42.7	108	41.7	116	45.3	432	42.1
	Total	212	39.8	244	47.1	225	44.1	226	43.5	907	43.6

Once a month	Male	103	37.7	84	31.7	89	35.5	90	34.2	366	34.8
	Female	89	34.4	95	37.5	88	34.0	69	27.0	341	33.2
	Total	192	36.1	179	34.6	177	34.7	159	30.6	707	34.0
2 to 3 times a month	Male	41	15.0	36	13.6	27	10.8	46	17.5	150	14.3
	Female	49	18.9	38	15.0	39	15.1	45	17.6	171	16.7
	Total	90	16.9	74	14.3	66	12.9	91	17.5	321	15.4
Once a week	Male	10	3.7	7	2.6	14	5.6	11	4.2	42	4.0
	Female	15	5.8	11	4.3	15	5.8	13	5.1	54	5.3
	Total	25	4.7	18	3.5	29	5.7	24	4.6	96	4.6
2 to 3 times a week	Male	7	2.6	2	0.8	4	1.6	6	2.3	19	1.8
	Female	6	2.3	1	0.4	5	1.9	12	4.7	24	2.3
	Total	13	2.4	3	0.6	9	1.8	18	3.5	43	2.1
4 to 6 times a week	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	4	1.5	1	0.4	5	0.5
	Total	0	0	0	0	4	0.8	1	0.2	5	0.2

[illegible]

Female	0	0	0	0	0	0	1	0.4	1	0.1
Total	0	0	0	0	0	0	1	0.2	1	0.0

Frequency of food intakes
Shellfish boiled down in soy (tsukudani)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	122	44.7	88	33.2	80	31.9	72	27.4	362	34.4
	Female	103	39.8	84	33.2	81	31.3	72	28.1	340	33.1
	Total	225	42.3	172	33.2	161	31.6	144	27.7	702	33.8
Once a month	Male	73	26.7	74	27.9	71	28.3	75	28.5	293	27.9
	Female	90	34.7	71	28.1	74	28.6	65	25.4	300	29.2
	Total	163	30.6	145	28.0	145	28.4	140	27.0	593	28.5
2 to 3 times a month	Male	49	17.9	45	17.0	48	19.1	39	14.8	181	17.2
	Female	30	11.6	40	15.8	47	18.1	28	10.9	145	14.1
	Total	79	14.8	85	16.4	95	18.6	67	12.9	326	15.7
Once a week	Male	18	6.6	26	9.8	22	8.8	41	15.6	107	10.2
	Female	17	6.6	26	10.3	27	10.4	35	13.7	105	10.2
	Total	35	6.6	52	10.0	49	9.6	76	14.6	212	10.2
2 to 3 times a week	Male	9	3.3	21	7.9	18	7.2	23	8.7	71	6.7
	Female	12	4.6	22	8.7	15	5.8	31	12.1	80	7.8
	Total	21	3.9	43	8.3	33	6.5	54	10.4	151	7.3
4 to 6 times a week	Male	1	0.4	9	3.4	7	2.8	10	3.8	27	2.6
	Female	5	1.9	8	3.2	9	3.5	15	5.9	37	3.6
	Total	6	1.1	17	3.3	16	3.1	25	4.8	64	3.1
Once a day	Male	1	0.4	2	0.8	3	1.2	2	0.8	8	0.8
	Female	2	0.8	2	0.8	5	1.9	10	3.9	19	1.9
	Total	3	0.6	4	0.8	8	1.6	12	2.3	27	1.3
2 or more times a day	Male	0	0	0	0	2	0.8	1	0.4	3	0.3
	Female	0	0	0	0	1	0.4	0	0	1	0.1
	Total	0	0	0	0	3	0.6	1	0.2	4	0.2

Frequency of food intakes
Deep-fried fish

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	36	13.2	27	10.2	43	17.1	40	15.2	146	13.9
	Female	48	18.5	50	19.8	51	19.7	62	24.2	211	20.5
	Total	84	15.8	77	14.9	94	18.4	102	19.7	357	17.2
Once a month	Male	78	28.6	88	33.2	93	37.1	80	30.4	339	32.2
	Female	121	46.7	101	39.9	108	41.7	91	35.5	421	41.0
	Total	199	37.4	189	36.5	201	39.4	171	32.9	760	36.6

2 to 3 times a month	Male	110	40.3	96	36.2	74	29.5	104	39.5	384	36.5
	Female	69	26.6	74	29.2	66	25.5	65	25.4	274	26.7
	Total	179	33.6	170	32.8	140	27.5	169	32.6	658	31.6
Once a week	Male	40	14.7	40	15.1	30	12.0	32	12.2	142	13.5
	Female	20	7.7	26	10.3	31	12.0	34	13.3	111	10.8
	Total	60	11.3	66	12.7	61	12.0	66	12.7	253	12.2
2 to 3 times a week	Male	8	2.9	13	4.9	9	3.6	6	2.3	36	3.4
	Female	1	0.4	2	0.8	2	0.8	4	1.6	9	0.9
	Total	9	1.7	15	2.9	11	2.2	10	1.9	45	2.2
4 to 6 times a week	Male	1	0.4	1	0.4	2	0.8	1	0.4	5	0.5
	Female	0	0	0	0	1	0.4	0	0	1	0.1
	Total	1	0.2	1	0.2	3	0.6	1	0.2	6	0.3

Frequency of food intakes
Deep fried prawn, tempura of shrimp

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	21	7.7	30	11.3	28	11.2	36	13.7	115	10.9
	Female	20	7.7	22	8.7	21	8.1	24	9.4	87	8.5
	Total	41	7.7	52	10.0	49	9.6	60	11.6	202	9.7
Once a month	Male	108	39.6	105	39.6	112	44.6	96	36.5	421	40.0
	Female	134	51.7	117	46.2	116	44.8	95	37.1	462	45.0
	Total	242	45.5	222	42.9	228	44.7	191	36.8	883	42.5
2 to 3 times a month	Male	116	42.5	87	32.8	80	31.9	93	35.4	376	35.7
	Female	89	34.4	86	34.0	93	35.9	99	38.7	367	35.7
	Total	205	38.5	173	33.4	173	33.9	192	37.0	743	35.7
Once a week	Male	25	9.2	36	13.6	26	10.4	26	9.9	113	10.7
	Female	14	5.4	28	11.1	25	9.7	30	11.7	97	9.4
	Total	39	7.3	64	12.4	51	10.0	56	10.8	210	10.1
2 to 3 times a week	Male	3	1.1	6	2.3	5	2.0	11	4.2	25	2.4
	Female	2	0.8	0	0	4	1.5	8	3.1	14	1.4
	Total	5	0.9	6	1.2	9	1.8	19	3.7	39	1.9
4 to 6 times a week	Male	0	0	1	0.4	0	0	1	0.4	2	0.2
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	1	0.2	0	0	1	0.2	2	0.1

Frequency of food intakes
Shellfish (include oyster)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	35	12.8	29	10.9	24	9.6	46	17.5	134	12.7
	Female	27	10.4	26	10.3	34	13.1	39	15.2	126	12.3

	Total	62	11.7	55	10.6	58	11.4	85	16.4	260	12.5
Once a month	Male	126	46.2	122	46.0	114	45.4	107	40.7	469	44.6
	Female	128	49.4	106	41.9	115	44.4	93	36.3	442	43.0
	Total	254	47.7	228	44.0	229	44.9	200	38.5	911	43.8
2 to 3 times a month	Male	93	34.1	81	30.6	78	31.1	78	29.7	330	31.4
	Female	84	32.4	88	34.8	70	27.0	82	32.0	324	31.5
	Total	177	33.3	169	32.6	148	29.0	160	30.8	654	31.5
Once a week	Male	18	6.6	30	11.3	29	11.6	25	9.5	102	9.7
	Female	17	6.6	25	9.9	27	10.4	32	12.5	101	9.8
	Total	35	6.6	55	10.6	56	11.0	57	11.0	203	9.8
2 to 3 times a week	Male	1	0.4	2	0.8	5	2.0	7	2.7	15	1.4
	Female	3	1.2	6	2.4	11	4.2	9	3.5	29	2.8
	Total	4	0.8	8	1.5	16	3.1	16	3.1	44	2.1
4 to 6 times a week	Male	0	0	1	0.4	0	0	0	0	1	0.1
	Female	0	0	2	0.8	2	0.8	1	0.4	5	0.5
	Total	0	0	3	0.6	2	0.4	1	0.2	6	0.3
Once a day	Male	0	0	0	0	1	0.4	0	0	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	1	0.2	0	0	1	0.0

Frequency of food intakes
Rice (include rice ball)

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	0	0	1	0.4	8	3.2	11	4.2	20	1.9
	Female	0	0	2	0.8	5	1.9	7	2.7	14	1.4
	Total	0	0	3	0.6	13	2.5	18	3.5	34	1.6
Once a month	Male	0	0	0	0	1	0.4	1	0.4	2	0.2
	Female	0	0	1	0.4	0	0	2	0.8	3	0.3
	Total	0	0	1	0.2	1	0.2	3	0.6	5	0.2
2 to 3 times a month	Male	0	0	0	0	2	0.8	2	0.8	4	0.4
	Female	1	0.4	0	0	1	0.4	2	0.8	4	0.4
	Total	1	0.2	0	0	3	0.6	4	0.8	8	0.4
Once a week	Male	2	0.7	0	0	1	0.4	0	0	3	0.3
	Female	0	0	1	0.4	1	0.4	0	0	2	0.2
	Total	2	0.4	1	0.2	2	0.4	0	0	5	0.2
2 to 3 times a week	Male	1	0.4	1	0.4	0	0	3	1.1	5	0.5
	Female	3	1.2	1	0.4	3	1.2	1	0.4	8	0.8
	Total	4	0.8	2	0.4	3	0.6	4	0.8	13	0.6
4 to 6 times a week	Male	6	2.2	3	1.1	5	2.0	1	0.4	15	1.4
	Female	8	3.1	4	1.6	5	1.9	1	0.4	18	1.8
	Total	14	2.6	7	1.4	10	2.0	2	0.4	33	1.6
Once a day	Male	25	9.2	28	10.6	33	13.1	25	9.5	111	10.6

2 or more times a day	Female	43	16.6	40	15.8	35	13.5	33	12.9	151	14.7
	Total	68	12.8	68	13.1	68	13.3	58	11.2	262	12.6
	Male	239	87.5	232	87.5	201	80.1	220	83.7	892	84.8
	Female	204	78.8	204	80.6	209	80.7	210	82.0	827	80.5
	Total	443	83.3	436	84.2	410	80.4	430	82.9	1719	82.7

Frequency of food intakes
Half-cleaned rice, unpolished rice

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	261	95.6	250	94.3	233	92.8	245	93.2	989	94.0
	Female	251	96.9	240	94.9	240	92.7	236	92.2	967	94.2
	Total	512	96.2	490	94.6	473	92.7	481	92.7	1956	94.1
Once a month	Male	8	2.9	3	1.1	2	0.8	2	0.8	15	1.4
	Female	4	1.5	2	0.8	1	0.4	3	1.2	10	1.0
	Total	12	2.3	5	1.0	3	0.6	5	1.0	25	1.2
2 to 3 times a month	Male	0	0	2	0.8	0	0	1	0.4	3	0.3
	Female	0	0	0	0	1	0.4	3	1.2	4	0.4
	Total	0	0	2	0.4	1	0.2	4	0.8	7	0.3
Once a week	Male	1	0.4	1	0.4	1	0.4	0	0	3	0.3
	Female	0	0	2	0.8	4	1.5	1	0.4	7	0.7
	Total	1	0.2	3	0.6	5	1.0	1	0.2	10	0.5
2 to 3 times a week	Male	0	0	1	0.4	0	0	1	0.4	2	0.2
	Female	0	0	1	0.4	1	0.4	2	0.8	4	0.4
	Total	0	0	2	0.4	1	0.2	3	0.6	6	0.3
4 to 6 times a week	Male	0	0	1	0.4	1	0.4	1	0.4	3	0.3
	Female	0	0	1	0.4	0	0	0	0	1	0.1
	Total	0	0	2	0.4	1	0.2	1	0.2	4	0.2
Once a day	Male	1	0.4	4	1.5	2	0.8	3	1.1	10	1.0
	Female	4	1.5	3	1.2	4	1.5	3	1.2	14	1.4
	Total	5	0.9	7	1.4	6	1.2	6	1.2	24	1.2
2 or more times a day	Male	2	0.7	3	1.1	12	4.8	10	3.8	27	2.6
	Female	0	0	4	1.6	8	3.1	8	3.1	20	1.9
	Total	2	0.4	7	1.4	20	3.9	18	3.5	47	2.3

Frequency of food intakes
Sushi (nigiri-zushi)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	25	9.2	30	11.3	44	17.5	58	22.1	157	14.9
	Female	26	10.0	34	13.4	32	12.4	58	22.7	150	14.6
	Total	51	9.6	64	12.4	76	14.9	116	22.4	307	14.8

Once a month	Male	140	51.3	133	50.2	114	45.4	100	38.0	487	46.3
	Female	133	51.4	137	54.2	131	50.6	111	43.4	512	49.9
	Total	273	51.3	270	52.1	245	48.0	211	40.7	999	48.1
2 to 3 times a month	Male	79	28.9	72	27.2	71	28.3	72	27.4	294	27.9
	Female	71	27.4	56	22.1	70	27.0	60	23.4	257	25.0
	Total	150	28.2	128	24.7	141	27.6	132	25.4	551	26.5
Once a week	Male	28	10.3	25	9.4	18	7.2	28	10.6	99	9.4
	Female	25	9.7	20	7.9	23	8.9	25	9.8	93	9.1
	Total	53	10.0	45	8.7	41	8.0	53	10.2	192	9.2
2 to 3 times a week	Male	1	0.4	5	1.9	4	1.6	5	1.9	15	1.4
	Female	4	1.5	6	2.4	2	0.8	1	0.4	13	1.3
	Total	5	0.9	11	2.1	6	1.2	6	1.2	28	1.3
4 to 6 times a week	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	1	0.4	1	0.4	2	0.2
	Total	0	0	0	0	1	0.2	1	0.2	2	0.1

Frequency of food intakes
Sushi (chirashi-zushi, maki-zushi and inari-zushi)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	75	27.5	83	31.3	75	29.9	61	23.2	294	27.9
	Female	43	16.6	48	19.0	44	17.0	43	16.8	178	17.3
	Total	118	22.2	131	25.3	119	23.3	104	20.0	472	22.7
Once a month	Male	159	58.2	133	50.2	116	46.2	126	47.9	534	50.8
	Female	164	63.3	151	59.7	153	59.1	117	45.7	585	57.0
	Total	323	60.7	284	54.8	269	52.7	243	46.8	1119	53.8
2 to 3 times a month	Male	37	13.6	42	15.8	49	19.5	56	21.3	184	17.5
	Female	44	17.0	46	18.2	44	17.0	84	32.8	218	21.2
	Total	81	15.2	88	17.0	93	18.2	140	27.0	402	19.3
Once a week	Male	2	0.7	5	1.9	7	2.8	17	6.5	31	2.9
	Female	8	3.1	4	1.6	17	6.6	10	3.9	39	3.8
	Total	10	1.9	9	1.7	24	4.7	27	5.2	70	3.4
2 to 3 times a week	Male	0	0	2	0.8	3	1.2	3	1.1	8	0.8
	Female	0	0	4	1.6	1	0.4	2	0.8	7	0.7
	Total	0	0	6	1.2	4	0.8	5	1.0	15	0.7
4 to 6 times a week	Male	0	0	0	0	1	0.4	0	0	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	1	0.2	0	0	1	0.0

Frequency of food intakes
Boiled rice mixed with fish, chicken, vegetable and mushroom

	40-49yr	50-59yr	60-69yr	70-79yr	Total
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		N	%	N	%	N	%	N	%	N	%
Never	Male	45	16.5	74	27.9	53	21.1	50	19.0	222	21.1
	Female	20	7.7	33	13.0	21	8.1	34	13.3	108	10.5
	Total	65	12.2	107	20.7	74	14.5	84	16.2	330	15.9
Once a month	Male	169	61.9	144	54.3	145	57.8	142	54.0	600	57.0
	Female	166	64.1	143	56.5	150	57.9	126	49.2	585	57.0
	Total	335	63.0	287	55.4	295	57.8	268	51.6	1185	57.0
2 to 3 times a month	Male	53	19.4	43	16.2	40	15.9	63	24.0	199	18.9
	Female	63	24.3	69	27.3	73	28.2	80	31.3	285	27.8
	Total	116	21.8	112	21.6	113	22.2	143	27.6	484	23.3
Once a week	Male	6	2.2	3	1.1	13	5.2	8	3.0	30	2.9
	Female	9	3.5	7	2.8	14	5.4	15	5.9	45	4.4
	Total	15	2.8	10	1.9	27	5.3	23	4.4	75	3.6
2 to 3 times a week	Male	0	0	1	0.4	0	0	0	0	1	0.1
	Female	1	0.4	1	0.4	1	0.4	1	0.4	4	0.4
	Total	1	0.2	2	0.4	1	0.2	1	0.2	5	0.2

Frequency of food intakes
Chinese dish of fried rice

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	26	9.5	68	25.7	84	33.5	103	39.2	281	26.7
	Female	18	6.9	52	20.6	62	23.9	83	32.4	215	20.9
	Total	44	8.3	120	23.2	146	28.6	186	35.8	496	23.9
Once a month	Male	136	49.8	126	47.5	115	45.8	106	40.3	483	45.9
	Female	122	47.1	130	51.4	109	42.1	103	40.2	464	45.2
	Total	258	48.5	256	49.4	224	43.9	209	40.3	947	45.6
2 to 3 times a month	Male	86	31.5	62	23.4	43	17.1	43	16.3	234	22.2
	Female	102	39.4	55	21.7	58	22.4	53	20.7	268	26.1
	Total	188	35.3	117	22.6	101	19.8	96	18.5	502	24.1
Once a week	Male	18	6.6	8	3.0	7	2.8	11	4.2	44	4.2
	Female	15	5.8	15	5.9	23	8.9	13	5.1	66	6.4
	Total	33	6.2	23	4.4	30	5.9	24	4.6	110	5.3
2 to 3 times a week	Male	7	2.6	1	0.4	2	0.8	0	0	10	1.0
	Female	1	0.4	1	0.4	6	2.3	4	1.6	12	1.2
	Total	8	1.5	2	0.4	8	1.6	4	0.8	22	1.1
4 to 6 times a week	Male	0	0	0	0	0	0	0	0	0	0
	Female	1	0.4	0	0	1	0.4	0	0	2	0.2
	Total	1	0.2	0	0	1	0.2	0	0	2	0.1

Frequency of food intakes
Rice boiled together with red beans (seki-han)

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	225	82.4	194	73.2	170	67.7	167	63.5	756	71.9
	Female	177	68.3	155	61.3	157	60.6	130	50.8	619	60.3
	Total	402	75.6	349	67.4	327	64.1	297	57.2	1375	66.1
Once a month	Male	41	15.0	63	23.8	71	28.3	83	31.6	258	24.5
	Female	75	29.0	89	35.2	88	34.0	105	41.0	357	34.8
	Total	116	21.8	152	29.3	159	31.2	188	36.2	615	29.6
2 to 3 times a month	Male	4	1.5	5	1.9	8	3.2	12	4.6	29	2.8
	Female	7	2.7	9	3.6	10	3.9	17	6.6	43	4.2
	Total	11	2.1	14	2.7	18	3.5	29	5.6	72	3.5
Once a week	Male	1	0.4	3	1.1	2	0.8	1	0.4	7	0.7
	Female	0	0	0	0	4	1.5	4	1.6	8	0.8
	Total	1	0.2	3	0.6	6	1.2	5	1.0	15	0.7
2 to 3 times a week	Male	1	0.4	0	0	0	0	0	0	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	1	0.2	0	0	0	0	0	0	1	0.0
4 to 6 times a week	Male	1	0.4	0	0	0	0	0	0	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	1	0.2	0	0	0	0	0	0	1	0.0

Frequency of food intakes
Rice gruel

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	239	87.5	234	88.3	201	80.1	191	72.6	865	82.2
	Female	214	82.6	197	77.9	184	71.0	168	65.6	763	74.3
	Total	453	85.2	431	83.2	385	75.5	359	69.2	1628	78.3
Once a month	Male	25	9.2	21	7.9	33	13.1	44	16.7	123	11.7
	Female	38	14.7	42	16.6	41	15.8	38	14.8	159	15.5
	Total	63	11.8	63	12.2	74	14.5	82	15.8	282	13.6
2 to 3 times a month	Male	8	2.9	6	2.3	8	3.2	14	5.3	36	3.4
	Female	7	2.7	7	2.8	24	9.3	33	12.9	71	6.9
	Total	15	2.8	13	2.5	32	6.3	47	9.1	107	5.1
Once a week	Male	1	0.4	1	0.4	3	1.2	8	3.0	13	1.2
	Female	0	0	4	1.6	7	2.7	6	2.3	17	1.7
	Total	1	0.2	5	1.0	10	2.0	14	2.7	30	1.4
2 to 3 times a week	Male	0	0	2	0.8	3	1.2	0	0	5	0.5
	Female	0	0	3	1.2	0	0	7	2.7	10	1.0
	Total	0	0	5	1.0	3	0.6	7	1.3	15	0.7
4 to 6 times a week	Male	0	0	0	0	1	0.4	2	0.8	3	0.3
	Female	0	0	0	0	2	0.8	1	0.4	3	0.3

	Total	0	0	0	0	3	0.6	3	0.6	6	0.3
Once a day	Male	0	0	1	0.4	1	0.4	3	1.1	5	0.5
	Female	0	0	0	0	1	0.4	3	1.2	4	0.4
	Total	0	0	1	0.2	2	0.4	6	1.2	9	0.4
2 or more times a day	Male	0	0	0	0	1	0.4	1	0.4	2	0.2
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	1	0.2	1	0.2	2	0.1

Frequency of food intakes
Rice cake (mochi)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	110	40.3	111	41.9	69	27.5	75	28.5	365	34.7
	Female	83	32.0	71	28.1	46	17.8	42	16.4	242	23.6
	Total	193	36.3	182	35.1	115	22.5	117	22.5	607	29.2
Once a month	Male	133	48.7	129	48.7	128	51.0	120	45.6	510	48.5
	Female	143	55.2	135	53.4	126	48.6	125	48.8	529	51.5
	Total	276	51.9	264	51.0	254	49.8	245	47.2	1039	50.0
2 to 3 times a month	Male	28	10.3	25	9.4	39	15.5	55	20.9	147	14.0
	Female	25	9.7	39	15.4	69	26.6	67	26.2	200	19.5
	Total	53	10.0	64	12.4	108	21.2	122	23.5	347	16.7
Once a week	Male	2	0.7	0	0	7	2.8	6	2.3	15	1.4
	Female	7	2.7	6	2.4	15	5.8	13	5.1	41	4.0
	Total	9	1.7	6	1.2	22	4.3	19	3.7	56	2.7
2 to 3 times a week	Male	0	0	0	0	8	3.2	6	2.3	14	1.3
	Female	0	0	2	0.8	3	1.2	8	3.1	13	1.3
	Total	0	0	2	0.4	11	2.2	14	2.7	27	1.3
4 to 6 times a week	Male	0	0	0	0	0	0	0	0	0	0
	Female	1	0.4	0	0	0	0	1	0.4	2	0.2
	Total	1	0.2	0	0	0	0	1	0.2	2	0.1
Once a day	Male	0	0	0	0	0	0	1	0.4	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	1	0.2	1	0.0

Frequency of food intakes
Sweet potato

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	122	44.7	120	45.3	76	30.3	64	24.3	382	36.3
	Female	29	11.2	48	19.0	20	7.7	22	8.6	119	11.6
	Total	151	28.4	168	32.4	96	18.8	86	16.6	501	24.1
Once a month	Male	103	37.7	103	38.9	104	41.4	94	35.7	404	38.4

	Female	140	54.1	118	46.6	99	38.2	75	29.3	432	42.1
	Total	243	45.7	221	42.7	203	39.8	169	32.6	836	40.2
2 to 3 times a month	Male	41	15.0	36	13.6	48	19.1	62	23.6	187	17.8
	Female	71	27.4	56	22.1	85	32.8	83	32.4	295	28.7
	Total	112	21.1	92	17.8	133	26.1	145	27.9	482	23.2
Once a week	Male	6	2.2	4	1.5	12	4.8	22	8.4	44	4.2
	Female	16	6.2	22	8.7	28	10.8	40	15.6	106	10.3
	Total	22	4.1	26	5.0	40	7.8	62	11.9	150	7.2
2 to 3 times a week	Male	1	0.4	2	0.8	6	2.4	9	3.4	18	1.7
	Female	2	0.8	6	2.4	18	6.9	24	9.4	50	4.9
	Total	3	0.6	8	1.5	24	4.7	33	6.4	68	3.3
4 to 6 times a week	Male	0	0	0	0	3	1.2	7	2.7	10	1.0
	Female	1	0.4	2	0.8	8	3.1	5	2.0	16	1.6
	Total	1	0.2	2	0.4	11	2.2	12	2.3	26	1.3
Once a day	Male	0	0	0	0	1	0.4	4	1.5	5	0.5
	Female	0	0	1	0.4	1	0.4	6	2.3	8	0.8
	Total	0	0	1	0.2	2	0.4	10	1.9	13	0.6
2 or more times a day	Male	0	0	0	0	1	0.4	1	0.4	2	0.2
	Female	0	0	0	0	0	0	1	0.4	1	0.1
	Total	0	0	0	0	1	0.2	2	0.4	3	0.1

Frequency of food intakes
Taro (sato-imo)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	45	16.5	37	14.0	12	4.8	19	7.2	113	10.7
	Female	14	5.4	9	3.6	7	2.7	10	3.9	40	3.9
	Total	59	11.1	46	8.9	19	3.7	29	5.6	153	7.4
Once a month	Male	135	49.5	90	34.0	93	37.1	66	25.1	384	36.5
	Female	98	37.8	64	25.3	50	19.3	55	21.5	267	26.0
	Total	233	43.8	154	29.7	143	28.0	121	23.3	651	31.3
2 to 3 times a month	Male	72	26.4	97	36.6	84	33.5	97	36.9	350	33.3
	Female	104	40.2	111	43.9	102	39.4	85	33.2	402	39.1
	Total	176	33.1	208	40.2	186	36.5	182	35.1	752	36.2
Once a week	Male	15	5.5	31	11.7	33	13.1	41	15.6	120	11.4
	Female	29	11.2	40	15.8	54	20.8	60	23.4	183	17.8
	Total	44	8.3	71	13.7	87	17.1	101	19.5	303	14.6
2 to 3 times a week	Male	6	2.2	7	2.6	26	10.4	34	12.9	73	6.9
	Female	11	4.2	23	9.1	33	12.7	28	10.9	95	9.3
	Total	17	3.2	30	5.8	59	11.6	62	11.9	168	8.1
4 to 6 times a week	Male	0	0	3	1.1	2	0.8	4	1.5	9	0.9
	Female	3	1.2	5	2.0	11	4.2	13	5.1	32	3.1
	Total	3	0.6	8	1.5	13	2.5	17	3.3	41	2.0

Once a day	Male	0	0	0	0	1	0.4	2	0.8	3	0.3
	Female	0	0	1	0.4	2	0.8	4	1.6	7	0.7
	Total	0	0	1	0.2	3	0.6	6	1.2	10	0.5
2 or more times a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	1	0.4	1	0.1
	Total	0	0	0	0	0	0	1	0.2	1	0.0

Frequency of food intakes
Yam (yama-imo, naga-imo)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	71	26.0	67	25.3	56	22.3	56	21.3	250	23.8
	Female	56	21.6	42	16.6	42	16.2	46	18.0	186	18.1
	Total	127	23.9	109	21.0	98	19.2	102	19.7	436	21.0
Once a month	Male	152	55.7	122	46.0	108	43.0	104	39.5	486	46.2
	Female	135	52.1	105	41.5	110	42.5	101	39.5	451	43.9
	Total	287	53.9	227	43.8	218	42.7	205	39.5	937	45.1
2 to 3 times a month	Male	43	15.8	68	25.7	65	25.9	69	26.2	245	23.3
	Female	51	19.7	80	31.6	67	25.9	69	27.0	267	26.0
	Total	94	17.7	148	28.6	132	25.9	138	26.6	512	24.6
Once a week	Male	6	2.2	7	2.6	10	4.0	22	8.4	45	4.3
	Female	16	6.2	20	7.9	25	9.7	28	10.9	89	8.7
	Total	22	4.1	27	5.2	35	6.9	50	9.6	134	6.4
2 to 3 times a week	Male	1	0.4	0	0	9	3.6	8	3.0	18	1.7
	Female	1	0.4	6	2.4	11	4.2	11	4.3	29	2.8
	Total	2	0.4	6	1.2	20	3.9	19	3.7	47	2.3
4 to 6 times a week	Male	0	0	1	0.4	0	0	2	0.8	3	0.3
	Female	0	0	0	0	3	1.2	1	0.4	4	0.4
	Total	0	0	1	0.2	3	0.6	3	0.6	7	0.3
Once a day	Male	0	0	0	0	3	1.2	2	0.8	5	0.5
	Female	0	0	0	0	1	0.4	0	0	1	0.1
	Total	0	0	0	0	4	0.8	2	0.4	6	0.3

Frequency of food intakes
Fried potatos

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	114	41.8	175	66.0	181	72.1	181	68.8	651	61.9
	Female	91	35.1	165	65.2	166	64.1	165	64.5	587	57.2
	Total	205	38.5	340	65.6	347	68.0	346	66.7	1238	59.5
Once a month	Male	100	36.6	69	26.0	51	20.3	50	19.0	270	25.7
	Female	105	40.5	65	25.7	70	27.0	58	22.7	298	29.0

	Total	205	38.5	134	25.9	121	23.7	108	20.8	568	27.3
2 to 3 times a month	Male	49	17.9	19	7.2	18	7.2	25	9.5	111	10.6
	Female	56	21.6	18	7.1	13	5.0	25	9.8	112	10.9
	Total	105	19.7	37	7.1	31	6.1	50	9.6	223	10.7
Once a week	Male	9	3.3	2	0.8	1	0.4	6	2.3	18	1.7
	Female	7	2.7	3	1.2	8	3.1	6	2.3	24	2.3
	Total	16	3.0	5	1.0	9	1.8	12	2.3	42	2.0
2 to 3 times a week	Male	1	0.4	0	0	0	0	1	0.4	2	0.2
	Female	0	0	2	0.8	2	0.8	1	0.4	5	0.5
	Total	1	0.2	2	0.4	2	0.4	2	0.4	7	0.3
2 or more times a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	1	0.4	1	0.1
	Total	0	0	0	0	0	0	1	0.2	1	0.0

Frequency of food intakes
Baked or boiled potatoes

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	41	15.0	50	18.9	39	15.5	49	18.6	179	17.0
	Female	44	17.0	39	15.4	47	18.1	53	20.7	183	17.8
	Total	85	16.0	89	17.2	86	16.9	102	19.7	362	17.4
Once a month	Male	83	30.4	54	20.4	57	22.7	50	19.0	244	23.2
	Female	64	24.7	49	19.4	49	18.9	44	17.2	206	20.1
	Total	147	27.6	103	19.9	106	20.8	94	18.1	450	21.6
2 to 3 times a month	Male	85	31.1	80	30.2	91	36.3	73	27.8	329	31.3
	Female	65	25.1	59	23.3	57	22.0	64	25.0	245	23.9
	Total	150	28.2	139	26.8	148	29.0	137	26.4	574	27.6
Once a week	Male	34	12.5	53	20.0	23	9.2	39	14.8	149	14.2
	Female	42	16.2	50	19.8	40	15.4	46	18.0	178	17.3
	Total	76	14.3	103	19.9	63	12.4	85	16.4	327	15.7
2 to 3 times a week	Male	29	10.6	25	9.4	29	11.6	38	14.4	121	11.5
	Female	28	10.8	38	15.0	45	17.4	34	13.3	145	14.1
	Total	57	10.7	63	12.2	74	14.5	72	13.9	266	12.8
4 to 6 times a week	Male	1	0.4	3	1.1	11	4.4	7	2.7	22	2.1
	Female	14	5.4	16	6.3	20	7.7	9	3.5	59	5.7
	Total	15	2.8	19	3.7	31	6.1	16	3.1	81	3.9
Once a day	Male	0	0	0	0	1	0.4	7	2.7	8	0.8
	Female	1	0.4	2	0.8	1	0.4	5	2.0	9	0.9
	Total	1	0.2	2	0.4	2	0.4	12	2.3	17	0.8
2 or more times a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	1	0.4	0	0	0	0	1	0.4	2	0.2
	Total	1	0.2	0	0	0	0	1	0.2	2	0.1

Frequency of food intakes
Potato salad

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	24	8.8	41	15.5	59	23.5	77	29.3	201	19.1
	Female	12	4.6	15	5.9	23	8.9	37	14.5	87	8.5
	Total	36	6.8	56	10.8	82	16.1	114	22.0	288	13.9
Once a month	Male	93	34.1	87	32.8	84	33.5	63	24.0	327	31.1
	Female	83	32.0	75	29.6	56	21.6	70	27.3	284	27.7
	Total	176	33.1	162	31.3	140	27.5	133	25.6	611	29.4
2 to 3 times a month	Male	113	41.4	93	35.1	60	23.9	71	27.0	337	32.0
	Female	114	44.0	106	41.9	103	39.8	83	32.4	406	39.5
	Total	227	42.7	199	38.4	163	32.0	154	29.7	743	35.7
Once a week	Male	36	13.2	39	14.7	34	13.5	35	13.3	144	13.7
	Female	44	17.0	45	17.8	54	20.8	45	17.6	188	18.3
	Total	80	15.0	84	16.2	88	17.3	80	15.4	332	16.0
2 to 3 times a week	Male	7	2.6	4	1.5	10	4.0	14	5.3	35	3.3
	Female	6	2.3	12	4.7	20	7.7	17	6.6	55	5.4
	Total	13	2.4	16	3.1	30	5.9	31	6.0	90	4.3
4 to 6 times a week	Male	0	0	1	0.4	4	1.6	2	0.8	7	0.7
	Female	0	0	0	0	3	1.2	4	1.6	7	0.7
	Total	0	0	1	0.2	7	1.4	6	1.2	14	0.7
Once a day	Male	0	0	0	0	0	0	1	0.4	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	1	0.2	1	0.0

Frequency of food intakes
Cornflakes

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	226	82.8	218	82.3	199	79.3	221	84.0	864	82.1
	Female	209	80.7	219	86.6	200	77.2	207	80.9	835	81.3
	Total	435	81.8	437	84.4	399	78.2	428	82.5	1699	81.7
Once a month	Male	37	13.6	36	13.6	42	16.7	26	9.9	141	13.4
	Female	36	13.9	22	8.7	39	15.1	35	13.7	132	12.9
	Total	73	13.7	58	11.2	81	15.9	61	11.8	273	13.1
2 to 3 times a month	Male	5	1.8	9	3.4	8	3.2	11	4.2	33	3.1
	Female	8	3.1	6	2.4	16	6.2	9	3.5	39	3.8
	Total	13	2.4	15	2.9	24	4.7	20	3.9	72	3.5
Once a week	Male	4	1.5	2	0.8	1	0.4	3	1.1	10	1.0
	Female	5	1.9	4	1.6	3	1.2	4	1.6	16	1.6

	Total	9	1.7	6	1.2	4	0.8	7	1.3	26	1.3
2 to 3 times a week	Male	1	0.4	0	0	1	0.4	2	0.8	4	0.4
	Female	0	0	2	0.8	1	0.4	1	0.4	4	0.4
	Total	1	0.2	2	0.4	2	0.4	3	0.6	8	0.4
Once a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	1	0.4	0	0	0	0	0	0	1	0.1
	Total	1	0.2	0	0	0	0	0	0	1	0.0

Frequency of food intakes
Corn

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	131	48.0	157	59.2	125	49.8	130	49.4	543	51.6
	Female	89	34.4	98	38.7	82	31.7	111	43.4	380	37.0
	Total	220	41.4	255	49.2	207	40.6	241	46.4	923	44.4
Once a month	Male	110	40.3	86	32.5	99	39.4	95	36.1	390	37.1
	Female	139	53.7	119	47.0	127	49.0	102	39.8	487	47.4
	Total	249	46.8	205	39.6	226	44.3	197	38.0	877	42.2
2 to 3 times a month	Male	20	7.3	15	5.7	20	8.0	28	10.6	83	7.9
	Female	25	9.7	26	10.3	36	13.9	32	12.5	119	11.6
	Total	45	8.5	41	7.9	56	11.0	60	11.6	202	9.7
Once a week	Male	7	2.6	5	1.9	4	1.6	5	1.9	21	2.0
	Female	5	1.9	7	2.8	6	2.3	8	3.1	26	2.5
	Total	12	2.3	12	2.3	10	2.0	13	2.5	47	2.3
2 to 3 times a week	Male	5	1.8	2	0.8	3	1.2	5	1.9	15	1.4
	Female	1	0.4	3	1.2	8	3.1	3	1.2	15	1.5
	Total	6	1.1	5	1.0	11	2.2	8	1.5	30	1.4

Frequency of food intakes
Eggs (such as boiled, fried, scrambled, etc)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	1	0.4	1	0.4	3	1.2	4	1.5	9	0.9
	Female	1	0.4	0	0	1	0.4	5	2.0	7	0.7
	Total	2	0.4	1	0.2	4	0.8	9	1.7	16	0.8
Once a month	Male	7	2.6	7	2.6	1	0.4	6	2.3	21	2.0
	Female	5	1.9	4	1.6	4	1.5	8	3.1	21	2.0
	Total	12	2.3	11	2.1	5	1.0	14	2.7	42	2.0
2 to 3 times a month	Male	15	5.5	19	7.2	19	7.6	25	9.5	78	7.4
	Female	18	6.9	13	5.1	21	8.1	25	9.8	77	7.5
	Total	33	6.2	32	6.2	40	7.8	50	9.6	155	7.5
Once a week	Male	33	12.1	39	14.7	37	14.7	31	11.8	140	13.3

	Female	23	8.9	37	14.6	21	8.1	26	10.2	107	10.4
	Total	56	10.5	76	14.7	58	11.4	57	11.0	247	11.9
	Male	92	33.7	84	31.7	66	26.3	69	26.2	311	29.6
	Female	67	25.9	79	31.2	85	32.8	74	28.9	305	29.7
2 to 3 times a week	Total	159	29.9	163	31.5	151	29.6	143	27.6	616	29.6
	Male	59	21.6	61	23.0	40	15.9	52	19.8	212	20.2
	Female	74	28.6	62	24.5	58	22.4	53	20.7	247	24.1
	Total	133	25.0	123	23.7	98	19.2	105	20.2	459	22.1
4 to 6 times a week	Male	64	23.4	52	19.6	83	33.1	74	28.1	273	26.0
	Female	70	27.0	56	22.1	69	26.6	64	25.0	259	25.2
	Total	134	25.2	108	20.8	152	29.8	138	26.6	532	25.6
	Male	2	0.7	2	0.8	2	0.8	2	0.8	8	0.8
2 or more times a day	Female	1	0.4	2	0.8	0	0	1	0.4	4	0.4
	Total	3	0.6	4	0.8	2	0.4	3	0.6	12	0.6

Frequency of food intakes
Tofu

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	3	1.1	1	0.4	1	0.4	1	0.4	6	0.6
	Female	3	1.2	1	0.4	1	0.4	0	0	5	0.5
	Total	6	1.1	2	0.4	2	0.4	1	0.2	11	0.5
Once a month	Male	11	4.0	7	2.6	5	2.0	6	2.3	29	2.8
	Female	6	2.3	1	0.4	5	1.9	9	3.5	21	2.0
	Total	17	3.2	8	1.5	10	2.0	15	2.9	50	2.4
2 to 3 times a month	Male	34	12.5	20	7.5	26	10.4	18	6.8	98	9.3
	Female	4	1.5	9	3.6	17	6.6	18	7.0	48	4.7
	Total	38	7.1	29	5.6	43	8.4	36	6.9	146	7.0
Once a week	Male	62	22.7	48	18.1	35	13.9	32	12.2	177	16.8
	Female	42	16.2	37	14.6	36	13.9	47	18.4	162	15.8
	Total	104	19.5	85	16.4	71	13.9	79	15.2	339	16.3
2 to 3 times a week	Male	103	37.7	106	40.0	89	35.5	93	35.4	391	37.2
	Female	93	35.9	99	39.1	90	34.7	79	30.9	361	35.2
	Total	196	36.8	205	39.6	179	35.1	172	33.1	752	36.2
4 to 6 times a week	Male	38	13.9	47	17.7	55	21.9	62	23.6	202	19.2
	Female	77	29.7	66	26.1	56	21.6	53	20.7	252	24.5
	Total	115	21.6	113	21.8	111	21.8	115	22.2	454	21.8
Once a day	Male	20	7.3	36	13.6	39	15.5	48	18.3	143	13.6
	Female	33	12.7	36	14.2	52	20.1	46	18.0	167	16.3
	Total	53	10.0	72	13.9	91	17.8	94	18.1	310	14.9
2 or more times a day	Male	2	0.7	0	0	1	0.4	3	1.1	6	0.6
	Female	1	0.4	4	1.6	2	0.8	4	1.6	11	1.1
	Total	3	0.6	4	0.8	3	0.6	7	1.3	17	0.8

Frequency of food intakes
Steamed egg custard (tamago-dofu)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	120	44.0	137	51.7	130	51.8	142	54.0	529	50.3
	Female	115	44.4	110	43.5	107	41.3	132	51.6	464	45.2
	Total	235	44.2	247	47.7	237	46.5	274	52.8	993	47.8
Once a month	Male	104	38.1	73	27.5	70	27.9	60	22.8	307	29.2
	Female	91	35.1	92	36.4	96	37.1	54	21.1	333	32.4
	Total	195	36.7	165	31.9	166	32.5	114	22.0	640	30.8
2 to 3 times a month	Male	29	10.6	34	12.8	32	12.7	28	10.6	123	11.7
	Female	35	13.5	27	10.7	37	14.3	42	16.4	141	13.7
	Total	64	12.0	61	11.8	69	13.5	70	13.5	264	12.7
Once a week	Male	14	5.1	14	5.3	13	5.2	21	8.0	62	5.9
	Female	13	5.0	17	6.7	12	4.6	18	7.0	60	5.8
	Total	27	5.1	31	6.0	25	4.9	39	7.5	122	5.9
2 to 3 times a week	Male	4	1.5	6	2.3	6	2.4	9	3.4	25	2.4
	Female	5	1.9	6	2.4	5	1.9	9	3.5	25	2.4
	Total	9	1.7	12	2.3	11	2.2	18	3.5	50	2.4
4 to 6 times a week	Male	2	0.7	0	0	0	0	3	1.1	5	0.5
	Female	0	0	1	0.4	2	0.8	0	0	3	0.3
	Total	2	0.4	1	0.2	2	0.4	3	0.6	8	0.4
Once a day	Male	0	0	1	0.4	0	0	0	0	1	0.1
	Female	0	0	0	0	0	0	1	0.4	1	0.1
	Total	0	0	1	0.2	0	0	1	0.2	2	0.1

Frequency of food intakes
Fried bean curd (abura-age)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	20	7.3	21	7.9	19	7.6	14	5.3	74	7.0
	Female	16	6.2	6	2.4	3	1.2	16	6.3	41	4.0
	Total	36	6.8	27	5.2	22	4.3	30	5.8	115	5.5
Once a month	Male	67	24.5	49	18.5	40	15.9	32	12.2	188	17.9
	Female	30	11.6	32	12.6	28	10.8	18	7.0	108	10.5
	Total	97	18.2	81	15.6	68	13.3	50	9.6	296	14.2
2 to 3 times a month	Male	69	25.3	55	20.8	43	17.1	42	16.0	209	19.9
	Female	40	15.4	36	14.2	46	17.8	42	16.4	164	16.0
	Total	109	20.5	91	17.6	89	17.5	84	16.2	373	17.9
Once a week	Male	44	16.1	29	10.9	38	15.1	34	12.9	145	13.8
	Female	53	20.5	43	17.0	34	13.1	37	14.5	167	16.3

2 to 3 times a week	Total	97	18.2	72	13.9	72	14.1	71	13.7	312	15.0
	Male	46	16.8	60	22.6	58	23.1	60	22.8	224	21.3
	Female	60	23.2	72	28.5	54	20.8	52	20.3	238	23.2
	Total	106	19.9	132	25.5	112	22.0	112	21.6	462	22.2
4 to 6 times a week	Male	14	5.1	28	10.6	29	11.6	36	13.7	107	10.2
	Female	37	14.3	34	13.4	51	19.7	45	17.6	167	16.3
	Total	51	9.6	62	12.0	80	15.7	81	15.6	274	13.2
Once a day	Male	13	4.8	23	8.7	22	8.8	43	16.3	101	9.6
	Female	20	7.7	30	11.9	43	16.6	40	15.6	133	13.0
	Total	33	6.2	53	10.2	65	12.7	83	16.0	234	11.3
2 or more times a day	Male	0	0	0	0	2	0.8	2	0.8	4	0.4
	Female	3	1.2	0	0	0	0	6	2.3	9	0.9
	Total	3	0.6	0	0	2	0.4	8	1.5	13	0.6

Frequency of food intakes
Dried been curd (kouya-dofu)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	187	68.5	176	66.4	159	63.3	149	56.7	671	63.8
	Female	168	64.9	135	53.4	135	52.1	138	53.9	576	56.1
	Total	355	66.7	311	60.0	294	57.6	287	55.3	1247	60.0
Once a month	Male	70	25.6	64	24.2	77	30.7	68	25.9	279	26.5
	Female	67	25.9	83	32.8	86	33.2	78	30.5	314	30.6
	Total	137	25.8	147	28.4	163	32.0	146	28.1	593	28.5
2 to 3 times a month	Male	12	4.4	23	8.7	9	3.6	32	12.2	76	7.2
	Female	22	8.5	21	8.3	26	10.0	27	10.5	96	9.3
	Total	34	6.4	44	8.5	35	6.9	59	11.4	172	8.3
Once a week	Male	4	1.5	0	0	4	1.6	13	4.9	21	2.0
	Female	2	0.8	9	3.6	7	2.7	8	3.1	26	2.5
	Total	6	1.1	9	1.7	11	2.2	21	4.0	47	2.3
2 to 3 times a week	Male	0	0	2	0.8	2	0.8	1	0.4	5	0.5
	Female	0	0	3	1.2	5	1.9	4	1.6	12	1.2
	Total	0	0	5	1.0	7	1.4	5	1.0	17	0.8
4 to 6 times a week	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	2	0.8	0	0	1	0.4	3	0.3
	Total	0	0	2	0.4	0	0	1	0.2	3	0.1

Frequency of food intakes
Fried been curd (ganmodoki or nama-age)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	139	50.9	128	48.3	115	45.8	120	45.6	502	47.7

	Female	94	36.3	75	29.6	85	32.8	92	35.9	346	33.7
	Total	233	43.8	203	39.2	200	39.2	212	40.8	848	40.8
Once a month	Male	97	35.5	82	30.9	93	37.1	77	29.3	349	33.2
	Female	106	40.9	103	40.7	87	33.6	73	28.5	369	35.9
	Total	203	38.2	185	35.7	180	35.3	150	28.9	718	34.5
2 to 3 times a month	Male	33	12.1	43	16.2	30	12.0	43	16.3	149	14.2
	Female	39	15.1	42	16.6	53	20.5	47	18.4	181	17.6
	Total	72	13.5	85	16.4	83	16.3	90	17.3	330	15.9
Once a week	Male	4	1.5	10	3.8	11	4.4	15	5.7	40	3.8
	Female	17	6.6	24	9.5	24	9.3	27	10.5	92	9.0
	Total	21	3.9	34	6.6	35	6.9	42	8.1	132	6.3
2 to 3 times a week	Male	0	0	2	0.8	2	0.8	8	3.0	12	1.1
	Female	3	1.2	7	2.8	7	2.7	14	5.5	31	3.0
	Total	3	0.6	9	1.7	9	1.8	22	4.2	43	2.1
4 to 6 times a week	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	2	0.8	3	1.2	3	1.2	8	0.8
	Total	0	0	2	0.4	3	0.6	3	0.6	8	0.4

Frequency of food intakes
Fermented soy beans

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	84	30.8	60	22.6	64	25.5	87	33.1	295	28.0
	Female	62	23.9	44	17.4	52	20.1	65	25.4	223	21.7
	Total	146	27.4	104	20.1	116	22.7	152	29.3	518	24.9
Once a month	Male	29	10.6	39	14.7	22	8.8	16	6.1	106	10.1
	Female	29	11.2	21	8.3	24	9.3	24	9.4	98	9.5
	Total	58	10.9	60	11.6	46	9.0	40	7.7	204	9.8
2 to 3 times a month	Male	53	19.4	36	13.6	29	11.6	28	10.6	146	13.9
	Female	48	18.5	35	13.8	35	13.5	38	14.8	156	15.2
	Total	101	19.0	71	13.7	64	12.5	66	12.7	302	14.5
Once a week	Male	50	18.3	42	15.8	33	13.1	41	15.6	166	15.8
	Female	50	19.3	58	22.9	39	15.1	29	11.3	176	17.1
	Total	100	18.8	100	19.3	72	14.1	70	13.5	342	16.5
2 to 3 times a week	Male	36	13.2	50	18.9	48	19.1	47	17.9	181	17.2
	Female	43	16.6	46	18.2	50	19.3	43	16.8	182	17.7
	Total	79	14.8	96	18.5	98	19.2	90	17.3	363	17.5
4 to 6 times a week	Male	14	5.1	21	7.9	24	9.6	11	4.2	70	6.7
	Female	18	6.9	24	9.5	29	11.2	30	11.7	101	9.8
	Total	32	6.0	45	8.7	53	10.4	41	7.9	171	8.2
Once a day	Male	6	2.2	17	6.4	31	12.4	28	10.6	82	7.8
	Female	9	3.5	24	9.5	29	11.2	27	10.5	89	8.7

	Total	15	2.8	41	7.9	60	11.8	55	10.6	171	8.2
2 or more times a day	Male	1	0.4	0	0	0	0	5	1.9	6	0.6
	Female	0	0	1	0.4	1	0.4	0	0	2	0.2
	Total	1	0.2	1	0.2	1	0.2	5	1.0	8	0.4

Frequency of food intakes
Cucumber

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	8	2.9	9	3.4	6	2.4	14	5.3	37	3.5
	Female	2	0.8	2	0.8	2	0.8	5	2.0	11	1.1
	Total	10	1.9	11	2.1	8	1.6	19	3.7	48	2.3
Once a month	Male	15	5.5	10	3.8	8	3.2	12	4.6	45	4.3
	Female	3	1.2	6	2.4	6	2.3	6	2.3	21	2.0
	Total	18	3.4	16	3.1	14	2.7	18	3.5	66	3.2
2 to 3 times a month	Male	47	17.2	27	10.2	25	10.0	37	14.1	136	12.9
	Female	18	6.9	17	6.7	28	10.8	40	15.6	103	10.0
	Total	65	12.2	44	8.5	53	10.4	77	14.8	239	11.5
Once a week	Male	65	23.8	63	23.8	56	22.3	55	20.9	239	22.7
	Female	46	17.8	52	20.6	51	19.7	49	19.1	198	19.3
	Total	111	20.9	115	22.2	107	21.0	104	20.0	437	21.0
2 to 3 times a week	Male	97	35.5	113	42.6	96	38.2	90	34.2	396	37.6
	Female	109	42.1	111	43.9	104	40.2	97	37.9	421	41.0
	Total	206	38.7	224	43.2	200	39.2	187	36.0	817	39.3
4 to 6 times a week	Male	30	11.0	34	12.8	40	15.9	35	13.3	139	13.2
	Female	63	24.3	54	21.3	54	20.8	42	16.4	213	20.7
	Total	93	17.5	88	17.0	94	18.4	77	14.8	352	16.9
Once a day	Male	10	3.7	9	3.4	18	7.2	16	6.1	53	5.0
	Female	18	6.9	11	4.3	13	5.0	14	5.5	56	5.5
	Total	28	5.3	20	3.9	31	6.1	30	5.8	109	5.2
2 or more times a day	Male	1	0.4	0	0	2	0.8	4	1.5	7	0.7
	Female	0	0	0	0	1	0.4	3	1.2	4	0.4
	Total	1	0.2	0	0	3	0.6	7	1.3	11	0.5

Frequency of food intakes
Tomato

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	15	5.5	6	2.3	6	2.4	14	5.3	41	3.9
	Female	11	4.2	7	2.8	4	1.5	10	3.9	32	3.1
	Total	26	4.9	13	2.5	10	2.0	24	4.6	73	3.5
Once a month	Male	38	13.9	24	9.1	10	4.0	16	6.1	88	8.4

	Female	7	2.7	6	2.4	11	4.2	12	4.7	36	3.5
	Total	45	8.5	30	5.8	21	4.1	28	5.4	124	6.0
2 to 3 times a month	Male	47	17.2	33	12.5	35	13.9	43	16.3	158	15.0
	Female	38	14.7	20	7.9	38	14.7	37	14.5	133	13.0
	Total	85	16.0	53	10.2	73	14.3	80	15.4	291	14.0
Once a week	Male	68	24.9	79	29.8	58	23.1	64	24.3	269	25.6
	Female	61	23.6	70	27.7	52	20.1	40	15.6	223	21.7
	Total	129	24.2	149	28.8	110	21.6	104	20.0	492	23.7
2 to 3 times a week	Male	73	26.7	84	31.7	84	33.5	77	29.3	318	30.2
	Female	86	33.2	94	37.2	81	31.3	85	33.2	346	33.7
	Total	159	29.9	178	34.4	165	32.4	162	31.2	664	31.9
4 to 6 times a week	Male	23	8.4	31	11.7	31	12.4	37	14.1	122	11.6
	Female	48	18.5	39	15.4	51	19.7	44	17.2	182	17.7
	Total	71	13.3	70	13.5	82	16.1	81	15.6	304	14.6
Once a day	Male	9	3.3	8	3.0	26	10.4	9	3.4	52	4.9
	Female	8	3.1	16	6.3	20	7.7	25	9.8	69	6.7
	Total	17	3.2	24	4.6	46	9.0	34	6.6	121	5.8
2 or more times a day	Male	0	0	0	0	1	0.4	3	1.1	4	0.4
	Female	0	0	1	0.4	2	0.8	3	1.2	6	0.6
	Total	0	0	1	0.2	3	0.6	6	1.2	10	0.5

Frequency of food intakes
Lettuce

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	10	3.7	12	4.5	21	8.4	29	11.0	72	6.8
	Female	7	2.7	11	4.3	10	3.9	36	14.1	64	6.2
	Total	17	3.2	23	4.4	31	6.1	65	12.5	136	6.5
Once a month	Male	17	6.2	17	6.4	30	12.0	32	12.2	96	9.1
	Female	15	5.8	11	4.3	24	9.3	22	8.6	72	7.0
	Total	32	6.0	28	5.4	54	10.6	54	10.4	168	8.1
2 to 3 times a month	Male	58	21.2	49	18.5	33	13.1	60	22.8	200	19.0
	Female	33	12.7	43	17.0	43	16.6	41	16.0	160	15.6
	Total	91	17.1	92	17.8	76	14.9	101	19.5	360	17.3
Once a week	Male	62	22.7	62	23.4	55	21.9	50	19.0	229	21.8
	Female	36	13.9	51	20.2	59	22.8	51	19.9	197	19.2
	Total	98	18.4	113	21.8	114	22.4	101	19.5	426	20.5
2 to 3 times a week	Male	88	32.2	82	30.9	71	28.3	58	22.1	299	28.4
	Female	118	45.6	94	37.2	77	29.7	60	23.4	349	34.0
	Total	206	38.7	176	34.0	148	29.0	118	22.7	648	31.2
4 to 6 times a week	Male	27	9.9	35	13.2	22	8.8	23	8.7	107	10.2
	Female	44	17.0	38	15.0	35	13.5	31	12.1	148	14.4
	Total	71	13.3	73	14.1	57	11.2	54	10.4	255	12.3

Once a day	Male	10	3.7	8	3.0	18	7.2	8	3.0	44	4.2
	Female	5	1.9	5	2.0	10	3.9	14	5.5	34	3.3
	Total	15	2.8	13	2.5	28	5.5	22	4.2	78	3.8
2 or more times a day	Male	1	0.4	0	0	1	0.4	3	1.1	5	0.5
	Female	1	0.4	0	0	1	0.4	1	0.4	3	0.3
	Total	2	0.4	0	0	2	0.4	4	0.8	8	0.4

Frequency of food intakes
Celery

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	168	61.5	121	45.7	133	53.0	156	59.3	578	54.9
	Female	162	62.5	126	49.8	142	54.8	176	68.8	606	59.0
	Total	330	62.0	247	47.7	275	53.9	332	64.0	1184	57.0
Once a month	Male	51	18.7	65	24.5	38	15.1	50	19.0	204	19.4
	Female	54	20.8	51	20.2	57	22.0	41	16.0	203	19.8
	Total	105	19.7	116	22.4	95	18.6	91	17.5	407	19.6
2 to 3 times a month	Male	34	12.5	44	16.6	39	15.5	22	8.4	139	13.2
	Female	30	11.6	27	10.7	25	9.7	23	9.0	105	10.2
	Total	64	12.0	71	13.7	64	12.5	45	8.7	244	11.7
Once a week	Male	14	5.1	14	5.3	25	10.0	19	7.2	72	6.8
	Female	5	1.9	32	12.6	16	6.2	7	2.7	60	5.8
	Total	19	3.6	46	8.9	41	8.0	26	5.0	132	6.3
2 to 3 times a week	Male	6	2.2	16	6.0	11	4.4	11	4.2	44	4.2
	Female	6	2.3	14	5.5	13	5.0	6	2.3	39	3.8
	Total	12	2.3	30	5.8	24	4.7	17	3.3	83	4.0
4 to 6 times a week	Male	0	0	5	1.9	4	1.6	4	1.5	13	1.2
	Female	2	0.8	2	0.8	4	1.5	2	0.8	10	1.0
	Total	2	0.4	7	1.4	8	1.6	6	1.2	23	1.1
Once a day	Male	0	0	0	0	1	0.4	1	0.4	2	0.2
	Female	0	0	1	0.4	2	0.8	1	0.4	4	0.4
	Total	0	0	1	0.2	3	0.6	2	0.4	6	0.3

Frequency of food intakes
Broccoli

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	39	14.3	31	11.7	30	12.0	37	14.1	137	13.0
	Female	15	5.8	14	5.5	15	5.8	18	7.0	62	6.0
	Total	54	10.2	45	8.7	45	8.8	55	10.6	199	9.6
Once a month	Male	85	31.1	71	26.8	42	16.7	53	20.2	251	23.9
	Female	54	20.8	39	15.4	48	18.5	46	18.0	187	18.2

2 to 3 times a month	Total	139	26.1	110	21.2	90	17.6	99	19.1	438	21.1
	Male	80	29.3	86	32.5	71	28.3	75	28.5	312	29.7
	Female	88	34.0	66	26.1	65	25.1	81	31.6	300	29.2
	Total	168	31.6	152	29.3	136	26.7	156	30.1	612	29.4
Once a week	Male	47	17.2	46	17.4	60	23.9	57	21.7	210	20.0
	Female	67	25.9	77	30.4	63	24.3	51	19.9	258	25.1
	Total	114	21.4	123	23.7	123	24.1	108	20.8	468	22.5
2 to 3 times a week	Male	18	6.6	25	9.4	35	13.9	31	11.8	109	10.4
	Female	26	10.0	43	17.0	52	20.1	40	15.6	161	15.7
	Total	44	8.3	68	13.1	87	17.1	71	13.7	270	13.0
4 to 6 times a week	Male	3	1.1	4	1.5	9	3.6	4	1.5	20	1.9
	Female	8	3.1	14	5.5	13	5.0	19	7.4	54	5.3
	Total	11	2.1	18	3.5	22	4.3	23	4.4	74	3.6
Once a day	Male	1	0.4	2	0.8	4	1.6	5	1.9	12	1.1
	Female	1	0.4	0	0	3	1.2	1	0.4	5	0.5
	Total	2	0.4	2	0.4	7	1.4	6	1.2	17	0.8
2 or more times a day	Male	0	0	0	0	0	0	1	0.4	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	1	0.2	1	0.0

Frequency of food intakes
Cauliflower

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	128	46.9	104	39.2	106	42.2	136	51.7	474	45.1
	Female	122	47.1	113	44.7	99	38.2	119	46.5	453	44.1
	Total	250	47.0	217	41.9	205	40.2	255	49.1	927	44.6
Once a month	Male	84	30.8	83	31.3	63	25.1	57	21.7	287	27.3
	Female	90	34.7	71	28.1	79	30.5	57	22.3	297	28.9
	Total	174	32.7	154	29.7	142	27.8	114	22.0	584	28.1
2 to 3 times a month	Male	42	15.4	45	17.0	51	20.3	39	14.8	177	16.8
	Female	26	10.0	43	17.0	44	17.0	45	17.6	158	15.4
	Total	68	12.8	88	17.0	95	18.6	84	16.2	335	16.1
Once a week	Male	12	4.4	22	8.3	17	6.8	22	8.4	73	6.9
	Female	18	6.9	21	8.3	24	9.3	24	9.4	87	8.5
	Total	30	5.6	43	8.3	41	8.0	46	8.9	160	7.7
2 to 3 times a week	Male	7	2.6	9	3.4	12	4.8	9	3.4	37	3.5
	Female	2	0.8	5	2.0	11	4.2	7	2.7	25	2.4
	Total	9	1.7	14	2.7	23	4.5	16	3.1	62	3.0
4 to 6 times a week	Male	0	0	2	0.8	2	0.8	0	0	4	0.4
	Female	0	0	0	0	2	0.8	3	1.2	5	0.5
	Total	0	0	2	0.4	4	0.8	3	0.6	9	0.4

Once a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	1	0.4	0	0	0	0	1	0.4	2	0.2
	Total	1	0.2	0	0	0	0	1	0.2	2	0.1

Frequency of food intakes
Cabbage

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	1	0.4	3	1.1	2	0.8	2	0.8	8	0.8
	Female	1	0.4	2	0.8	0	0	4	1.6	7	0.7
	Total	2	0.4	5	1.0	2	0.4	6	1.2	15	0.7
Once a month	Male	5	1.8	5	1.9	9	3.6	12	4.6	31	2.9
	Female	8	3.1	6	2.4	9	3.5	8	3.1	31	3.0
	Total	13	2.4	11	2.1	18	3.5	20	3.9	62	3.0
2 to 3 times a month	Male	31	11.4	36	13.6	24	9.6	33	12.5	124	11.8
	Female	32	12.4	23	9.1	32	12.4	37	14.5	124	12.1
	Total	63	11.8	59	11.4	56	11.0	70	13.5	248	11.9
Once a week	Male	68	24.9	64	24.2	62	24.7	60	22.8	254	24.1
	Female	62	23.9	56	22.1	50	19.3	50	19.5	218	21.2
	Total	130	24.4	120	23.2	112	22.0	110	21.2	472	22.7
2 to 3 times a week	Male	111	40.7	102	38.5	95	37.8	99	37.6	407	38.7
	Female	105	40.5	111	43.9	97	37.5	86	33.6	399	38.9
	Total	216	40.6	213	41.1	192	37.6	185	35.6	806	38.8
4 to 6 times a week	Male	54	19.8	47	17.7	42	16.7	38	14.4	181	17.2
	Female	43	16.6	46	18.2	53	20.5	47	18.4	189	18.4
	Total	97	18.2	93	18.0	95	18.6	85	16.4	370	17.8
Once a day	Male	3	1.1	7	2.6	16	6.4	17	6.5	43	4.1
	Female	8	3.1	7	2.8	17	6.6	20	7.8	52	5.1
	Total	11	2.1	14	2.7	33	6.5	37	7.1	95	4.6
2 or more times a day	Male	0	0	1	0.4	1	0.4	2	0.8	4	0.4
	Female	0	0	2	0.8	1	0.4	4	1.6	7	0.7
	Total	0	0	3	0.6	2	0.4	6	1.2	11	0.5

Frequency of food intakes
Green vegetable (such as green peppers, spinach, etc)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	4	1.5	2	0.8	0	0	4	1.5	10	1.0
	Female	0	0	0	0	0	0	1	0.4	1	0.1
	Total	4	0.8	2	0.4	0	0	5	1.0	11	0.5
Once a month	Male	11	4.0	8	3.0	5	2.0	5	1.9	29	2.8
	Female	4	1.5	1	0.4	3	1.2	2	0.8	10	1.0

	Total	15	2.8	9	1.7	8	1.6	7	1.3	39	1.9
2 to 3 times a month	Male	30	11.0	27	10.2	34	13.5	32	12.2	123	11.7
	Female	20	7.7	9	3.6	19	7.3	18	7.0	66	6.4
	Total	50	9.4	36	6.9	53	10.4	50	9.6	189	9.1
Once a week	Male	81	29.7	52	19.6	47	18.7	51	19.4	231	22.0
	Female	58	22.4	45	17.8	38	14.7	43	16.8	184	17.9
	Total	139	26.1	97	18.7	85	16.7	94	18.1	415	20.0
2 to 3 times a week	Male	93	34.1	105	39.6	85	33.9	91	34.6	374	35.6
	Female	108	41.7	108	42.7	91	35.1	82	32.0	389	37.9
	Total	201	37.8	213	41.1	176	34.5	173	33.3	763	36.7
4 to 6 times a week	Male	41	15.0	39	14.7	47	18.7	54	20.5	181	17.2
	Female	48	18.5	60	23.7	66	25.5	56	21.9	230	22.4
	Total	89	16.7	99	19.1	113	22.2	110	21.2	411	19.8
Once a day	Male	12	4.4	28	10.6	32	12.7	25	9.5	97	9.2
	Female	19	7.3	26	10.3	35	13.5	48	18.8	128	12.5
	Total	31	5.8	54	10.4	67	13.1	73	14.1	225	10.8
2 or more times a day	Male	1	0.4	4	1.5	1	0.4	1	0.4	7	0.7
	Female	2	0.8	4	1.6	7	2.7	6	2.3	19	1.9
	Total	3	0.6	8	1.5	8	1.6	7	1.3	26	1.3

Frequency of food intakes
Carrot

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	10	3.7	9	3.4	4	1.6	5	1.9	28	2.7
	Female	2	0.8	1	0.4	2	0.8	0	0	5	0.5
	Total	12	2.3	10	1.9	6	1.2	5	1.0	33	1.6
Once a month	Male	20	7.3	12	4.5	13	5.2	9	3.4	54	5.1
	Female	5	1.9	2	0.8	4	1.5	9	3.5	20	1.9
	Total	25	4.7	14	2.7	17	3.3	18	3.5	74	3.6
2 to 3 times a month	Male	29	10.6	37	14.0	27	10.8	38	14.4	131	12.5
	Female	21	8.1	13	5.1	17	6.6	14	5.5	65	6.3
	Total	50	9.4	50	9.7	44	8.6	52	10.0	196	9.4
Once a week	Male	78	28.6	58	21.9	51	20.3	66	25.1	253	24.0
	Female	35	13.5	36	14.2	36	13.9	40	15.6	147	14.3
	Total	113	21.2	94	18.1	87	17.1	106	20.4	400	19.2
2 to 3 times a week	Male	90	33.0	97	36.6	99	39.4	80	30.4	366	34.8
	Female	99	38.2	90	35.6	86	33.2	87	34.0	362	35.2
	Total	189	35.5	187	36.1	185	36.3	167	32.2	728	35.0
4 to 6 times a week	Male	37	13.6	38	14.3	37	14.7	38	14.4	150	14.3
	Female	75	29.0	82	32.4	77	29.7	69	27.0	303	29.5
	Total	112	21.1	120	23.2	114	22.4	107	20.6	453	21.8
Once a day	Male	8	2.9	14	5.3	18	7.2	26	9.9	66	6.3

2 or more times a day	Female	19	7.3	22	8.7	30	11.6	31	12.1	102	9.9
	Total	27	5.1	36	6.9	48	9.4	57	11.0	168	8.1
	Male	1	0.4	0	0	2	0.8	1	0.4	4	0.4
	Female	3	1.2	7	2.8	7	2.7	6	2.3	23	2.2
	Total	4	0.8	7	1.4	9	1.8	7	1.3	27	1.3

Frequency of food intakes
Pumpkin

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	29	10.6	28	10.6	16	6.4	21	8.0	94	8.9
	Female	8	3.1	4	1.6	7	2.7	8	3.1	27	2.6
	Total	37	7.0	32	6.2	23	4.5	29	5.6	121	5.8
Once a month	Male	84	30.8	75	28.3	70	27.9	55	20.9	284	27.0
	Female	55	21.2	36	14.2	35	13.5	36	14.1	162	15.8
	Total	139	26.1	111	21.4	105	20.6	91	17.5	446	21.5
2 to 3 times a month	Male	86	31.5	77	29.1	75	29.9	78	29.7	316	30.0
	Female	62	23.9	83	32.8	56	21.6	66	25.8	267	26.0
	Total	148	27.8	160	30.9	131	25.7	144	27.7	583	28.0
Once a week	Male	57	20.9	52	19.6	53	21.1	57	21.7	219	20.8
	Female	88	34.0	78	30.8	89	34.4	85	33.2	340	33.1
	Total	145	27.3	130	25.1	142	27.8	142	27.4	559	26.9
2 to 3 times a week	Male	11	4.0	25	9.4	32	12.7	39	14.8	107	10.2
	Female	38	14.7	39	15.4	42	16.2	44	17.2	163	15.9
	Total	49	9.2	64	12.4	74	14.5	83	16.0	270	13.0
4 to 6 times a week	Male	6	2.2	7	2.6	4	1.6	9	3.4	26	2.5
	Female	8	3.1	11	4.3	25	9.7	16	6.3	60	5.8
	Total	14	2.6	18	3.5	29	5.7	25	4.8	86	4.1
Once a day	Male	0	0	1	0.4	1	0.4	4	1.5	6	0.6
	Female	0	0	2	0.8	5	1.9	1	0.4	8	0.8
	Total	0	0	3	0.6	6	1.2	5	1.0	14	0.7

Frequency of food intakes
Chinese cabbage (haksai)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	16	5.9	6	2.3	4	1.6	9	3.4	35	3.3
	Female	4	1.5	3	1.2	9	3.5	11	4.3	27	2.6
	Total	20	3.8	9	1.7	13	2.5	20	3.9	62	3.0
Once a month	Male	53	19.4	49	18.5	45	17.9	42	16.0	189	18.0
	Female	48	18.5	36	14.2	40	15.4	40	15.6	164	16.0
	Total	101	19.0	85	16.4	85	16.7	82	15.8	353	17.0

2 to 3 times a month	Male	103	37.7	95	35.8	88	35.1	89	33.8	375	35.6
	Female	112	43.2	102	40.3	79	30.5	87	34.0	380	37.0
	Total	215	40.4	197	38.0	167	32.7	176	33.9	755	36.3
Once a week	Male	71	26.0	74	27.9	66	26.3	71	27.0	282	26.8
	Female	67	25.9	66	26.1	80	30.9	80	31.3	293	28.5
	Total	138	25.9	140	27.0	146	28.6	151	29.1	575	27.7
2 to 3 times a week	Male	28	10.3	33	12.5	35	13.9	40	15.2	136	12.9
	Female	25	9.7	34	13.4	38	14.7	22	8.6	119	11.6
	Total	53	10.0	67	12.9	73	14.3	62	11.9	255	12.3
4 to 6 times a week	Male	2	0.7	5	1.9	13	5.2	10	3.8	30	2.9
	Female	3	1.2	11	4.3	13	5.0	9	3.5	36	3.5
	Total	5	0.9	16	3.1	26	5.1	19	3.7	66	3.2
Once a day	Male	0	0	3	1.1	0	0	2	0.8	5	0.5
	Female	0	0	1	0.4	0	0	6	2.3	7	0.7
	Total	0	0	4	0.8	0	0	8	1.5	12	0.6
2 or more times a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	1	0.4	1	0.1
	Total	0	0	0	0	0	0	1	0.2	1	0.0

Frequency of food intakes
Edible wild plants (sansai)

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	148	54.2	140	52.8	142	56.6	167	63.5	597	56.7
	Female	147	56.8	139	54.9	141	54.4	168	65.6	595	57.9
	Total	295	55.5	279	53.9	283	55.5	335	64.5	1192	57.3
Once a month	Male	98	35.9	84	31.7	74	29.5	64	24.3	320	30.4
	Female	84	32.4	78	30.8	83	32.0	70	27.3	315	30.7
	Total	182	34.2	162	31.3	157	30.8	134	25.8	635	30.5
2 to 3 times a month	Male	20	7.3	29	10.9	22	8.8	17	6.5	88	8.4
	Female	24	9.3	26	10.3	24	9.3	13	5.1	87	8.5
	Total	44	8.3	55	10.6	46	9.0	30	5.8	175	8.4
Once a week	Male	6	2.2	8	3.0	11	4.4	7	2.7	32	3.0
	Female	2	0.8	8	3.2	7	2.7	3	1.2	20	1.9
	Total	8	1.5	16	3.1	18	3.5	10	1.9	52	2.5
2 to 3 times a week	Male	1	0.4	4	1.5	2	0.8	4	1.5	11	1.0
	Female	2	0.8	2	0.8	2	0.8	2	0.8	8	0.8
	Total	3	0.6	6	1.2	4	0.8	6	1.2	19	0.9
4 to 6 times a week	Male	0	0	0	0	0	0	2	0.8	2	0.2
	Female	0	0	0	0	1	0.4	0	0	1	0.1
	Total	0	0	0	0	1	0.2	2	0.4	3	0.1
Once a day	Male	0	0	0	0	0	0	1	0.4	1	0.1

2 or more times a day	Female	0	0	0	0	1	0.4	0	0	1	0.1
	Total	0	0	0	0	1	0.2	1	0.2	2	0.1
	Male	0	0	0	0	0	0	1	0.4	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	1	0.2	1	0.0

Frequency of food intakes
Japanese radish (daikon)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	9	3.3	2	0.8	1	0.4	5	1.9	17	1.6
	Female	1	0.4	0	0	2	0.8	0	0	3	0.3
	Total	10	1.9	2	0.4	3	0.6	5	1.0	20	1.0
Once a month	Male	25	9.2	17	6.4	11	4.4	8	3.0	61	5.8
	Female	13	5.0	6	2.4	9	3.5	5	2.0	33	3.2
	Total	38	7.1	23	4.4	20	3.9	13	2.5	94	4.5
2 to 3 times a month	Male	81	29.7	61	23.0	40	15.9	46	17.5	228	21.7
	Female	48	18.5	43	17.0	39	15.1	49	19.1	179	17.4
	Total	129	24.2	104	20.1	79	15.5	95	18.3	407	19.6
Once a week	Male	77	28.2	78	29.4	64	25.5	58	22.1	277	26.3
	Female	76	29.3	79	31.2	56	21.6	42	16.4	253	24.6
	Total	153	28.8	157	30.3	120	23.5	100	19.3	530	25.5
2 to 3 times a week	Male	66	24.2	71	26.8	87	34.7	104	39.5	328	31.2
	Female	83	32.0	92	36.4	86	33.2	104	40.6	365	35.5
	Total	149	28.0	163	31.5	173	33.9	208	40.1	693	33.3
4 to 6 times a week	Male	13	4.8	31	11.7	37	14.7	29	11.0	110	10.5
	Female	33	12.7	27	10.7	52	20.1	41	16.0	153	14.9
	Total	46	8.6	58	11.2	89	17.5	70	13.5	263	12.7
Once a day	Male	2	0.7	5	1.9	10	4.0	12	4.6	29	2.8
	Female	4	1.5	6	2.4	15	5.8	12	4.7	37	3.6
	Total	6	1.1	11	2.1	25	4.9	24	4.6	66	3.2
2 or more times a day	Male	0	0	0	0	1	0.4	1	0.4	2	0.2
	Female	1	0.4	0	0	0	0	3	1.2	4	0.4
	Total	1	0.2	0	0	1	0.2	4	0.8	6	0.3

Frequency of food intakes
Other vegetables (such as eggplant, onion etc.)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	3	1.1	2	0.8	1	0.4	3	1.1	9	0.9
	Female	0	0	0	0	0	0	0	0	0	0
	Total	3	0.6	2	0.4	1	0.2	3	0.6	9	0.4

Once a month	Male	11	4.0	8	3.0	3	1.2	9	3.4	31	2.9
	Female	6	2.3	1	0.4	3	1.2	4	1.6	14	1.4
	Total	17	3.2	9	1.7	6	1.2	13	2.5	45	2.2
2 to 3 times a month	Male	26	9.5	26	9.8	29	11.6	24	9.1	105	10.0
	Female	16	6.2	19	7.5	25	9.7	22	8.6	82	8.0
	Total	42	7.9	45	8.7	54	10.6	46	8.9	187	9.0
Once a week	Male	75	27.5	52	19.6	48	19.1	43	16.3	218	20.7
	Female	49	18.9	34	13.4	38	14.7	51	19.9	172	16.7
	Total	124	23.3	86	16.6	86	16.9	94	18.1	390	18.8
2 to 3 times a week	Male	95	34.8	106	40.0	103	41.0	119	45.2	423	40.2
	Female	89	34.4	106	41.9	93	35.9	85	33.2	373	36.3
	Total	184	34.6	212	40.9	196	38.4	204	39.3	796	38.3
4 to 6 times a week	Male	48	17.6	55	20.8	50	19.9	40	15.2	193	18.3
	Female	73	28.2	66	26.1	71	27.4	61	23.8	271	26.4
	Total	121	22.7	121	23.4	121	23.7	101	19.5	464	22.3
Once a day	Male	13	4.8	14	5.3	17	6.8	23	8.7	67	6.4
	Female	19	7.3	23	9.1	26	10.0	28	10.9	96	9.3
	Total	32	6.0	37	7.1	43	8.4	51	9.8	163	7.8
2 or more times a day	Male	2	0.7	2	0.8	0	0	2	0.8	6	0.6
	Female	7	2.7	4	1.6	3	1.2	5	2.0	19	1.9
	Total	9	1.7	6	1.2	3	0.6	7	1.3	25	1.2

Frequency of food intakes
Green soybeans, green peas (soramame, edamame)

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	53	19.4	44	16.6	38	15.1	42	16.0	177	16.8
	Female	42	16.2	33	13.0	27	10.4	27	10.5	129	12.6
	Total	95	17.9	77	14.9	65	12.7	69	13.3	306	14.7
Once a month	Male	85	31.1	77	29.1	77	30.7	58	22.1	297	28.2
	Female	86	33.2	94	37.2	80	30.9	72	28.1	332	32.3
	Total	171	32.1	171	33.0	157	30.8	130	25.0	629	30.3
2 to 3 times a month	Male	74	27.1	61	23.0	63	25.1	69	26.2	267	25.4
	Female	60	23.2	53	20.9	63	24.3	64	25.0	240	23.4
	Total	134	25.2	114	22.0	126	24.7	133	25.6	507	24.4
Once a week	Male	40	14.7	56	21.1	42	16.7	49	18.6	187	17.8
	Female	44	17.0	42	16.6	36	13.9	50	19.5	172	16.7
	Total	84	15.8	98	18.9	78	15.3	99	19.1	359	17.3
2 to 3 times a week	Male	20	7.3	19	7.2	20	8.0	35	13.3	94	8.9
	Female	24	9.3	25	9.9	39	15.1	29	11.3	117	11.4
	Total	44	8.3	44	8.5	59	11.6	64	12.3	211	10.1
4 to 6 times a week	Male	1	0.4	6	2.3	10	4.0	7	2.7	24	2.3
	Female	3	1.2	6	2.4	11	4.2	12	4.7	32	3.1

	Total	4	0.8	12	2.3	21	4.1	19	3.7	56	2.7
Once a day	Male	0	0	2	0.8	1	0.4	3	1.1	6	0.6
	Female	0	0	0	0	3	1.2	2	0.8	5	0.5
	Total	0	0	2	0.4	4	0.8	5	1.0	11	0.5

Frequency of food intakes
Other beans and peas

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	75	27.5	46	17.4	29	11.6	28	10.6	178	16.9
	Female	36	13.9	21	8.3	12	4.6	16	6.3	85	8.3
	Total	111	20.9	67	12.9	41	8.0	44	8.5	263	12.7
Once a month	Male	95	34.8	88	33.2	76	30.3	65	24.7	324	30.8
	Female	99	38.2	76	30.0	70	27.0	50	19.5	295	28.7
	Total	194	36.5	164	31.7	146	28.6	115	22.2	619	29.8
2 to 3 times a month	Male	51	18.7	58	21.9	64	25.5	54	20.5	227	21.6
	Female	58	22.4	69	27.3	67	25.9	56	21.9	250	24.3
	Total	109	20.5	127	24.5	131	25.7	110	21.2	477	22.9
Once a week	Male	32	11.7	43	16.2	38	15.1	46	17.5	159	15.1
	Female	42	16.2	45	17.8	47	18.1	61	23.8	195	19.0
	Total	74	13.9	88	17.0	85	16.7	107	20.6	354	17.0
2 to 3 times a week	Male	15	5.5	18	6.8	27	10.8	39	14.8	99	9.4
	Female	20	7.7	28	11.1	35	13.5	33	12.9	116	11.3
	Total	35	6.6	46	8.9	62	12.2	72	13.9	215	10.3
4 to 6 times a week	Male	4	1.5	9	3.4	10	4.0	15	5.7	38	3.6
	Female	3	1.2	9	3.6	14	5.4	23	9.0	49	4.8
	Total	7	1.3	18	3.5	24	4.7	38	7.3	87	4.2
Once a day	Male	1	0.4	3	1.1	7	2.8	13	4.9	24	2.3
	Female	1	0.4	5	2.0	12	4.6	15	5.9	33	3.2
	Total	2	0.4	8	1.5	19	3.7	28	5.4	57	2.7
2 or more times a day	Male	0	0	0	0	0	0	3	1.1	3	0.3
	Female	0	0	0	0	2	0.8	2	0.8	4	0.4
	Total	0	0	0	0	2	0.4	5	1.0	7	0.3

Frequency of food intakes
Mushroom

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	7	2.6	5	1.9	3	1.2	12	4.6	27	2.6
	Female	1	0.4	0	0	2	0.8	5	2.0	8	0.8
	Total	8	1.5	5	1.0	5	1.0	17	3.3	35	1.7
Once a month	Male	47	17.2	32	12.1	23	9.2	36	13.7	138	13.1

	Female	19	7.3	11	4.3	18	6.9	22	8.6	70	6.8
	Total	66	12.4	43	8.3	41	8.0	58	11.2	208	10.0
2 to 3 times a month	Male	60	22.0	64	24.2	56	22.3	47	17.9	227	21.6
	Female	35	13.5	30	11.9	49	18.9	35	13.7	149	14.5
	Total	95	17.9	94	18.1	105	20.6	82	15.8	376	18.1
Once a week	Male	67	24.5	57	21.5	48	19.1	58	22.1	230	21.9
	Female	59	22.8	56	22.1	38	14.7	46	18.0	199	19.4
	Total	126	23.7	113	21.8	86	16.9	104	20.0	429	20.6
2 to 3 times a week	Male	61	22.3	68	25.7	63	25.1	61	23.2	253	24.0
	Female	74	28.6	81	32.0	62	23.9	70	27.3	287	27.9
	Total	135	25.4	149	28.8	125	24.5	131	25.2	540	26.0
4 to 6 times a week	Male	26	9.5	29	10.9	35	13.9	28	10.6	118	11.2
	Female	50	19.3	58	22.9	57	22.0	48	18.8	213	20.7
	Total	76	14.3	87	16.8	92	18.0	76	14.6	331	15.9
Once a day	Male	5	1.8	10	3.8	23	9.2	19	7.2	57	5.4
	Female	21	8.1	15	5.9	29	11.2	27	10.5	92	9.0
	Total	26	4.9	25	4.8	52	10.2	46	8.9	149	7.2
2 or more times a day	Male	0	0	0	0	0	0	2	0.8	2	0.2
	Female	0	0	2	0.8	4	1.5	3	1.2	9	0.9
	Total	0	0	2	0.4	4	0.8	5	1.0	11	0.5

Frequency of food intakes
Seaweeds

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	17	6.2	2	0.8	1	0.4	6	2.3	26	2.5
	Female	4	1.5	2	0.8	2	0.8	2	0.8	10	1.0
	Total	21	3.9	4	0.8	3	0.6	8	1.5	36	1.7
Once a month	Male	23	8.4	17	6.4	14	5.6	15	5.7	69	6.6
	Female	10	3.9	5	2.0	7	2.7	4	1.6	26	2.5
	Total	33	6.2	22	4.2	21	4.1	19	3.7	95	4.6
2 to 3 times a month	Male	48	17.6	38	14.3	36	14.3	36	13.7	158	15.0
	Female	28	10.8	26	10.3	29	11.2	17	6.6	100	9.7
	Total	76	14.3	64	12.4	65	12.7	53	10.2	258	12.4
Once a week	Male	54	19.8	46	17.4	40	15.9	37	14.1	177	16.8
	Female	43	16.6	31	12.3	27	10.4	36	14.1	137	13.3
	Total	97	18.2	77	14.9	67	13.1	73	14.1	314	15.1
2 to 3 times a week	Male	71	26.0	75	28.3	54	21.5	63	24.0	263	25.0
	Female	77	29.7	84	33.2	60	23.2	63	24.6	284	27.7
	Total	148	27.8	159	30.7	114	22.4	126	24.3	547	26.3
4 to 6 times a week	Male	35	12.8	50	18.9	48	19.1	40	15.2	173	16.4
	Female	53	20.5	71	28.1	70	27.0	61	23.8	255	24.8

	Total	88	16.5	121	23.4	118	23.1	101	19.5	428	20.6
Once a day	Male	23	8.4	35	13.2	55	21.9	63	24.0	176	16.7
	Female	42	16.2	33	13.0	58	22.4	67	26.2	200	19.5
	Total	65	12.2	68	13.1	113	22.2	130	25.0	376	18.1
2 or more times a day	Male	2	0.7	2	0.8	3	1.2	3	1.1	10	1.0
	Female	2	0.8	1	0.4	6	2.3	6	2.3	15	1.5
	Total	4	0.8	3	0.6	9	1.8	9	1.7	25	1.2

Frequency of food intakes
Tangle or laver boiled down in soy

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	45	16.5	26	9.8	36	14.3	30	11.4	137	13.0
	Female	48	18.5	39	15.4	34	13.1	33	12.9	154	15.0
	Total	93	17.5	65	12.5	70	13.7	63	12.1	291	14.0
Once a month	Male	65	23.8	44	16.6	40	15.9	36	13.7	185	17.6
	Female	54	20.8	42	16.6	41	15.8	30	11.7	167	16.3
	Total	119	22.4	86	16.6	81	15.9	66	12.7	352	16.9
2 to 3 times a month	Male	55	20.1	52	19.6	50	19.9	46	17.5	203	19.3
	Female	42	16.2	42	16.6	33	12.7	32	12.5	149	14.5
	Total	97	18.2	94	18.1	83	16.3	78	15.0	352	16.9
Once a week	Male	43	15.8	50	18.9	28	11.2	33	12.5	154	14.6
	Female	42	16.2	38	15.0	32	12.4	32	12.5	144	14.0
	Total	85	16.0	88	17.0	60	11.8	65	12.5	298	14.3
2 to 3 times a week	Male	41	15.0	55	20.8	49	19.5	70	26.6	215	20.4
	Female	49	18.9	52	20.6	50	19.3	53	20.7	204	19.9
	Total	90	16.9	107	20.7	99	19.4	123	23.7	419	20.2
4 to 6 times a week	Male	16	5.9	29	10.9	27	10.8	21	8.0	93	8.8
	Female	14	5.4	25	9.9	33	12.7	46	18.0	118	11.5
	Total	30	5.6	54	10.4	60	11.8	67	12.9	211	10.1
Once a day	Male	8	2.9	8	3.0	20	8.0	24	9.1	60	5.7
	Female	9	3.5	14	5.5	34	13.1	26	10.2	83	8.1
	Total	17	3.2	22	4.2	54	10.6	50	9.6	143	6.9
2 or more times a day	Male	0	0	1	0.4	1	0.4	3	1.1	5	0.5
	Female	1	0.4	1	0.4	2	0.8	4	1.6	8	0.8
	Total	1	0.2	2	0.4	3	0.6	7	1.3	13	0.6

Frequency of food intakes
Orange

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	108	39.6	100	37.7	112	44.6	129	49.0	449	42.7

	Female	70	27.0	70	27.7	99	38.2	97	37.9	336	32.7
	Total	178	33.5	170	32.8	211	41.4	226	43.5	785	37.8
Once a month	Male	87	31.9	79	29.8	59	23.5	55	20.9	280	26.6
	Female	87	33.6	66	26.1	66	25.5	61	23.8	280	27.3
	Total	174	32.7	145	28.0	125	24.5	116	22.4	560	26.9
2 to 3 times a month	Male	46	16.8	40	15.1	38	15.1	37	14.1	161	15.3
	Female	61	23.6	56	22.1	39	15.1	39	15.2	195	19.0
	Total	107	20.1	96	18.5	77	15.1	76	14.6	356	17.1
Once a week	Male	22	8.1	25	9.4	26	10.4	16	6.1	89	8.5
	Female	30	11.6	39	15.4	25	9.7	28	10.9	122	11.9
	Total	52	9.8	64	12.4	51	10.0	44	8.5	211	10.1
2 to 3 times a week	Male	7	2.6	17	6.4	10	4.0	20	7.6	54	5.1
	Female	11	4.2	16	6.3	24	9.3	24	9.4	75	7.3
	Total	18	3.4	33	6.4	34	6.7	44	8.5	129	6.2
4 to 6 times a week	Male	1	0.4	3	1.1	4	1.6	3	1.1	11	1.0
	Female	0	0	3	1.2	3	1.2	7	2.7	13	1.3
	Total	1	0.2	6	1.2	7	1.4	10	1.9	24	1.2
Once a day	Male	2	0.7	1	0.4	2	0.8	3	1.1	8	0.8
	Female	0	0	3	1.2	3	1.2	0	0	6	0.6
	Total	2	0.4	4	0.8	5	1.0	3	0.6	14	0.7

Frequency of food intakes
Mandarin orange

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	20	7.3	12	4.5	14	5.6	7	2.7	53	5.0
	Female	7	2.7	8	3.2	3	1.2	7	2.7	25	2.4
	Total	27	5.1	20	3.9	17	3.3	14	2.7	78	3.8
Once a month	Male	48	17.6	37	14.0	17	6.8	12	4.6	114	10.8
	Female	23	8.9	10	4.0	6	2.3	6	2.3	45	4.4
	Total	71	13.3	47	9.1	23	4.5	18	3.5	159	7.6
2 to 3 times a month	Male	71	26.0	65	24.5	48	19.1	45	17.1	229	21.8
	Female	46	17.8	25	9.9	17	6.6	24	9.4	112	10.9
	Total	117	22.0	90	17.4	65	12.7	69	13.3	341	16.4
Once a week	Male	65	23.8	55	20.8	49	19.5	61	23.2	230	21.9
	Female	73	28.2	52	20.6	48	18.5	27	10.5	200	19.5
	Total	138	25.9	107	20.7	97	19.0	88	17.0	430	20.7
2 to 3 times a week	Male	62	22.7	75	28.3	106	42.2	109	41.4	352	33.5
	Female	94	36.3	121	47.8	139	53.7	144	56.3	498	48.5
	Total	156	29.3	196	37.8	245	48.0	253	48.7	850	40.9
4 to 6 times a week	Male	6	2.2	15	5.7	14	5.6	25	9.5	60	5.7
	Female	11	4.2	30	11.9	36	13.9	39	15.2	116	11.3
	Total	17	3.2	45	8.7	50	9.8	64	12.3	176	8.5

Once a day	Male	1	0.4	6	2.3	3	1.2	3	1.1	13	1.2
	Female	5	1.9	6	2.4	7	2.7	8	3.1	26	2.5
	Total	6	1.1	12	2.3	10	2.0	11	2.1	39	1.9
2 or more times a day	Male	0	0	0	0	0	0	1	0.4	1	0.1
	Female	0	0	1	0.4	3	1.2	1	0.4	5	0.5
	Total	0	0	1	0.2	3	0.6	2	0.4	6	0.3

Frequency of food intakes
Grapefruit

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	141	51.6	129	48.7	130	51.8	143	54.4	543	51.6
	Female	99	38.2	88	34.8	103	39.8	106	41.4	396	38.6
	Total	240	45.1	217	41.9	233	45.7	249	48.0	939	45.2
Once a month	Male	88	32.2	81	30.6	67	26.7	62	23.6	298	28.3
	Female	87	33.6	79	31.2	61	23.6	61	23.8	288	28.0
	Total	175	32.9	160	30.9	128	25.1	123	23.7	586	28.2
2 to 3 times a month	Male	31	11.4	33	12.5	27	10.8	23	8.7	114	10.8
	Female	45	17.4	43	17.0	38	14.7	48	18.8	174	16.9
	Total	76	14.3	76	14.7	65	12.7	71	13.7	288	13.9
Once a week	Male	10	3.7	12	4.5	19	7.6	17	6.5	58	5.5
	Female	21	8.1	27	10.7	38	14.7	22	8.6	108	10.5
	Total	31	5.8	39	7.5	57	11.2	39	7.5	166	8.0
2 to 3 times a week	Male	3	1.1	10	3.8	5	2.0	13	4.9	31	2.9
	Female	5	1.9	10	4.0	13	5.0	15	5.9	43	4.2
	Total	8	1.5	20	3.9	18	3.5	28	5.4	74	3.6
4 to 6 times a week	Male	0	0	0	0	2	0.8	3	1.1	5	0.5
	Female	2	0.8	5	2.0	2	0.8	0	0	9	0.9
	Total	2	0.4	5	1.0	4	0.8	3	0.6	14	0.7
Once a day	Male	0	0	0	0	1	0.4	2	0.8	3	0.3
	Female	0	0	1	0.4	4	1.5	4	1.6	9	0.9
	Total	0	0	1	0.2	5	1.0	6	1.2	12	0.6

Frequency of food intakes
Peach

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	157	57.5	144	54.3	131	52.2	128	48.7	560	53.2
	Female	103	39.8	109	43.1	114	44.0	108	42.2	434	42.3
	Total	260	48.9	253	48.8	245	48.0	236	45.5	994	47.8
Once a month	Male	101	37.0	94	35.5	96	38.2	94	35.7	385	36.6
	Female	134	51.7	106	41.9	96	37.1	100	39.1	436	42.5

	Total	235	44.2	200	38.6	192	37.6	194	37.4	821	39.5
2 to 3 times a month	Male	15	5.5	22	8.3	19	7.6	32	12.2	88	8.4
	Female	20	7.7	32	12.6	39	15.1	36	14.1	127	12.4
	Total	35	6.6	54	10.4	58	11.4	68	13.1	215	10.3
Once a week	Male	0	0	4	1.5	4	1.6	8	3.0	16	1.5
	Female	2	0.8	3	1.2	6	2.3	8	3.1	19	1.9
	Total	2	0.4	7	1.4	10	2.0	16	3.1	35	1.7
2 to 3 times a week	Male	0	0	1	0.4	1	0.4	1	0.4	3	0.3
	Female	0	0	3	1.2	3	1.2	3	1.2	9	0.9
	Total	0	0	4	0.8	4	0.8	4	0.8	12	0.6
Once a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	1	0.4	1	0.4	2	0.2
	Total	0	0	0	0	1	0.2	1	0.2	2	0.1

Frequency of food intakes
Melon

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	128	46.9	119	44.9	108	43.0	98	37.3	453	43.1
	Female	97	37.5	90	35.6	103	39.8	96	37.5	386	37.6
	Total	225	42.3	209	40.3	211	41.4	194	37.4	839	40.4
Once a month	Male	122	44.7	120	45.3	104	41.4	117	44.5	463	44.0
	Female	127	49.0	113	44.7	103	39.8	117	45.7	460	44.8
	Total	249	46.8	233	45.0	207	40.6	234	45.1	923	44.4
2 to 3 times a month	Male	21	7.7	21	7.9	34	13.5	39	14.8	115	10.9
	Female	30	11.6	43	17.0	40	15.4	37	14.5	150	14.6
	Total	51	9.6	64	12.4	74	14.5	76	14.6	265	12.7
Once a week	Male	2	0.7	5	1.9	5	2.0	6	2.3	18	1.7
	Female	4	1.5	4	1.6	12	4.6	5	2.0	25	2.4
	Total	6	1.1	9	1.7	17	3.3	11	2.1	43	2.1
2 to 3 times a week	Male	0	0	0	0	0	0	2	0.8	2	0.2
	Female	1	0.4	2	0.8	1	0.4	1	0.4	5	0.5
	Total	1	0.2	2	0.4	1	0.2	3	0.6	7	0.3
4 to 6 times a week	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	1	0.4	0	0	0	0	1	0.1
	Total	0	0	1	0.2	0	0	0	0	1	0.0
Once a day	Male	0	0	0	0	0	0	1	0.4	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	1	0.2	1	0.0

Frequency of food intakes
Water melon

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	106	38.8	100	37.7	76	30.3	71	27.0	353	33.6
	Female	80	30.9	74	29.2	66	25.5	74	28.9	294	28.6
	Total	186	35.0	174	33.6	142	27.8	145	27.9	647	31.1
Once a month	Male	128	46.9	107	40.4	108	43.0	108	41.1	451	42.9
	Female	113	43.6	95	37.5	99	38.2	84	32.8	391	38.1
	Total	241	45.3	202	39.0	207	40.6	192	37.0	842	40.5
2 to 3 times a month	Male	33	12.1	48	18.1	53	21.1	63	24.0	197	18.7
	Female	51	19.7	57	22.5	65	25.1	68	26.6	241	23.5
	Total	84	15.8	105	20.3	118	23.1	131	25.2	438	21.1
Once a week	Male	3	1.1	8	3.0	12	4.8	17	6.5	40	3.8
	Female	13	5.0	18	7.1	23	8.9	21	8.2	75	7.3
	Total	16	3.0	26	5.0	35	6.9	38	7.3	115	5.5
2 to 3 times a week	Male	3	1.1	2	0.8	1	0.4	2	0.8	8	0.8
	Female	1	0.4	8	3.2	4	1.5	9	3.5	22	2.1
	Total	4	0.8	10	1.9	5	1.0	11	2.1	30	1.4
4 to 6 times a week	Male	0	0	0	0	1	0.4	0	0	1	0.1
	Female	1	0.4	1	0.4	2	0.8	0	0	4	0.4
	Total	1	0.2	1	0.2	3	0.6	0	0	5	0.2
Once a day	Male	0	0	0	0	0	0	2	0.8	2	0.2
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	2	0.4	2	0.1

Frequency of food intakes
Apple

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	28	10.3	21	7.9	19	7.6	25	9.5	93	8.8
	Female	17	6.6	8	3.2	11	4.2	22	8.6	58	5.6
	Total	45	8.5	29	5.6	30	5.9	47	9.1	151	7.3
Once a month	Male	83	30.4	76	28.7	39	15.5	36	13.7	234	22.2
	Female	57	22.0	38	15.0	22	8.5	34	13.3	151	14.7
	Total	140	26.3	114	22.0	61	12.0	70	13.5	385	18.5
2 to 3 times a month	Male	97	35.5	77	29.1	80	31.9	63	24.0	317	30.1
	Female	93	35.9	44	17.4	53	20.5	47	18.4	237	23.1
	Total	190	35.7	121	23.4	133	26.1	110	21.2	554	26.6
Once a week	Male	40	14.7	38	14.3	32	12.7	59	22.4	169	16.1
	Female	43	16.6	71	28.1	55	21.2	45	17.6	214	20.8
	Total	83	15.6	109	21.0	87	17.1	104	20.0	383	18.4
2 to 3 times a week	Male	19	7.0	37	14.0	44	17.5	41	15.6	141	13.4
	Female	28	10.8	54	21.3	71	27.4	64	25.0	217	21.1

	Total	47	8.8	91	17.6	115	22.5	105	20.2	358	17.2
4 to 6 times a week	Male	5	1.8	8	3.0	20	8.0	17	6.5	50	4.8
	Female	15	5.8	18	7.1	28	10.8	29	11.3	90	8.8
	Total	20	3.8	26	5.0	48	9.4	46	8.9	140	6.7
Once a day	Male	1	0.4	7	2.6	15	6.0	21	8.0	44	4.2
	Female	6	2.3	19	7.5	17	6.6	14	5.5	56	5.5
	Total	7	1.3	26	5.0	32	6.3	35	6.7	100	4.8
2 or more times a day	Male	0	0	1	0.4	2	0.8	1	0.4	4	0.4
	Female	0	0	1	0.4	2	0.8	1	0.4	4	0.4
	Total	0	0	2	0.4	4	0.8	2	0.4	8	0.4

Frequency of food intakes
Pear

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	59	21.6	69	26.0	61	24.3	88	33.5	277	26.3
	Female	36	13.9	42	16.6	55	21.2	73	28.5	206	20.1
	Total	95	17.9	111	21.4	116	22.7	161	31.0	483	23.2
Once a month	Male	142	52.0	116	43.8	115	45.8	101	38.4	474	45.1
	Female	124	47.9	95	37.5	100	38.6	85	33.2	404	39.3
	Total	266	50.0	211	40.7	215	42.2	186	35.8	878	42.2
2 to 3 times a month	Male	61	22.3	66	24.9	52	20.7	57	21.7	236	22.4
	Female	73	28.2	72	28.5	66	25.5	68	26.6	279	27.2
	Total	134	25.2	138	26.6	118	23.1	125	24.1	515	24.8
Once a week	Male	10	3.7	12	4.5	18	7.2	15	5.7	55	5.2
	Female	23	8.9	37	14.6	32	12.4	26	10.2	118	11.5
	Total	33	6.2	49	9.5	50	9.8	41	7.9	173	8.3
2 to 3 times a week	Male	1	0.4	2	0.8	5	2.0	1	0.4	9	0.9
	Female	3	1.2	5	2.0	6	2.3	3	1.2	17	1.7
	Total	4	0.8	7	1.4	11	2.2	4	0.8	26	1.3
4 to 6 times a week	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	1	0.4	0	0	1	0.4	2	0.2
	Total	0	0	1	0.2	0	0	1	0.2	2	0.1
Once a day	Male	0	0	0	0	0	0	1	0.4	1	0.1
	Female	0	0	1	0.4	0	0	0	0	1	0.1
	Total	0	0	1	0.2	0	0	1	0.2	2	0.1

Frequency of food intakes
Banana

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	30	11.0	30	11.3	25	10.0	15	5.7	100	9.5

	Female	24	9.3	18	7.1	14	5.4	15	5.9	71	6.9
	Total	54	10.2	48	9.3	39	7.6	30	5.8	171	8.2
Once a month	Male	73	26.7	71	26.8	39	15.5	45	17.1	228	21.7
	Female	56	21.6	42	16.6	32	12.4	22	8.6	152	14.8
	Total	129	24.2	113	21.8	71	13.9	67	12.9	380	18.3
2 to 3 times a month	Male	80	29.3	76	28.7	49	19.5	69	26.2	274	26.0
	Female	78	30.1	55	21.7	58	22.4	52	20.3	243	23.7
	Total	158	29.7	131	25.3	107	21.0	121	23.3	517	24.9
Once a week	Male	50	18.3	41	15.5	38	15.1	41	15.6	170	16.2
	Female	45	17.4	52	20.6	53	20.5	47	18.4	197	19.2
	Total	95	17.9	93	18.0	91	17.8	88	17.0	367	17.7
2 to 3 times a week	Male	27	9.9	25	9.4	49	19.5	50	19.0	151	14.4
	Female	37	14.3	45	17.8	48	18.5	64	25.0	194	18.9
	Total	64	12.0	70	13.5	97	19.0	114	22.0	345	16.6
4 to 6 times a week	Male	8	2.9	16	6.0	25	10.0	18	6.8	67	6.4
	Female	15	5.8	21	8.3	36	13.9	25	9.8	97	9.4
	Total	23	4.3	37	7.1	61	12.0	43	8.3	164	7.9
Once a day	Male	5	1.8	6	2.3	25	10.0	22	8.4	58	5.5
	Female	4	1.5	19	7.5	18	6.9	29	11.3	70	6.8
	Total	9	1.7	25	4.8	43	8.4	51	9.8	128	6.2
2 or more times a day	Male	0	0	0	0	1	0.4	3	1.1	4	0.4
	Female	0	0	1	0.4	0	0	2	0.8	3	0.3
	Total	0	0	1	0.2	1	0.2	5	1.0	7	0.3

Frequency of food intakes
Persimmon (include dried persimmon)

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	98	35.9	74	27.9	49	19.5	54	20.5	275	26.1
	Female	56	21.6	32	12.6	29	11.2	33	12.9	150	14.6
	Total	154	28.9	106	20.5	78	15.3	87	16.8	425	20.4
Once a month	Male	116	42.5	98	37.0	90	35.9	78	29.7	382	36.3
	Female	117	45.2	73	28.9	75	29.0	70	27.3	335	32.6
	Total	233	43.8	171	33.0	165	32.4	148	28.5	717	34.5
2 to 3 times a month	Male	38	13.9	64	24.2	69	27.5	75	28.5	246	23.4
	Female	59	22.8	72	28.5	76	29.3	69	27.0	276	26.9
	Total	97	18.2	136	26.3	145	28.4	144	27.7	522	25.1
Once a week	Male	18	6.6	20	7.5	35	13.9	44	16.7	117	11.1
	Female	17	6.6	60	23.7	54	20.8	55	21.5	186	18.1
	Total	35	6.6	80	15.4	89	17.5	99	19.1	303	14.6
2 to 3 times a week	Male	3	1.1	8	3.0	7	2.8	10	3.8	28	2.7
	Female	10	3.9	14	5.5	22	8.5	25	9.8	71	6.9
	Total	13	2.4	22	4.2	29	5.7	35	6.7	99	4.8

4 to 6 times a week	Male	0	0	0	0	0	0	1	0.4	1	0.1
	Female	0	0	1	0.4	2	0.8	3	1.2	6	0.6
	Total	0	0	1	0.2	2	0.4	4	0.8	7	0.3
Once a day	Male	0	0	1	0.4	0	0	1	0.4	2	0.2
	Female	0	0	1	0.4	1	0.4	0	0	2	0.2
	Total	0	0	2	0.4	1	0.2	1	0.2	4	0.2
2 or more times a day	Male	0	0	0	0	1	0.4	0	0	1	0.1
	Female	0	0	0	0	0	0	1	0.4	1	0.1
	Total	0	0	0	0	1	0.2	1	0.2	2	0.1

Frequency of food intakes
Strawberries

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	49	17.9	52	19.6	50	19.9	56	21.3	207	19.7
	Female	24	9.3	33	13.0	33	12.7	43	16.8	133	13.0
	Total	73	13.7	85	16.4	83	16.3	99	19.1	340	16.4
Once a month	Male	124	45.4	101	38.1	84	33.5	88	33.5	397	37.7
	Female	112	43.2	90	35.6	85	32.8	67	26.2	354	34.5
	Total	236	44.4	191	36.9	169	33.1	155	29.9	751	36.1
2 to 3 times a month	Male	74	27.1	81	30.6	77	30.7	66	25.1	298	28.3
	Female	96	37.1	81	32.0	80	30.9	90	35.2	347	33.8
	Total	170	32.0	162	31.3	157	30.8	156	30.1	645	31.0
Once a week	Male	24	8.8	26	9.8	30	12.0	35	13.3	115	10.9
	Female	19	7.3	38	15.0	44	17.0	35	13.7	136	13.2
	Total	43	8.1	64	12.4	74	14.5	70	13.5	251	12.1
2 to 3 times a week	Male	2	0.7	5	1.9	7	2.8	15	5.7	29	2.8
	Female	7	2.7	6	2.4	15	5.8	20	7.8	48	4.7
	Total	9	1.7	11	2.1	22	4.3	35	6.7	77	3.7
4 to 6 times a week	Male	0	0	0	0	3	1.2	3	1.1	6	0.6
	Female	1	0.4	5	2.0	2	0.8	0	0	8	0.8
	Total	1	0.2	5	1.0	5	1.0	3	0.6	14	0.7
2 or more times a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	1	0.4	1	0.1
	Total	0	0	0	0	0	0	1	0.2	1	0.0

Frequency of food intakes
Kiwi fruit

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	130	47.6	134	50.6	117	46.6	138	52.5	519	49.3
	Female	75	29.0	68	26.9	80	30.9	101	39.5	324	31.5

Once a month	Total	205	38.5	202	39.0	197	38.6	239	46.1	843	40.5
	Male	89	32.6	82	30.9	65	25.9	63	24.0	299	28.4
	Female	104	40.2	79	31.2	72	27.8	56	21.9	311	30.3
	Total	193	36.3	161	31.1	137	26.9	119	22.9	610	29.3
2 to 3 times a month	Male	34	12.5	30	11.3	33	13.1	35	13.3	132	12.5
	Female	51	19.7	56	22.1	52	20.1	57	22.3	216	21.0
	Total	85	16.0	86	16.6	85	16.7	92	17.7	348	16.7
Once a week	Male	11	4.0	11	4.2	16	6.4	19	7.2	57	5.4
	Female	22	8.5	25	9.9	24	9.3	24	9.4	95	9.3
	Total	33	6.2	36	6.9	40	7.8	43	8.3	152	7.3
2 to 3 times a week	Male	7	2.6	5	1.9	15	6.0	7	2.7	34	3.2
	Female	5	1.9	17	6.7	17	6.6	13	5.1	52	5.1
	Total	12	2.3	22	4.2	32	6.3	20	3.9	86	4.1
4 to 6 times a week	Male	0	0	2	0.8	2	0.8	1	0.4	5	0.5
	Female	1	0.4	7	2.8	5	1.9	2	0.8	15	1.5
	Total	1	0.2	9	1.7	7	1.4	3	0.6	20	1.0
Once a day	Male	2	0.7	1	0.4	3	1.2	0	0	6	0.6
	Female	1	0.4	1	0.4	9	3.5	3	1.2	14	1.4
	Total	3	0.6	2	0.4	12	2.4	3	0.6	20	1.0

Frequency of food intakes
Grapefruit or orange juices or drinks

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	98	35.9	125	47.2	131	52.2	161	61.2	515	49.0
	Female	102	39.4	110	43.5	134	51.7	167	65.2	513	50.0
	Total	200	37.6	235	45.4	265	52.0	328	63.2	1028	49.4
Once a month	Male	76	27.8	70	26.4	59	23.5	50	19.0	255	24.2
	Female	84	32.4	76	30.0	60	23.2	38	14.8	258	25.1
	Total	160	30.1	146	28.2	119	23.3	88	17.0	513	24.7
2 to 3 times a month	Male	52	19.0	36	13.6	36	14.3	28	10.6	152	14.4
	Female	34	13.1	24	9.5	30	11.6	26	10.2	114	11.1
	Total	86	16.2	60	11.6	66	12.9	54	10.4	266	12.8
Once a week	Male	29	10.6	19	7.2	14	5.6	15	5.7	77	7.3
	Female	20	7.7	27	10.7	14	5.4	7	2.7	68	6.6
	Total	49	9.2	46	8.9	28	5.5	22	4.2	145	7.0
2 to 3 times a week	Male	12	4.4	11	4.2	9	3.6	8	3.0	40	3.8
	Female	13	5.0	10	4.0	13	5.0	13	5.1	49	4.8
	Total	25	4.7	21	4.1	22	4.3	21	4.0	89	4.3
4 to 6 times a week	Male	5	1.8	1	0.4	1	0.4	1	0.4	8	0.8
	Female	4	1.5	2	0.8	3	1.2	3	1.2	12	1.2
	Total	9	1.7	3	0.6	4	0.8	4	0.8	20	1.0

Once a day	Male	1	0.4	2	0.8	1	0.4	0	0	4	0.4
	Female	2	0.8	4	1.6	4	1.5	2	0.8	12	1.2
	Total	3	0.6	6	1.2	5	1.0	2	0.4	16	0.8
2 or more times a day	Male	0	0	1	0.4	0	0	0	0	1	0.1
	Female	0	0	0	0	1	0.4	0	0	1	0.1
	Total	0	0	1	0.2	1	0.2	0	0	2	0.1

Frequency of food intakes
Tomato or vegetable juices

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	137	50.2	115	43.4	111	44.2	145	55.1	508	48.3
	Female	157	60.6	132	52.2	143	55.2	161	62.9	593	57.7
	Total	294	55.3	247	47.7	254	49.8	306	59.0	1101	53.0
Once a month	Male	63	23.1	61	23.0	58	23.1	34	12.9	216	20.5
	Female	52	20.1	47	18.6	41	15.8	30	11.7	170	16.6
	Total	115	21.6	108	20.8	99	19.4	64	12.3	386	18.6
2 to 3 times a month	Male	37	13.6	48	18.1	37	14.7	41	15.6	163	15.5
	Female	31	12.0	31	12.3	26	10.0	24	9.4	112	10.9
	Total	68	12.8	79	15.3	63	12.4	65	12.5	275	13.2
Once a week	Male	19	7.0	15	5.7	20	8.0	14	5.3	68	6.5
	Female	9	3.5	16	6.3	10	3.9	10	3.9	45	4.4
	Total	28	5.3	31	6.0	30	5.9	24	4.6	113	5.4
2 to 3 times a week	Male	7	2.6	15	5.7	14	5.6	18	6.8	54	5.1
	Female	4	1.5	13	5.1	17	6.6	18	7.0	52	5.1
	Total	11	2.1	28	5.4	31	6.1	36	6.9	106	5.1
4 to 6 times a week	Male	4	1.5	3	1.1	4	1.6	3	1.1	14	1.3
	Female	1	0.4	8	3.2	12	4.6	6	2.3	27	2.6
	Total	5	0.9	11	2.1	16	3.1	9	1.7	41	2.0
Once a day	Male	6	2.2	7	2.6	7	2.8	8	3.0	28	2.7
	Female	5	1.9	6	2.4	10	3.9	7	2.7	28	2.7
	Total	11	2.1	13	2.5	17	3.3	15	2.9	56	2.7
2 or more times a day	Male	0	0	1	0.4	0	0	0	0	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	1	0.2	0	0	0	0	1	0.0

Frequency of food intakes
Other fruits juices and drinks

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	115	42.1	151	57.0	157	62.5	184	70.0	607	57.7
	Female	143	55.2	148	58.5	176	68.0	184	71.9	651	63.4

	Total	258	48.5	299	57.7	333	65.3	368	70.9	1258	60.5
Once a month	Male	54	19.8	49	18.5	40	15.9	35	13.3	178	16.9
	Female	49	18.9	55	21.7	37	14.3	36	14.1	177	17.2
	Total	103	19.4	104	20.1	77	15.1	71	13.7	355	17.1
2 to 3 times a month	Male	45	16.5	31	11.7	25	10.0	18	6.8	119	11.3
	Female	29	11.2	25	9.9	16	6.2	18	7.0	88	8.6
	Total	74	13.9	56	10.8	41	8.0	36	6.9	207	10.0
Once a week	Male	29	10.6	19	7.2	14	5.6	17	6.5	79	7.5
	Female	14	5.4	7	2.8	11	4.2	9	3.5	41	4.0
	Total	43	8.1	26	5.0	25	4.9	26	5.0	120	5.8
2 to 3 times a week	Male	21	7.7	7	2.6	9	3.6	5	1.9	42	4.0
	Female	13	5.0	7	2.8	10	3.9	4	1.6	34	3.3
	Total	34	6.4	14	2.7	19	3.7	9	1.7	76	3.7
4 to 6 times a week	Male	5	1.8	2	0.8	2	0.8	3	1.1	12	1.1
	Female	5	1.9	5	2.0	5	1.9	2	0.8	17	1.7
	Total	10	1.9	7	1.4	7	1.4	5	1.0	29	1.4
Once a day	Male	2	0.7	3	1.1	4	1.6	1	0.4	10	1.0
	Female	6	2.3	6	2.4	4	1.5	2	0.8	18	1.8
	Total	8	1.5	9	1.7	8	1.6	3	0.6	28	1.3
2 or more times a day	Male	2	0.7	3	1.1	0	0	0	0	5	0.5
	Female	0	0	0	0	0	0	1	0.4	1	0.1
	Total	2	0.4	3	0.6	0	0	1	0.2	6	0.3

Frequency of food intakes
White bread

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	21	7.7	34	12.8	32	12.7	39	14.8	126	12.0
	Female	8	3.1	11	4.3	28	10.8	42	16.4	89	8.7
	Total	29	5.5	45	8.7	60	11.8	81	15.6	215	10.3
Once a month	Male	34	12.5	37	14.0	42	16.7	31	11.8	144	13.7
	Female	21	8.1	26	10.3	45	17.4	32	12.5	124	12.1
	Total	55	10.3	63	12.2	87	17.1	63	12.1	268	12.9
2 to 3 times a month	Male	34	12.5	48	18.1	28	11.2	46	17.5	156	14.8
	Female	22	8.5	30	11.9	36	13.9	30	11.7	118	11.5
	Total	56	10.5	78	15.1	64	12.5	76	14.6	274	13.2
Once a week	Male	43	15.8	42	15.8	29	11.6	33	12.5	147	14.0
	Female	40	15.4	43	17.0	30	11.6	24	9.4	137	13.3
	Total	83	15.6	85	16.4	59	11.6	57	11.0	284	13.7
2 to 3 times a week	Male	59	21.6	33	12.5	35	13.9	26	9.9	153	14.5
	Female	60	23.2	39	15.4	37	14.3	45	17.6	181	17.6
	Total	119	22.4	72	13.9	72	14.1	71	13.7	334	16.1
4 to 6 times a	Male	38	13.9	24	9.1	19	7.6	27	10.3	108	10.3

week	Female	57	22.0	45	17.8	31	12.0	22	8.6	155	15.1
	Total	95	17.9	69	13.3	50	9.8	49	9.4	263	12.7
Once a day	Male	44	16.1	47	17.7	66	26.3	60	22.8	217	20.6
	Female	49	18.9	58	22.9	51	19.7	60	23.4	218	21.2
	Total	93	17.5	105	20.3	117	22.9	120	23.1	435	20.9
2 or more times a day	Male	0	0	0	0	0	0	1	0.4	1	0.1
	Female	2	0.8	1	0.4	1	0.4	1	0.4	5	0.5
	Total	2	0.4	1	0.2	1	0.2	2	0.4	6	0.3

Frequency of food intakes
Whole wheat or rye breads

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	238	87.2	242	91.3	226	90.0	240	91.3	946	89.9
	Female	224	86.5	209	82.6	229	88.4	222	86.7	884	86.1
	Total	462	86.8	451	87.1	455	89.2	462	89.0	1830	88.0
Once a month	Male	25	9.2	18	6.8	18	7.2	9	3.4	70	6.7
	Female	19	7.3	25	9.9	14	5.4	15	5.9	73	7.1
	Total	44	8.3	43	8.3	32	6.3	24	4.6	143	6.9
2 to 3 times a month	Male	6	2.2	3	1.1	4	1.6	5	1.9	18	1.7
	Female	12	4.6	8	3.2	4	1.5	5	2.0	29	2.8
	Total	18	3.4	11	2.1	8	1.6	10	1.9	47	2.3
Once a week	Male	2	0.7	0	0	3	1.2	4	1.5	9	0.9
	Female	2	0.8	7	2.8	7	2.7	9	3.5	25	2.4
	Total	4	0.8	7	1.4	10	2.0	13	2.5	34	1.6
2 to 3 times a week	Male	0	0	0	0	0	0	4	1.5	4	0.4
	Female	1	0.4	2	0.8	3	1.2	4	1.6	10	1.0
	Total	1	0.2	2	0.4	3	0.6	8	1.5	14	0.7
4 to 6 times a week	Male	2	0.7	0	0	0	0	0	0	2	0.2
	Female	1	0.4	2	0.8	1	0.4	1	0.4	5	0.5
	Total	3	0.6	2	0.4	1	0.2	1	0.2	7	0.3
Once a day	Male	0	0	2	0.8	0	0	1	0.4	3	0.3
	Female	0	0	0	0	1	0.4	0	0	1	0.1
	Total	0	0	2	0.4	1	0.2	1	0.2	4	0.2

Frequency of food intakes
Rolles, french rolles

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	110	40.3	138	52.1	141	56.2	167	63.5	556	52.9
	Female	59	22.8	92	36.4	113	43.6	138	53.9	402	39.1
	Total	169	31.8	230	44.4	254	49.8	305	58.8	958	46.1

Once a month	Male	74	27.1	68	25.7	61	24.3	40	15.2	243	23.1
	Female	74	28.6	69	27.3	83	32.0	57	22.3	283	27.6
	Total	148	27.8	137	26.4	144	28.2	97	18.7	526	25.3
2 to 3 times a month	Male	40	14.7	36	13.6	27	10.8	28	10.6	131	12.5
	Female	62	23.9	46	18.2	25	9.7	31	12.1	164	16.0
	Total	102	19.2	82	15.8	52	10.2	59	11.4	295	14.2
Once a week	Male	31	11.4	15	5.7	12	4.8	13	4.9	71	6.7
	Female	43	16.6	27	10.7	23	8.9	10	3.9	103	10.0
	Total	74	13.9	42	8.1	35	6.9	23	4.4	174	8.4
2 to 3 times a week	Male	13	4.8	7	2.6	5	2.0	11	4.2	36	3.4
	Female	14	5.4	14	5.5	6	2.3	16	6.3	50	4.9
	Total	27	5.1	21	4.1	11	2.2	27	5.2	86	4.1
4 to 6 times a week	Male	3	1.1	0	0	2	0.8	3	1.1	8	0.8
	Female	5	1.9	4	1.6	7	2.7	4	1.6	20	1.9
	Total	8	1.5	4	0.8	9	1.8	7	1.3	28	1.3
Once a day	Male	2	0.7	1	0.4	3	1.2	1	0.4	7	0.7
	Female	2	0.8	1	0.4	2	0.8	0	0	5	0.5
	Total	4	0.8	2	0.4	5	1.0	1	0.2	12	0.6

Frequency of food intakes
Doughnuts (agepan)

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	98	35.9	152	57.4	156	62.2	177	67.3	583	55.4
	Female	93	35.9	135	53.4	167	64.5	188	73.4	583	56.8
	Total	191	35.9	287	55.4	323	63.3	365	70.3	1166	56.1
Once a month	Male	100	36.6	73	27.5	56	22.3	43	16.3	272	25.9
	Female	92	35.5	70	27.7	60	23.2	39	15.2	261	25.4
	Total	192	36.1	143	27.6	116	22.7	82	15.8	533	25.6
2 to 3 times a month	Male	46	16.8	21	7.9	25	10.0	32	12.2	124	11.8
	Female	39	15.1	29	11.5	20	7.7	18	7.0	106	10.3
	Total	85	16.0	50	9.7	45	8.8	50	9.6	230	11.1
Once a week	Male	17	6.2	14	5.3	8	3.2	8	3.0	47	4.5
	Female	26	10.0	11	4.3	7	2.7	11	4.3	55	5.4
	Total	43	8.1	25	4.8	15	2.9	19	3.7	102	4.9
2 to 3 times a week	Male	9	3.3	4	1.5	5	2.0	2	0.8	20	1.9
	Female	8	3.1	6	2.4	4	1.5	0	0	18	1.8
	Total	17	3.2	10	1.9	9	1.8	2	0.4	38	1.8
4 to 6 times a week	Male	3	1.1	1	0.4	0	0	1	0.4	5	0.5
	Female	1	0.4	1	0.4	1	0.4	0	0	3	0.3
	Total	4	0.8	2	0.4	1	0.2	1	0.2	8	0.4
Once a day	Male	0	0	0	0	1	0.4	0	0	1	0.1

	Female	0	0	1	0.4	0	0	0	0	1	0.1
	Total	0	0	1	0.2	1	0.2	0	0	2	0.1

Frequency of food intakes
Sweet rolles

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	66	24.2	95	35.8	95	37.8	95	36.1	351	33.4
	Female	26	10.0	39	15.4	71	27.4	74	28.9	210	20.4
	Total	92	17.3	134	25.9	166	32.5	169	32.6	561	27.0
Once a month	Male	71	26.0	72	27.2	64	25.5	64	24.3	271	25.8
	Female	72	27.8	71	28.1	77	29.7	66	25.8	286	27.8
	Total	143	26.9	143	27.6	141	27.6	130	25.0	557	26.8
2 to 3 times a month	Male	56	20.5	54	20.4	45	17.9	44	16.7	199	18.9
	Female	47	18.1	56	22.1	52	20.1	53	20.7	208	20.3
	Total	103	19.4	110	21.2	97	19.0	97	18.7	407	19.6
Once a week	Male	43	15.8	26	9.8	20	8.0	29	11.0	118	11.2
	Female	66	25.5	40	15.8	27	10.4	33	12.9	166	16.2
	Total	109	20.5	66	12.7	47	9.2	62	11.9	284	13.7
2 to 3 times a week	Male	26	9.5	12	4.5	16	6.4	23	8.7	77	7.3
	Female	35	13.5	29	11.5	21	8.1	18	7.0	103	10.0
	Total	61	11.5	41	7.9	37	7.3	41	7.9	180	8.7
4 to 6 times a week	Male	10	3.7	6	2.3	5	2.0	4	1.5	25	2.4
	Female	6	2.3	7	2.8	6	2.3	7	2.7	26	2.5
	Total	16	3.0	13	2.5	11	2.2	11	2.1	51	2.5
Once a day	Male	1	0.4	0	0	6	2.4	4	1.5	11	1.0
	Female	6	2.3	10	4.0	5	1.9	5	2.0	26	2.5
	Total	7	1.3	10	1.9	11	2.2	9	1.7	37	1.8
2 or more times a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	1	0.4	1	0.4	0	0	0	0	2	0.2
	Total	1	0.2	1	0.2	0	0	0	0	2	0.1

Frequency of food intakes
Pancakes, waffles and french toast

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	148	54.2	182	68.7	161	64.1	188	71.5	679	64.5
	Female	99	38.2	127	50.2	146	56.4	150	58.6	522	50.8
	Total	247	46.4	309	59.7	307	60.2	338	65.1	1201	57.8
Once a month	Male	82	30.0	53	20.0	63	25.1	52	19.8	250	23.8
	Female	109	42.1	86	34.0	74	28.6	65	25.4	334	32.5
	Total	191	35.9	139	26.8	137	26.9	117	22.5	584	28.1

2 to 3 times a month	Male	31	11.4	22	8.3	19	7.6	13	4.9	85	8.1
	Female	33	12.7	23	9.1	27	10.4	28	10.9	111	10.8
	Total	64	12.0	45	8.7	46	9.0	41	7.9	196	9.4
Once a week	Male	8	2.9	6	2.3	5	2.0	8	3.0	27	2.6
	Female	14	5.4	14	5.5	7	2.7	11	4.3	46	4.5
	Total	22	4.1	20	3.9	12	2.4	19	3.7	73	3.5
2 to 3 times a week	Male	3	1.1	2	0.8	1	0.4	2	0.8	8	0.8
	Female	4	1.5	3	1.2	4	1.5	1	0.4	12	1.2
	Total	7	1.3	5	1.0	5	1.0	3	0.6	20	1.0
4 to 6 times a week	Male	1	0.4	0	0	1	0.4	0	0	2	0.2
	Female	0	0	0	0	1	0.4	1	0.4	2	0.2
	Total	1	0.2	0	0	2	0.4	1	0.2	4	0.2
Once a day	Male	0	0	0	0	1	0.4	0	0	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	1	0.2	0	0	1	0.0

Frequency of food intakes
Butter

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	177	64.8	186	70.2	175	69.7	172	65.4	710	67.5
	Female	179	69.1	176	69.6	202	78.0	202	78.9	759	73.9
	Total	356	66.9	362	69.9	377	73.9	374	72.1	1469	70.7
Once a month	Male	42	15.4	27	10.2	33	13.1	21	8.0	123	11.7
	Female	33	12.7	24	9.5	19	7.3	20	7.8	96	9.3
	Total	75	14.1	51	9.8	52	10.2	41	7.9	219	10.5
2 to 3 times a month	Male	13	4.8	18	6.8	12	4.8	21	8.0	64	6.1
	Female	14	5.4	13	5.1	8	3.1	4	1.6	39	3.8
	Total	27	5.1	31	6.0	20	3.9	25	4.8	103	5.0
Once a week	Male	18	6.6	14	5.3	11	4.4	21	8.0	64	6.1
	Female	11	4.2	13	5.1	9	3.5	9	3.5	42	4.1
	Total	29	5.5	27	5.2	20	3.9	30	5.8	106	5.1
2 to 3 times a week	Male	10	3.7	10	3.8	7	2.8	14	5.3	41	3.9
	Female	17	6.6	12	4.7	11	4.2	10	3.9	50	4.9
	Total	27	5.1	22	4.2	18	3.5	24	4.6	91	4.4
4 to 6 times a week	Male	8	2.9	3	1.1	2	0.8	6	2.3	19	1.8
	Female	2	0.8	6	2.4	5	1.9	6	2.3	19	1.9
	Total	10	1.9	9	1.7	7	1.4	12	2.3	38	1.8
Once a day	Male	5	1.8	7	2.6	11	4.4	8	3.0	31	2.9
	Female	3	1.2	9	3.6	5	1.9	5	2.0	22	2.1
	Total	8	1.5	16	3.1	16	3.1	13	2.5	53	2.5

Frequency of food intakes
Margarine

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	79	28.9	104	39.2	107	42.6	124	47.1	414	39.4
	Female	40	15.4	63	24.9	104	40.2	116	45.3	323	31.5
	Total	119	22.4	167	32.2	211	41.4	240	46.2	737	35.4
Once a month	Male	28	10.3	33	12.5	29	11.6	20	7.6	110	10.5
	Female	25	9.7	28	11.1	33	12.7	28	10.9	114	11.1
	Total	53	10.0	61	11.8	62	12.2	48	9.2	224	10.8
2 to 3 times a month	Male	34	12.5	33	12.5	25	10.0	26	9.9	118	11.2
	Female	28	10.8	26	10.3	26	10.0	21	8.2	101	9.8
	Total	62	11.7	59	11.4	51	10.0	47	9.1	219	10.5
Once a week	Male	37	13.6	27	10.2	22	8.8	14	5.3	100	9.5
	Female	39	15.1	26	10.3	14	5.4	14	5.5	93	9.1
	Total	76	14.3	53	10.2	36	7.1	28	5.4	193	9.3
2 to 3 times a week	Male	34	12.5	28	10.6	20	8.0	21	8.0	103	9.8
	Female	42	16.2	40	15.8	29	11.2	23	9.0	134	13.0
	Total	76	14.3	68	13.1	49	9.6	44	8.5	237	11.4
4 to 6 times a week	Male	27	9.9	16	6.0	7	2.8	16	6.1	66	6.3
	Female	42	16.2	24	9.5	21	8.1	15	5.9	102	9.9
	Total	69	13.0	40	7.7	28	5.5	31	6.0	168	8.1
Once a day	Male	34	12.5	24	9.1	41	16.3	41	15.6	140	13.3
	Female	42	16.2	45	17.8	31	12.0	39	15.2	157	15.3
	Total	76	14.3	69	13.3	72	14.1	80	15.4	297	14.3
2 or more times a day	Male	0	0	0	0	0	0	1	0.4	1	0.1
	Female	1	0.4	1	0.4	1	0.4	0	0	3	0.3
	Total	1	0.2	1	0.2	1	0.2	1	0.2	4	0.2

Frequency of food intakes
Peanut butter

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	228	83.5	219	82.6	208	82.9	219	83.3	874	83.1
	Female	194	74.9	193	76.3	213	82.2	201	78.5	801	78.0
	Total	422	79.3	412	79.5	421	82.5	420	80.9	1675	80.6
Once a month	Male	27	9.9	25	9.4	27	10.8	17	6.5	96	9.1
	Female	34	13.1	32	12.6	28	10.8	21	8.2	115	11.2
	Total	61	11.5	57	11.0	55	10.8	38	7.3	211	10.1
2 to 3 times a month	Male	8	2.9	11	4.2	5	2.0	14	5.3	38	3.6
	Female	21	8.1	10	4.0	10	3.9	14	5.5	55	5.4
	Total	29	5.5	21	4.1	15	2.9	28	5.4	93	4.5
Once a week	Male	4	1.5	4	1.5	2	0.8	5	1.9	15	1.4

	Female	3	1.2	12	4.7	4	1.5	8	3.1	27	2.6
	Total	7	1.3	16	3.1	6	1.2	13	2.5	42	2.0
2 to 3 times a week	Male	3	1.1	6	2.3	7	2.8	5	1.9	21	2.0
	Female	4	1.5	4	1.6	3	1.2	8	3.1	19	1.9
	Total	7	1.3	10	1.9	10	2.0	13	2.5	40	1.9
4 to 6 times a week	Male	1	0.4	0	0	0	0	0	0	1	0.1
	Female	3	1.2	0	0	1	0.4	0	0	4	0.4
	Total	4	0.8	0	0	1	0.2	0	0	5	0.2
Once a day	Male	2	0.7	0	0	2	0.8	3	1.1	7	0.7
	Female	0	0	2	0.8	0	0	4	1.6	6	0.6
	Total	2	0.4	2	0.4	2	0.4	7	1.3	13	0.6

Frequency of food intakes
Jam, honey, sirop

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	128	46.9	126	47.5	120	47.8	124	47.1	498	47.3
	Female	77	29.7	77	30.4	90	34.7	95	37.1	339	33.0
	Total	205	38.5	203	39.2	210	41.2	219	42.2	837	40.3
Once a month	Male	48	17.6	54	20.4	45	17.9	34	12.9	181	17.2
	Female	51	19.7	50	19.8	51	19.7	30	11.7	182	17.7
	Total	99	18.6	104	20.1	96	18.8	64	12.3	363	17.5
2 to 3 times a month	Male	39	14.3	30	11.3	29	11.6	39	14.8	137	13.0
	Female	44	17.0	30	11.9	39	15.1	36	14.1	149	14.5
	Total	83	15.6	60	11.6	68	13.3	75	14.5	286	13.8
Once a week	Male	20	7.3	19	7.2	17	6.8	20	7.6	76	7.2
	Female	34	13.1	30	11.9	21	8.1	33	12.9	118	11.5
	Total	54	10.2	49	9.5	38	7.5	53	10.2	194	9.3
2 to 3 times a week	Male	16	5.9	17	6.4	16	6.4	19	7.2	68	6.5
	Female	28	10.8	39	15.4	29	11.2	26	10.2	122	11.9
	Total	44	8.3	56	10.8	45	8.8	45	8.7	190	9.1
4 to 6 times a week	Male	12	4.4	9	3.4	4	1.6	11	4.2	36	3.4
	Female	17	6.6	12	4.7	14	5.4	10	3.9	53	5.2
	Total	29	5.5	21	4.1	18	3.5	21	4.0	89	4.3
Once a day	Male	10	3.7	10	3.8	20	8.0	16	6.1	56	5.3
	Female	8	3.1	15	5.9	15	5.8	26	10.2	64	6.2
	Total	18	3.4	25	4.8	35	6.9	42	8.1	120	5.8

Frequency of food intakes
Whole milk (as beverage or added to cereal)

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%

Never	Male	39	14.3	40	15.1	43	17.1	52	19.8	174	16.5
	Female	29	11.2	40	15.8	45	17.4	41	16.0	155	15.1
	Total	68	12.8	80	15.4	88	17.3	93	17.9	329	15.8
Once a month	Male	26	9.5	33	12.5	12	4.8	14	5.3	85	8.1
	Female	20	7.7	12	4.7	17	6.6	11	4.3	60	5.8
	Total	46	8.6	45	8.7	29	5.7	25	4.8	145	7.0
2 to 3 times a month	Male	26	9.5	23	8.7	18	7.2	11	4.2	78	7.4
	Female	11	4.2	19	7.5	10	3.9	8	3.1	48	4.7
	Total	37	7.0	42	8.1	28	5.5	19	3.7	126	6.1
Once a week	Male	21	7.7	25	9.4	15	6.0	12	4.6	73	6.9
	Female	16	6.2	23	9.1	15	5.8	8	3.1	62	6.0
	Total	37	7.0	48	9.3	30	5.9	20	3.9	135	6.5
2 to 3 times a week	Male	47	17.2	29	10.9	33	13.1	32	12.2	141	13.4
	Female	36	13.9	38	15.0	24	9.3	33	12.9	131	12.8
	Total	83	15.6	67	12.9	57	11.2	65	12.5	272	13.1
4 to 6 times a week	Male	30	11.0	28	10.6	32	12.7	20	7.6	110	10.5
	Female	53	20.5	27	10.7	28	10.8	23	9.0	131	12.8
	Total	83	15.6	55	10.6	60	11.8	43	8.3	241	11.6
Once a day	Male	71	26.0	76	28.7	78	31.1	108	41.1	333	31.7
	Female	65	25.1	70	27.7	105	40.5	115	44.9	355	34.6
	Total	136	25.6	146	28.2	183	35.9	223	43.0	688	33.1
2 or more times a day	Male	13	4.8	11	4.2	20	8.0	14	5.3	58	5.5
	Female	29	11.2	24	9.5	15	5.8	17	6.6	85	8.3
	Total	42	7.9	35	6.8	35	6.9	31	6.0	143	6.9

Frequency of food intakes
Low fat milk or yogult (as beverage or added to cereal)

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	82	30.0	98	37.0	87	34.7	125	47.5	392	37.3
	Female	27	10.4	42	16.6	54	20.8	77	30.1	200	19.5
	Total	109	20.5	140	27.0	141	27.6	202	38.9	592	28.5
Once a month	Male	48	17.6	38	14.3	32	12.7	15	5.7	133	12.6
	Female	33	12.7	16	6.3	20	7.7	26	10.2	95	9.3
	Total	81	15.2	54	10.4	52	10.2	41	7.9	228	11.0
2 to 3 times a month	Male	44	16.1	26	9.8	26	10.4	20	7.6	116	11.0
	Female	29	11.2	28	11.1	29	11.2	23	9.0	109	10.6
	Total	73	13.7	54	10.4	55	10.8	43	8.3	225	10.8
Once a week	Male	38	13.9	35	13.2	14	5.6	21	8.0	108	10.3
	Female	52	20.1	35	13.8	23	8.9	21	8.2	131	12.8
	Total	90	16.9	70	13.5	37	7.3	42	8.1	239	11.5
2 to 3 times a week	Male	30	11.0	27	10.2	38	15.1	29	11.0	124	11.8

	Female	64	24.7	58	22.9	47	18.1	30	11.7	199	19.4
	Total	94	17.7	85	16.4	85	16.7	59	11.4	323	15.5
	Male	14	5.1	19	7.2	20	8.0	17	6.5	70	6.7
	Female	26	10.0	26	10.3	24	9.3	33	12.9	109	10.6
4 to 6 times a week	Total	40	7.5	45	8.7	44	8.6	50	9.6	179	8.6
	Male	16	5.9	21	7.9	29	11.6	34	12.9	100	9.5
	Female	23	8.9	38	15.0	58	22.4	38	14.8	157	15.3
Once a day	Total	39	7.3	59	11.4	87	17.1	72	13.9	257	12.4
	Male	1	0.4	1	0.4	5	2.0	2	0.8	9	0.9
	Female	5	1.9	10	4.0	4	1.5	8	3.1	27	2.6
2 or more times a day	Total	6	1.1	11	2.1	9	1.8	10	1.9	36	1.7

Frequency of food intakes
Skim milk (as beverage or added to cereal)

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	265	97.1	252	95.1	240	95.6	243	92.4	1000	95.1
	Female	234	90.3	228	90.1	234	90.3	234	91.4	930	90.6
	Total	499	93.8	480	92.7	474	92.9	477	91.9	1930	92.8
Once a month	Male	3	1.1	6	2.3	4	1.6	5	1.9	18	1.7
	Female	16	6.2	11	4.3	5	1.9	5	2.0	37	3.6
	Total	19	3.6	17	3.3	9	1.8	10	1.9	55	2.6
2 to 3 times a month	Male	3	1.1	4	1.5	1	0.4	8	3.0	16	1.5
	Female	1	0.4	4	1.6	6	2.3	4	1.6	15	1.5
	Total	4	0.8	8	1.5	7	1.4	12	2.3	31	1.5
Once a week	Male	1	0.4	2	0.8	3	1.2	1	0.4	7	0.7
	Female	5	1.9	4	1.6	3	1.2	4	1.6	16	1.6
	Total	6	1.1	6	1.2	6	1.2	5	1.0	23	1.1
2 to 3 times a week	Male	1	0.4	1	0.4	1	0.4	4	1.5	7	0.7
	Female	2	0.8	4	1.6	3	1.2	4	1.6	13	1.3
	Total	3	0.6	5	1.0	4	0.8	8	1.5	20	1.0
4 to 6 times a week	Male	0	0	0	0	0	0	1	0.4	1	0.1
	Female	0	0	2	0.8	3	1.2	1	0.4	6	0.6
	Total	0	0	2	0.4	3	0.6	2	0.4	7	0.3
Once a day	Male	0	0	0	0	1	0.4	1	0.4	2	0.2
	Female	1	0.4	0	0	3	1.2	3	1.2	7	0.7
	Total	1	0.2	0	0	4	0.8	4	0.8	9	0.4
2 or more times a day	Male	0	0	0	0	1	0.4	0	0	1	0.1
	Female	0	0	0	0	2	0.8	1	0.4	3	0.3
	Total	0	0	0	0	3	0.6	1	0.2	4	0.2

Frequency of food intakes
Cocoa

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	189	69.2	214	80.8	180	71.7	187	71.1	770	73.2
	Female	139	53.7	145	57.3	151	58.3	136	53.1	571	55.6
	Total	328	61.7	359	69.3	331	64.9	323	62.2	1341	64.5
Once a month	Male	55	20.1	34	12.8	33	13.1	36	13.7	158	15.0
	Female	64	24.7	49	19.4	51	19.7	40	15.6	204	19.9
	Total	119	22.4	83	16.0	84	16.5	76	14.6	362	17.4
2 to 3 times a month	Male	14	5.1	12	4.5	20	8.0	15	5.7	61	5.8
	Female	30	11.6	28	11.1	21	8.1	37	14.5	116	11.3
	Total	44	8.3	40	7.7	41	8.0	52	10.0	177	8.5
Once a week	Male	7	2.6	3	1.1	10	4.0	6	2.3	26	2.5
	Female	15	5.8	15	5.9	11	4.2	14	5.5	55	5.4
	Total	22	4.1	18	3.5	21	4.1	20	3.9	81	3.9
2 to 3 times a week	Male	2	0.7	2	0.8	3	1.2	9	3.4	16	1.5
	Female	5	1.9	10	4.0	7	2.7	19	7.4	41	4.0
	Total	7	1.3	12	2.3	10	2.0	28	5.4	57	2.7
4 to 6 times a week	Male	3	1.1	0	0	2	0.8	4	1.5	9	0.9
	Female	2	0.8	3	1.2	4	1.5	2	0.8	11	1.1
	Total	5	0.9	3	0.6	6	1.2	6	1.2	20	1.0
Once a day	Male	3	1.1	0	0	3	1.2	6	2.3	12	1.1
	Female	4	1.5	3	1.2	14	5.4	8	3.1	29	2.8
	Total	7	1.3	3	0.6	17	3.3	14	2.7	41	2.0

Frequency of food intakes
Lactic acid beverage

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	107	39.2	128	48.3	117	46.6	135	51.3	487	46.3
	Female	122	47.1	101	39.9	93	35.9	104	40.6	420	40.9
	Total	229	43.0	229	44.2	210	41.2	239	46.1	907	43.6
Once a month	Male	57	20.9	47	17.7	42	16.7	26	9.9	172	16.3
	Female	44	17.0	54	21.3	40	15.4	31	12.1	169	16.5
	Total	101	19.0	101	19.5	82	16.1	57	11.0	341	16.4
2 to 3 times a month	Male	38	13.9	30	11.3	45	17.9	27	10.3	140	13.3
	Female	41	15.8	39	15.4	43	16.6	32	12.5	155	15.1
	Total	79	14.8	69	13.3	88	17.3	59	11.4	295	14.2
Once a week	Male	30	11.0	23	8.7	17	6.8	16	6.1	86	8.2
	Female	25	9.7	18	7.1	16	6.2	22	8.6	81	7.9
	Total	55	10.3	41	7.9	33	6.5	38	7.3	167	8.0
2 to 3 times a week	Male	23	8.4	17	6.4	13	5.2	20	7.6	73	6.9
	Female	11	4.2	24	9.5	23	8.9	30	11.7	88	8.6

4 to 6 times a week	Total	34	6.4	41	7.9	36	7.1	50	9.6	161	7.7
	Male	12	4.4	9	3.4	5	2.0	12	4.6	38	3.6
	Female	9	3.5	10	4.0	15	5.8	11	4.3	45	4.4
	Total	21	3.9	19	3.7	20	3.9	23	4.4	83	4.0
Once a day	Male	6	2.2	9	3.4	11	4.4	26	9.9	52	4.9
	Female	7	2.7	7	2.8	27	10.4	25	9.8	66	6.4
	Total	13	2.4	16	3.1	38	7.5	51	9.8	118	5.7
2 or more times a day	Male	0	0	2	0.8	1	0.4	1	0.4	4	0.4
	Female	0	0	0	0	2	0.8	1	0.4	3	0.3
	Total	0	0	2	0.4	3	0.6	2	0.4	7	0.3

Frequency of food intakes
Soybean milk

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	244	89.4	243	91.7	225	89.6	228	86.7	940	89.4
	Female	217	83.8	206	81.4	196	75.7	217	84.8	836	81.4
	Total	461	86.7	449	86.7	421	82.5	445	85.7	1776	85.4
Once a month	Male	16	5.9	15	5.7	15	6.0	16	6.1	62	5.9
	Female	30	11.6	32	12.6	24	9.3	16	6.3	102	9.9
	Total	46	8.6	47	9.1	39	7.6	32	6.2	164	7.9
2 to 3 times a month	Male	7	2.6	4	1.5	8	3.2	9	3.4	28	2.7
	Female	5	1.9	4	1.6	11	4.2	11	4.3	31	3.0
	Total	12	2.3	8	1.5	19	3.7	20	3.9	59	2.8
Once a week	Male	4	1.5	2	0.8	1	0.4	6	2.3	13	1.2
	Female	3	1.2	3	1.2	10	3.9	4	1.6	20	1.9
	Total	7	1.3	5	1.0	11	2.2	10	1.9	33	1.6
2 to 3 times a week	Male	1	0.4	1	0.4	2	0.8	2	0.8	6	0.6
	Female	3	1.2	3	1.2	8	3.1	2	0.8	16	1.6
	Total	4	0.8	4	0.8	10	2.0	4	0.8	22	1.1
4 to 6 times a week	Male	1	0.4	0	0	0	0	1	0.4	2	0.2
	Female	1	0.4	1	0.4	6	2.3	3	1.2	11	1.1
	Total	2	0.4	1	0.2	6	1.2	4	0.8	13	0.6
Once a day	Male	0	0	0	0	0	0	1	0.4	1	0.1
	Female	0	0	4	1.6	4	1.5	3	1.2	11	1.1
	Total	0	0	4	0.8	4	0.8	4	0.8	12	0.6

Frequency of food intakes
Cheese

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	91	33.3	94	35.5	93	37.1	104	39.5	382	36.3

	Female	51	19.7	73	28.9	84	32.4	112	43.8	320	31.2
	Total	142	26.7	167	32.2	177	34.7	216	41.6	702	33.8
Once a month	Male	66	24.2	67	25.3	55	21.9	40	15.2	228	21.7
	Female	83	32.0	63	24.9	49	18.9	40	15.6	235	22.9
	Total	149	28.0	130	25.1	104	20.4	80	15.4	463	22.3
2 to 3 times a month	Male	58	21.2	51	19.2	46	18.3	34	12.9	189	18.0
	Female	51	19.7	52	20.6	38	14.7	26	10.2	167	16.3
	Total	109	20.5	103	19.9	84	16.5	60	11.6	356	17.1
Once a week	Male	32	11.7	23	8.7	16	6.4	34	12.9	105	10.0
	Female	44	17.0	19	7.5	30	11.6	23	9.0	116	11.3
	Total	76	14.3	42	8.1	46	9.0	57	11.0	221	10.6
2 to 3 times a week	Male	19	7.0	16	6.0	20	8.0	22	8.4	77	7.3
	Female	17	6.6	21	8.3	25	9.7	24	9.4	87	8.5
	Total	36	6.8	37	7.1	45	8.8	46	8.9	164	7.9
4 to 6 times a week	Male	4	1.5	5	1.9	8	3.2	14	5.3	31	2.9
	Female	10	3.9	13	5.1	16	6.2	17	6.6	56	5.5
	Total	14	2.6	18	3.5	24	4.7	31	6.0	87	4.2
Once a day	Male	3	1.1	9	3.4	12	4.8	14	5.3	38	3.6
	Female	3	1.2	12	4.7	17	6.6	14	5.5	46	4.5
	Total	6	1.1	21	4.1	29	5.7	28	5.4	84	4.0
2 or more times a day	Male	0	0	0	0	1	0.4	1	0.4	2	0.2
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	1	0.2	1	0.2	2	0.1

Frequency of food intakes
Ice cream

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	51	18.7	75	28.3	67	26.7	103	39.2	296	28.1
	Female	38	14.7	43	17.0	63	24.3	79	30.9	223	21.7
	Total	89	16.7	118	22.8	130	25.5	182	35.1	519	25.0
Once a month	Male	93	34.1	86	32.5	90	35.9	80	30.4	349	33.2
	Female	74	28.6	82	32.4	92	35.5	78	30.5	326	31.7
	Total	167	31.4	168	32.4	182	35.7	158	30.4	675	32.5
2 to 3 times a month	Male	69	25.3	58	21.9	48	19.1	42	16.0	217	20.6
	Female	80	30.9	65	25.7	68	26.3	65	25.4	278	27.1
	Total	149	28.0	123	23.7	116	22.7	107	20.6	495	23.8
Once a week	Male	33	12.1	24	9.1	25	10.0	23	8.7	105	10.0
	Female	35	13.5	36	14.2	15	5.8	18	7.0	104	10.1
	Total	68	12.8	60	11.6	40	7.8	41	7.9	209	10.1
2 to 3 times a week	Male	21	7.7	14	5.3	14	5.6	14	5.3	63	6.0
	Female	26	10.0	23	9.1	15	5.8	10	3.9	74	7.2

	Total	47	8.8	37	7.1	29	5.7	24	4.6	137	6.6
4 to 6 times a week	Male	6	2.2	6	2.3	6	2.4	0	0	18	1.7
	Female	4	1.5	3	1.2	6	2.3	5	2.0	18	1.8
	Total	10	1.9	9	1.7	12	2.4	5	1.0	36	1.7
Once a day	Male	0	0	2	0.8	1	0.4	1	0.4	4	0.4
	Female	2	0.8	0	0	0	0	0	0	2	0.2
	Total	2	0.4	2	0.4	1	0.2	1	0.2	6	0.3
2 or more times a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	1	0.4	0	0	1	0.4	2	0.2
	Total	0	0	1	0.2	0	0	1	0.2	2	0.1

Frequency of food intakes
Ice milk or sherbet

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	111	40.7	131	49.4	137	54.6	160	60.8	539	51.2
	Female	102	39.4	115	45.5	138	53.3	155	60.5	510	49.7
	Total	213	40.0	246	47.5	275	53.9	315	60.7	1049	50.5
Once a month	Male	95	34.8	82	30.9	69	27.5	63	24.0	309	29.4
	Female	83	32.0	77	30.4	63	24.3	52	20.3	275	26.8
	Total	178	33.5	159	30.7	132	25.9	115	22.2	584	28.1
2 to 3 times a month	Male	39	14.3	31	11.7	28	11.2	22	8.4	120	11.4
	Female	49	18.9	39	15.4	33	12.7	36	14.1	157	15.3
	Total	88	16.5	70	13.5	61	12.0	58	11.2	277	13.3
Once a week	Male	17	6.2	12	4.5	12	4.8	13	4.9	54	5.1
	Female	20	7.7	14	5.5	13	5.0	6	2.3	53	5.2
	Total	37	7.0	26	5.0	25	4.9	19	3.7	107	5.1
2 to 3 times a week	Male	11	4.0	7	2.6	4	1.6	4	1.5	26	2.5
	Female	5	1.9	8	3.2	9	3.5	4	1.6	26	2.5
	Total	16	3.0	15	2.9	13	2.5	8	1.5	52	2.5
4 to 6 times a week	Male	0	0	2	0.8	1	0.4	0	0	3	0.3
	Female	0	0	0	0	3	1.2	2	0.8	5	0.5
	Total	0	0	2	0.4	4	0.8	2	0.4	8	0.4
Once a day	Male	0	0	0	0	0	0	1	0.4	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	1	0.2	1	0.0
2 or more times a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	1	0.4	1	0.1
	Total	0	0	0	0	0	0	1	0.2	1	0.0

Frequency of food intakes
Cookies

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	84	30.8	107	40.4	100	39.8	94	35.7	385	36.6
	Female	42	16.2	64	25.3	80	30.9	78	30.5	264	25.7
	Total	126	23.7	171	33.0	180	35.3	172	33.1	649	31.2
Once a month	Male	78	28.6	64	24.2	70	27.9	65	24.7	277	26.3
	Female	60	23.2	80	31.6	63	24.3	58	22.7	261	25.4
	Total	138	25.9	144	27.8	133	26.1	123	23.7	538	25.9
2 to 3 times a month	Male	56	20.5	48	18.1	40	15.9	53	20.2	197	18.7
	Female	67	25.9	45	17.8	56	21.6	43	16.8	211	20.5
	Total	123	23.1	93	18.0	96	18.8	96	18.5	408	19.6
Once a week	Male	26	9.5	23	8.7	16	6.4	29	11.0	94	8.9
	Female	45	17.4	30	11.9	28	10.8	32	12.5	135	13.1
	Total	71	13.3	53	10.2	44	8.6	61	11.8	229	11.0
2 to 3 times a week	Male	26	9.5	20	7.5	17	6.8	20	7.6	83	7.9
	Female	37	14.3	27	10.7	24	9.3	29	11.3	117	11.4
	Total	63	11.8	47	9.1	41	8.0	49	9.4	200	9.6
4 to 6 times a week	Male	3	1.1	2	0.8	5	2.0	1	0.4	11	1.0
	Female	8	3.1	4	1.6	6	2.3	11	4.3	29	2.8
	Total	11	2.1	6	1.2	11	2.2	12	2.3	40	1.9
Once a day	Male	0	0	1	0.4	3	1.2	1	0.4	5	0.5
	Female	0	0	3	1.2	2	0.8	4	1.6	9	0.9
	Total	0	0	4	0.8	5	1.0	5	1.0	14	0.7
2 or more times a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	1	0.4	1	0.1
	Total	0	0	0	0	0	0	1	0.2	1	0.0

Frequency of food intakes
Cake

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	74	27.1	93	35.1	95	37.8	121	46.0	383	36.4
	Female	28	10.8	42	16.6	69	26.6	89	34.8	228	22.2
	Total	102	19.2	135	26.1	164	32.2	210	40.5	611	29.4
Once a month	Male	132	48.4	118	44.5	114	45.4	83	31.6	447	42.5
	Female	131	50.6	121	47.8	123	47.5	113	44.1	488	47.5
	Total	263	49.4	239	46.1	237	46.5	196	37.8	935	45.0
2 to 3 times a month	Male	49	17.9	43	16.2	30	12.0	41	15.6	163	15.5
	Female	65	25.1	72	28.5	52	20.1	43	16.8	232	22.6
	Total	114	21.4	115	22.2	82	16.1	84	16.2	395	19.0
Once a week	Male	15	5.5	7	2.6	11	4.4	15	5.7	48	4.6
	Female	28	10.8	14	5.5	13	5.0	11	4.3	66	6.4
	Total	43	8.1	21	4.1	24	4.7	26	5.0	114	5.5

2 to 3 times a week	Male	3	1.1	4	1.5	1	0.4	2	0.8	10	1.0
	Female	6	2.3	4	1.6	2	0.8	0	0	12	1.2
	Total	9	1.7	8	1.5	3	0.6	2	0.4	22	1.1
4 to 6 times a week	Male	0	0	0	0	0	0	1	0.4	1	0.1
	Female	1	0.4	0	0	0	0	0	0	1	0.1
	Total	1	0.2	0	0	0	0	1	0.2	2	0.1

Frequency of food intakes
Apple or other fruit pies

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	185	67.8	199	75.1	200	79.7	220	83.7	804	76.4
	Female	100	38.6	129	51.0	171	66.0	180	70.3	580	56.5
	Total	285	53.6	328	63.3	371	72.7	400	77.1	1384	66.6
Once a month	Male	60	22.0	55	20.8	39	15.5	32	12.2	186	17.7
	Female	120	46.3	97	38.3	67	25.9	52	20.3	336	32.7
	Total	180	33.8	152	29.3	106	20.8	84	16.2	522	25.1
2 to 3 times a month	Male	25	9.2	8	3.0	9	3.6	6	2.3	48	4.6
	Female	30	11.6	20	7.9	17	6.6	20	7.8	87	8.5
	Total	55	10.3	28	5.4	26	5.1	26	5.0	135	6.5
Once a week	Male	3	1.1	2	0.8	3	1.2	4	1.5	12	1.1
	Female	7	2.7	6	2.4	4	1.5	4	1.6	21	2.0
	Total	10	1.9	8	1.5	7	1.4	8	1.5	33	1.6
2 to 3 times a week	Male	0	0	1	0.4	0	0	0	0	1	0.1
	Female	1	0.4	0	0	0	0	0	0	1	0.1
	Total	1	0.2	1	0.2	0	0	0	0	2	0.1
4 to 6 times a week	Male	0	0	0	0	0	0	0	0	0	0
	Female	1	0.4	1	0.4	0	0	0	0	2	0.2
	Total	1	0.2	1	0.2	0	0	0	0	2	0.1
Once a day	Male	0	0	0	0	0	0	1	0.4	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	1	0.2	1	0.0

Frequency of food intakes
Pudding

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	125	45.8	141	53.2	125	49.8	150	57.0	541	51.4
	Female	64	24.7	83	32.8	102	39.4	79	30.9	328	31.9
	Total	189	35.5	224	43.2	227	44.5	229	44.1	869	41.8
Once a month	Male	96	35.2	74	27.9	77	30.7	68	25.9	315	29.9
	Female	109	42.1	103	40.7	81	31.3	83	32.4	376	36.6

	Total	205	38.5	177	34.2	158	31.0	151	29.1	691	33.2
2 to 3 times a month	Male	32	11.7	36	13.6	33	13.1	27	10.3	128	12.2
	Female	57	22.0	47	18.6	46	17.8	48	18.8	198	19.3
	Total	89	16.7	83	16.0	79	15.5	75	14.5	326	15.7
Once a week	Male	15	5.5	9	3.4	6	2.4	9	3.4	39	3.7
	Female	22	8.5	11	4.3	15	5.8	28	10.9	76	7.4
	Total	37	7.0	20	3.9	21	4.1	37	7.1	115	5.5
2 to 3 times a week	Male	3	1.1	4	1.5	9	3.6	7	2.7	23	2.2
	Female	7	2.7	7	2.8	11	4.2	14	5.5	39	3.8
	Total	10	1.9	11	2.1	20	3.9	21	4.0	62	3.0
4 to 6 times a week	Male	1	0.4	1	0.4	0	0	2	0.8	4	0.4
	Female	0	0	1	0.4	3	1.2	3	1.2	7	0.7
	Total	1	0.2	2	0.4	3	0.6	5	1.0	11	0.5
Once a day	Male	1	0.4	0	0	1	0.4	0	0	2	0.2
	Female	0	0	1	0.4	1	0.4	1	0.4	3	0.3
	Total	1	0.2	1	0.2	2	0.4	1	0.2	5	0.2

Frequency of food intakes
Chocolate

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	62	22.7	109	41.1	112	44.6	103	39.2	386	36.7
	Female	36	13.9	57	22.5	89	34.4	101	39.5	283	27.6
	Total	98	18.4	166	32.0	201	39.4	204	39.3	669	32.2
Once a month	Male	86	31.5	93	35.1	73	29.1	76	28.9	328	31.2
	Female	87	33.6	86	34.0	87	33.6	57	22.3	317	30.9
	Total	173	32.5	179	34.6	160	31.4	133	25.6	645	31.0
2 to 3 times a month	Male	65	23.8	31	11.7	37	14.7	38	14.4	171	16.3
	Female	52	20.1	66	26.1	46	17.8	51	19.9	215	20.9
	Total	117	22.0	97	18.7	83	16.3	89	17.1	386	18.6
Once a week	Male	35	12.8	19	7.2	13	5.2	22	8.4	89	8.5
	Female	35	13.5	27	10.7	12	4.6	23	9.0	97	9.4
	Total	70	13.2	46	8.9	25	4.9	45	8.7	186	8.9
2 to 3 times a week	Male	19	7.0	7	2.6	11	4.4	14	5.3	51	4.8
	Female	34	13.1	13	5.1	15	5.8	18	7.0	80	7.8
	Total	53	10.0	20	3.9	26	5.1	32	6.2	131	6.3
4 to 6 times a week	Male	3	1.1	6	2.3	1	0.4	4	1.5	14	1.3
	Female	12	4.6	2	0.8	7	2.7	4	1.6	25	2.4
	Total	15	2.8	8	1.5	8	1.6	8	1.5	39	1.9
Once a day	Male	3	1.1	0	0	3	1.2	5	1.9	11	1.0
	Female	3	1.2	2	0.8	3	1.2	2	0.8	10	1.0
	Total	6	1.1	2	0.4	6	1.2	7	1.3	21	1.0

2 or more times a day	Male	0	0	0	0	1	0.4	1	0.4	2	0.2
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	1	0.2	1	0.2	2	0.1

Frequency of food intakes
Japanese style confectioneries (man-ju, yo-kan)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	60	22.0	48	18.1	35	13.9	21	8.0	164	15.6
	Female	23	8.9	15	5.9	16	6.2	19	7.4	73	7.1
	Total	83	15.6	63	12.2	51	10.0	40	7.7	237	11.4
Once a month	Male	95	34.8	91	34.3	65	25.9	65	24.7	316	30.0
	Female	61	23.6	40	15.8	41	15.8	45	17.6	187	18.2
	Total	156	29.3	131	25.3	106	20.8	110	21.2	503	24.2
2 to 3 times a month	Male	65	23.8	64	24.2	70	27.9	72	27.4	271	25.8
	Female	75	29.0	82	32.4	60	23.2	58	22.7	275	26.8
	Total	140	26.3	146	28.2	130	25.5	130	25.0	546	26.3
Once a week	Male	37	13.6	34	12.8	35	13.9	42	16.0	148	14.1
	Female	58	22.4	56	22.1	51	19.7	57	22.3	222	21.6
	Total	95	17.9	90	17.4	86	16.9	99	19.1	370	17.8
2 to 3 times a week	Male	14	5.1	23	8.7	35	13.9	42	16.0	114	10.8
	Female	37	14.3	40	15.8	58	22.4	52	20.3	187	18.2
	Total	51	9.6	63	12.2	93	18.2	94	18.1	301	14.5
4 to 6 times a week	Male	1	0.4	4	1.5	6	2.4	11	4.2	22	2.1
	Female	5	1.9	14	5.5	21	8.1	19	7.4	59	5.7
	Total	6	1.1	18	3.5	27	5.3	30	5.8	81	3.9
Once a day	Male	1	0.4	1	0.4	5	2.0	10	3.8	17	1.6
	Female	0	0	5	2.0	12	4.6	6	2.3	23	2.2
	Total	1	0.2	6	1.2	17	3.3	16	3.1	40	1.9
2 or more times a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	1	0.4	0	0	0	0	1	0.1
	Total	0	0	1	0.2	0	0	0	0	1	0.0

Frequency of food intakes
Cracker, Rice cracker, Snack cake (arare, sen-bei)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	29	10.6	44	16.6	34	13.5	22	8.4	129	12.3
	Female	11	4.2	18	7.1	28	10.8	29	11.3	86	8.4
	Total	40	7.5	62	12.0	62	12.2	51	9.8	215	10.3
Once a month	Male	58	21.2	60	22.6	42	16.7	35	13.3	195	18.5
	Female	32	12.4	33	13.0	27	10.4	22	8.6	114	11.1

	Total	90	16.9	93	18.0	69	13.5	57	11.0	309	14.9
2 to 3 times a month	Male	78	28.6	64	24.2	61	24.3	57	21.7	260	24.7
	Female	59	22.8	67	26.5	42	16.2	33	12.9	201	19.6
	Total	137	25.8	131	25.3	103	20.2	90	17.3	461	22.2
Once a week	Male	53	19.4	46	17.4	39	15.5	54	20.5	192	18.3
	Female	50	19.3	51	20.2	33	12.7	42	16.4	176	17.1
	Total	103	19.4	97	18.7	72	14.1	96	18.5	368	17.7
2 to 3 times a week	Male	33	12.1	28	10.6	50	19.9	64	24.3	175	16.6
	Female	58	22.4	47	18.6	70	27.0	63	24.6	238	23.2
	Total	91	17.1	75	14.5	120	23.5	127	24.5	413	19.9
4 to 6 times a week	Male	15	5.5	17	6.4	16	6.4	21	8.0	69	6.6
	Female	35	13.5	27	10.7	42	16.2	44	17.2	148	14.4
	Total	50	9.4	44	8.5	58	11.4	65	12.5	217	10.4
Once a day	Male	7	2.6	6	2.3	9	3.6	10	3.8	32	3.0
	Female	13	5.0	10	4.0	16	6.2	21	8.2	60	5.8
	Total	20	3.8	16	3.1	25	4.9	31	6.0	92	4.4
2 or more times a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	1	0.4	0	0	1	0.4	2	0.8	4	0.4
	Total	1	0.2	0	0	1	0.2	2	0.4	4	0.2

Frequency of food intakes
Rice dumpling (dango)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	81	29.7	114	43.0	84	33.5	94	35.7	373	35.5
	Female	50	19.3	61	24.1	61	23.6	71	27.7	243	23.7
	Total	131	24.6	175	33.8	145	28.4	165	31.8	616	29.6
Once a month	Male	132	48.4	103	38.9	97	38.6	102	38.8	434	41.3
	Female	132	51.0	126	49.8	118	45.6	107	41.8	483	47.0
	Total	264	49.6	229	44.2	215	42.2	209	40.3	917	44.1
2 to 3 times a month	Male	50	18.3	37	14.0	48	19.1	45	17.1	180	17.1
	Female	53	20.5	44	17.4	49	18.9	45	17.6	191	18.6
	Total	103	19.4	81	15.6	97	19.0	90	17.3	371	17.8
Once a week	Male	9	3.3	8	3.0	17	6.8	15	5.7	49	4.7
	Female	17	6.6	17	6.7	20	7.7	27	10.5	81	7.9
	Total	26	4.9	25	4.8	37	7.3	42	8.1	130	6.3
2 to 3 times a week	Male	1	0.4	1	0.4	5	2.0	6	2.3	13	1.2
	Female	7	2.7	4	1.6	11	4.2	6	2.3	28	2.7
	Total	8	1.5	5	1.0	16	3.1	12	2.3	41	2.0
4 to 6 times a week	Male	0	0	2	0.8	0	0	1	0.4	3	0.3
	Female	0	0	1	0.4	0	0	0	0	1	0.1
	Total	0	0	3	0.6	0	0	1	0.2	4	0.2

Frequency of food intakes
Nuts (peanuts, other nuts)

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	62	22.7	86	32.5	98	39.0	118	44.9	364	34.6
	Female	74	28.6	65	25.7	83	32.0	120	46.9	342	33.3
	Total	136	25.6	151	29.2	181	35.5	238	45.9	706	34.0
Once a month	Male	83	30.4	56	21.1	59	23.5	47	17.9	245	23.3
	Female	90	34.7	77	30.4	60	23.2	49	19.1	276	26.9
	Total	173	32.5	133	25.7	119	23.3	96	18.5	521	25.1
2 to 3 times a month	Male	65	23.8	52	19.6	49	19.5	43	16.3	209	19.9
	Female	59	22.8	53	20.9	36	13.9	35	13.7	183	17.8
	Total	124	23.3	105	20.3	85	16.7	78	15.0	392	18.9
Once a week	Male	31	11.4	32	12.1	13	5.2	19	7.2	95	9.0
	Female	21	8.1	32	12.6	25	9.7	15	5.9	93	9.1
	Total	52	9.8	64	12.4	38	7.5	34	6.6	188	9.0
2 to 3 times a week	Male	16	5.9	21	7.9	19	7.6	23	8.7	79	7.5
	Female	9	3.5	13	5.1	30	11.6	20	7.8	72	7.0
	Total	25	4.7	34	6.6	49	9.6	43	8.3	151	7.3
4 to 6 times a week	Male	14	5.1	11	4.2	8	3.2	8	3.0	41	3.9
	Female	5	1.9	6	2.4	13	5.0	13	5.1	37	3.6
	Total	19	3.6	17	3.3	21	4.1	21	4.0	78	3.8
Once a day	Male	2	0.7	5	1.9	4	1.6	4	1.5	15	1.4
	Female	1	0.4	5	2.0	12	4.6	3	1.2	21	2.0
	Total	3	0.6	10	1.9	16	3.1	7	1.3	36	1.7
2 or more times a day	Male	0	0	2	0.8	1	0.4	1	0.4	4	0.4
	Female	0	0	2	0.8	0	0	1	0.4	3	0.3
	Total	0	0	4	0.8	1	0.2	2	0.4	7	0.3

Frequency of food intakes
Potato, corn or other chips

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	102	37.4	177	66.8	170	67.7	200	76.0	649	61.7
	Female	120	46.3	173	68.4	201	77.6	182	71.1	676	65.8
	Total	222	41.7	350	67.6	371	72.7	382	73.6	1325	63.7
Once a month	Male	101	37.0	58	21.9	54	21.5	35	13.3	248	23.6
	Female	75	29.0	59	23.3	42	16.2	50	19.5	226	22.0
	Total	176	33.1	117	22.6	96	18.8	85	16.4	474	22.8
2 to 3 times a month	Male	46	16.8	16	6.0	14	5.6	15	5.7	91	8.7
	Female	43	16.6	14	5.5	13	5.0	12	4.7	82	8.0
	Total	89	16.7	30	5.8	27	5.3	27	5.2	173	8.3

Once a week	Male	17	6.2	11	4.2	9	3.6	8	3.0	45	4.3
	Female	9	3.5	6	2.4	2	0.8	8	3.1	25	2.4
	Total	26	4.9	17	3.3	11	2.2	16	3.1	70	3.4
2 to 3 times a week	Male	6	2.2	3	1.1	2	0.8	4	1.5	15	1.4
	Female	10	3.9	1	0.4	1	0.4	3	1.2	15	1.5
	Total	16	3.0	4	0.8	3	0.6	7	1.3	30	1.4
4 to 6 times a week	Male	1	0.4	0	0	2	0.8	1	0.4	4	0.4
	Female	1	0.4	0	0	0	0	1	0.4	2	0.2
	Total	2	0.4	0	0	2	0.4	2	0.4	6	0.3
Once a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	1	0.4	0	0	0	0	0	0	1	0.1
	Total	1	0.2	0	0	0	0	0	0	1	0.0

Frequency of food intakes
Pop corn

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	208	76.2	238	89.8	214	85.3	232	88.2	892	84.8
	Female	202	78.0	217	85.8	226	87.3	218	85.2	863	84.0
	Total	410	77.1	455	87.8	440	86.3	450	86.7	1755	84.4
Once a month	Male	56	20.5	23	8.7	27	10.8	23	8.7	129	12.3
	Female	53	20.5	30	11.9	27	10.4	31	12.1	141	13.7
	Total	109	20.5	53	10.2	54	10.6	54	10.4	270	13.0
2 to 3 times a month	Male	9	3.3	4	1.5	6	2.4	5	1.9	24	2.3
	Female	3	1.2	5	2.0	5	1.9	4	1.6	17	1.7
	Total	12	2.3	9	1.7	11	2.2	9	1.7	41	2.0
Once a week	Male	0	0	0	0	2	0.8	3	1.1	5	0.5
	Female	1	0.4	1	0.4	0	0	2	0.8	4	0.4
	Total	1	0.2	1	0.2	2	0.4	5	1.0	9	0.4
2 to 3 times a week	Male	0	0	0	0	2	0.8	0	0	2	0.2
	Female	0	0	0	0	0	0	1	0.4	1	0.1
	Total	0	0	0	0	2	0.4	1	0.2	3	0.1
Once a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	1	0.4	0	0	1	0.1
	Total	0	0	0	0	1	0.2	0	0	1	0.0

Frequency of food intakes
Pickled Japanese radish (takuan)

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	39	14.3	34	12.8	43	17.1	45	17.1	161	15.3
	Female	32	12.4	28	11.1	51	19.7	52	20.3	163	15.9

Once a month	Total	71	13.3	62	12.0	94	18.4	97	18.7	324	15.6
	Male	41	15.0	30	11.3	35	13.9	23	8.7	129	12.3
	Female	56	21.6	49	19.4	29	11.2	32	12.5	166	16.2
	Total	97	18.2	79	15.3	64	12.5	55	10.6	295	14.2
2 to 3 times a month	Male	49	17.9	45	17.0	35	13.9	31	11.8	160	15.2
	Female	53	20.5	50	19.8	31	12.0	28	10.9	162	15.8
	Total	102	19.2	95	18.3	66	12.9	59	11.4	322	15.5
Once a week	Male	51	18.7	48	18.1	28	11.2	23	8.7	150	14.3
	Female	34	13.1	32	12.6	26	10.0	19	7.4	111	10.8
	Total	85	16.0	80	15.4	54	10.6	42	8.1	261	12.6
2 to 3 times a week	Male	50	18.3	52	19.6	45	17.9	37	14.1	184	17.5
	Female	47	18.1	42	16.6	48	18.5	41	16.0	178	17.3
	Total	97	18.2	94	18.1	93	18.2	78	15.0	362	17.4
4 to 6 times a week	Male	28	10.3	29	10.9	22	8.8	34	12.9	113	10.7
	Female	22	8.5	27	10.7	28	10.8	32	12.5	109	10.6
	Total	50	9.4	56	10.8	50	9.8	66	12.7	222	10.7
Once a day	Male	12	4.4	24	9.1	32	12.7	48	18.3	116	11.0
	Female	13	5.0	18	7.1	30	11.6	29	11.3	90	8.8
	Total	25	4.7	42	8.1	62	12.2	77	14.8	206	9.9
2 or more times a day	Male	3	1.1	3	1.1	11	4.4	22	8.4	39	3.7
	Female	2	0.8	7	2.8	16	6.2	23	9.0	48	4.7
	Total	5	0.9	10	1.9	27	5.3	45	8.7	87	4.2

Frequency of food intakes
Pickled Chinese cabbage (hakusai-duke, mizuna-duke)

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	30	11.0	24	9.1	26	10.4	31	11.8	111	10.6
	Female	21	8.1	17	6.7	35	13.5	40	15.6	113	11.0
	Total	51	9.6	41	7.9	61	12.0	71	13.7	224	10.8
Once a month	Male	53	19.4	41	15.5	30	12.0	30	11.4	154	14.6
	Female	65	25.1	46	18.2	30	11.6	33	12.9	174	16.9
	Total	118	22.2	87	16.8	60	11.8	63	12.1	328	15.8
2 to 3 times a month	Male	62	22.7	44	16.6	41	16.3	42	16.0	189	18.0
	Female	59	22.8	53	20.9	30	11.6	37	14.5	179	17.4
	Total	121	22.7	97	18.7	71	13.9	79	15.2	368	17.7
Once a week	Male	57	20.9	47	17.7	44	17.5	33	12.5	181	17.2
	Female	44	17.0	50	19.8	36	13.9	32	12.5	162	15.8
	Total	101	19.0	97	18.7	80	15.7	65	12.5	343	16.5
2 to 3 times a week	Male	49	17.9	72	27.2	54	21.5	58	22.1	233	22.1
	Female	57	22.0	53	20.9	70	27.0	49	19.1	229	22.3
	Total	106	19.9	125	24.1	124	24.3	107	20.6	462	22.2

4 to 6 times a week	Male	15	5.5	24	9.1	26	10.4	28	10.6	93	8.8
	Female	8	3.1	29	11.5	27	10.4	36	14.1	100	9.7
	Total	23	4.3	53	10.2	53	10.4	64	12.3	193	9.3
Once a day	Male	6	2.2	13	4.9	25	10.0	35	13.3	79	7.5
	Female	5	1.9	4	1.6	23	8.9	24	9.4	56	5.5
	Total	11	2.1	17	3.3	48	9.4	59	11.4	135	6.5
2 or more times a day	Male	1	0.4	0	0	5	2.0	6	2.3	12	1.1
	Female	0	0	1	0.4	8	3.1	5	2.0	14	1.4
	Total	1	0.2	1	0.2	13	2.5	11	2.1	26	1.3

Frequency of food intakes
Pickled vegetables by miso

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	152	55.7	117	44.2	120	47.8	122	46.4	511	48.6
	Female	156	60.2	115	45.5	138	53.3	149	58.2	558	54.3
	Total	308	57.9	232	44.8	258	50.6	271	52.2	1069	51.4
Once a month	Male	49	17.9	64	24.2	56	22.3	49	18.6	218	20.7
	Female	55	21.2	58	22.9	56	21.6	38	14.8	207	20.2
	Total	104	19.5	122	23.6	112	22.0	87	16.8	425	20.4
2 to 3 times a month	Male	37	13.6	41	15.5	20	8.0	30	11.4	128	12.2
	Female	25	9.7	31	12.3	22	8.5	28	10.9	106	10.3
	Total	62	11.7	72	13.9	42	8.2	58	11.2	234	11.3
Once a week	Male	16	5.9	26	9.8	21	8.4	29	11.0	92	8.7
	Female	15	5.8	24	9.5	15	5.8	18	7.0	72	7.0
	Total	31	5.8	50	9.7	36	7.1	47	9.1	164	7.9
2 to 3 times a week	Male	16	5.9	11	4.2	24	9.6	19	7.2	70	6.7
	Female	6	2.3	18	7.1	15	5.8	13	5.1	52	5.1
	Total	22	4.1	29	5.6	39	7.6	32	6.2	122	5.9
4 to 6 times a week	Male	3	1.1	4	1.5	5	2.0	6	2.3	18	1.7
	Female	2	0.8	4	1.6	7	2.7	5	2.0	18	1.8
	Total	5	0.9	8	1.5	12	2.4	11	2.1	36	1.7
Once a day	Male	0	0	2	0.8	2	0.8	7	2.7	11	1.0
	Female	0	0	3	1.2	5	1.9	3	1.2	11	1.1
	Total	0	0	5	1.0	7	1.4	10	1.9	22	1.1
2 or more times a day	Male	0	0	0	0	3	1.2	1	0.4	4	0.4
	Female	0	0	0	0	1	0.4	2	0.8	3	0.3
	Total	0	0	0	0	4	0.8	3	0.6	7	0.3

Frequency of food intakes
Pickled vegetables by soy-sauce

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
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		N	%	N	%	N	%	N	%	N	%
Never	Male	118	43.2	105	39.6	130	51.8	162	61.6	515	49.0
	Female	98	37.8	103	40.7	134	51.7	143	55.9	478	46.5
	Total	216	40.6	208	40.2	264	51.8	305	58.8	993	47.8
Once a month	Male	54	19.8	59	22.3	49	19.5	34	12.9	196	18.6
	Female	66	25.5	47	18.6	44	17.0	35	13.7	192	18.7
	Total	120	22.6	106	20.5	93	18.2	69	13.3	388	18.7
2 to 3 times a month	Male	39	14.3	52	19.6	16	6.4	18	6.8	125	11.9
	Female	48	18.5	36	14.2	33	12.7	23	9.0	140	13.6
	Total	87	16.4	88	17.0	49	9.6	41	7.9	265	12.7
Once a week	Male	35	12.8	20	7.5	18	7.2	26	9.9	99	9.4
	Female	31	12.0	35	13.8	17	6.6	22	8.6	105	10.2
	Total	66	12.4	55	10.6	35	6.9	48	9.2	204	9.8
2 to 3 times a week	Male	21	7.7	22	8.3	23	9.2	12	4.6	78	7.4
	Female	11	4.2	20	7.9	16	6.2	14	5.5	61	5.9
	Total	32	6.0	42	8.1	39	7.6	26	5.0	139	6.7
4 to 6 times a week	Male	5	1.8	6	2.3	8	3.2	6	2.3	25	2.4
	Female	4	1.5	11	4.3	8	3.1	11	4.3	34	3.3
	Total	9	1.7	17	3.3	16	3.1	17	3.3	59	2.8
Once a day	Male	1	0.4	1	0.4	6	2.4	4	1.5	12	1.1
	Female	1	0.4	0	0	5	1.9	7	2.7	13	1.3
	Total	2	0.4	1	0.2	11	2.2	11	2.1	25	1.2
2 or more times a day	Male	0	0	0	0	1	0.4	1	0.4	2	0.2
	Female	0	0	1	0.4	2	0.8	1	0.4	4	0.4
	Total	0	0	1	0.2	3	0.6	2	0.4	6	0.3

Frequency of food intakes
Picled cucumber or eggplant (itiya-duke)

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	37	13.6	25	9.4	31	12.4	31	11.8	124	11.8
	Female	15	5.8	22	8.7	23	8.9	37	14.5	97	9.4
	Total	52	9.8	47	9.1	54	10.6	68	13.1	221	10.6
Once a month	Male	47	17.2	40	15.1	28	11.2	17	6.5	132	12.5
	Female	54	20.8	36	14.2	21	8.1	17	6.6	128	12.5
	Total	101	19.0	76	14.7	49	9.6	34	6.6	260	12.5
2 to 3 times a month	Male	63	23.1	50	18.9	45	17.9	38	14.4	196	18.6
	Female	49	18.9	39	15.4	38	14.7	23	9.0	149	14.5
	Total	112	21.1	89	17.2	83	16.3	61	11.8	345	16.6
Once a week	Male	38	13.9	56	21.1	38	15.1	39	14.8	171	16.3
	Female	64	24.7	58	22.9	32	12.4	34	13.3	188	18.3
	Total	102	19.2	114	22.0	70	13.7	73	14.1	359	17.3
2 to 3 times a	Male	62	22.7	54	20.4	62	24.7	71	27.0	249	23.7

week	Female	47	18.1	49	19.4	58	22.4	69	27.0	223	21.7
	Total	109	20.5	103	19.9	120	23.5	140	27.0	472	22.7
4 to 6 times a week	Male	19	7.0	29	10.9	26	10.4	31	11.8	105	10.0
	Female	23	8.9	27	10.7	44	17.0	30	11.7	124	12.1
	Total	42	7.9	56	10.8	70	13.7	61	11.8	229	11.0
Once a day	Male	6	2.2	10	3.8	17	6.8	27	10.3	60	5.7
	Female	7	2.7	20	7.9	29	11.2	31	12.1	87	8.5
	Total	13	2.4	30	5.8	46	9.0	58	11.2	147	7.1
2 or more times a day	Male	1	0.4	1	0.4	4	1.6	9	3.4	15	1.4
	Female	0	0	2	0.8	14	5.4	15	5.9	31	3.0
	Total	1	0.2	3	0.6	18	3.5	24	4.6	46	2.2

Frequency of food intakes
Other pickles

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	50	18.3	46	17.4	49	19.5	62	23.6	207	19.7
	Female	58	22.4	33	13.0	38	14.7	42	16.4	171	16.7
	Total	108	20.3	79	15.3	87	17.1	104	20.0	378	18.2
Once a month	Male	41	15.0	35	13.2	18	7.2	21	8.0	115	10.9
	Female	38	14.7	26	10.3	10	3.9	16	6.3	90	8.8
	Total	79	14.8	61	11.8	28	5.5	37	7.1	205	9.9
2 to 3 times a month	Male	35	12.8	38	14.3	28	11.2	18	6.8	119	11.3
	Female	39	15.1	34	13.4	23	8.9	20	7.8	116	11.3
	Total	74	13.9	72	13.9	51	10.0	38	7.3	235	11.3
Once a week	Male	50	18.3	33	12.5	26	10.4	43	16.3	152	14.4
	Female	44	17.0	46	18.2	20	7.7	25	9.8	135	13.1
	Total	94	17.7	79	15.3	46	9.0	68	13.1	287	13.8
2 to 3 times a week	Male	48	17.6	43	16.2	43	17.1	42	16.0	176	16.7
	Female	38	14.7	50	19.8	59	22.8	62	24.2	209	20.4
	Total	86	16.2	93	18.0	102	20.0	104	20.0	385	18.5
4 to 6 times a week	Male	22	8.1	28	10.6	25	10.0	16	6.1	91	8.7
	Female	18	6.9	25	9.9	17	6.6	22	8.6	82	8.0
	Total	40	7.5	53	10.2	42	8.2	38	7.3	173	8.3
Once a day	Male	25	9.2	39	14.7	51	20.3	45	17.1	160	15.2
	Female	22	8.5	37	14.6	74	28.6	51	19.9	184	17.9
	Total	47	8.8	76	14.7	125	24.5	96	18.5	344	16.5
2 or more times a day	Male	2	0.7	3	1.1	11	4.4	16	6.1	32	3.0
	Female	2	0.8	2	0.8	18	6.9	18	7.0	40	3.9
	Total	4	0.8	5	1.0	29	5.7	34	6.6	72	3.5

Frequency of food intakes

Salt at th table

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	105	38.5	109	41.1	94	37.5	116	44.1	424	40.3
	Female	116	44.8	111	43.9	132	51.0	127	49.6	486	47.3
	Total	221	41.5	220	42.5	226	44.3	243	46.8	910	43.8
Once a month	Male	31	11.4	30	11.3	29	11.6	17	6.5	107	10.2
	Female	24	9.3	19	7.5	10	3.9	26	10.2	79	7.7
	Total	55	10.3	49	9.5	39	7.6	43	8.3	186	8.9
2 to 3 times a month	Male	32	11.7	19	7.2	22	8.8	26	9.9	99	9.4
	Female	29	11.2	18	7.1	19	7.3	24	9.4	90	8.8
	Total	61	11.5	37	7.1	41	8.0	50	9.6	189	9.1
Once a week	Male	26	9.5	30	11.3	24	9.6	27	10.3	107	10.2
	Female	16	6.2	31	12.3	18	6.9	22	8.6	87	8.5
	Total	42	7.9	61	11.8	42	8.2	49	9.4	194	9.3
2 to 3 times a week	Male	34	12.5	30	11.3	37	14.7	33	12.5	134	12.7
	Female	22	8.5	28	11.1	27	10.4	26	10.2	103	10.0
	Total	56	10.5	58	11.2	64	12.5	59	11.4	237	11.4
4 to 6 times a week	Male	10	3.7	16	6.0	10	4.0	13	4.9	49	4.7
	Female	13	5.0	9	3.6	13	5.0	11	4.3	46	4.5
	Total	23	4.3	25	4.8	23	4.5	24	4.6	95	4.6
Once a day	Male	30	11.0	28	10.6	31	12.4	29	11.0	118	11.2
	Female	34	13.1	34	13.4	31	12.0	19	7.4	118	11.5
	Total	64	12.0	62	12.0	62	12.2	48	9.2	236	11.4
2 or more times a day	Male	5	1.8	3	1.1	4	1.6	2	0.8	14	1.3
	Female	5	1.9	3	1.2	9	3.5	1	0.4	18	1.8
	Total	10	1.9	6	1.2	13	2.5	3	0.6	32	1.5

Frequency of food intakes
Soy sauce at the table

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	2	0.7	3	1.1	8	3.2	6	2.3	19	1.8
	Female	6	2.3	7	2.8	9	3.5	23	9.0	45	4.4
	Total	8	1.5	10	1.9	17	3.3	29	5.6	64	3.1
Once a month	Male	3	1.1	2	0.8	4	1.6	1	0.4	10	1.0
	Female	3	1.2	3	1.2	4	1.5	3	1.2	13	1.3
	Total	6	1.1	5	1.0	8	1.6	4	0.8	23	1.1
2 to 3 times a month	Male	18	6.6	11	4.2	5	2.0	16	6.1	50	4.8
	Female	9	3.5	14	5.5	12	4.6	5	2.0	40	3.9
	Total	27	5.1	25	4.8	17	3.3	21	4.0	90	4.3
Once a week	Male	22	8.1	18	6.8	20	8.0	18	6.8	78	7.4

	Female	29	11.2	25	9.9	17	6.6	18	7.0	89	8.7
	Total	51	9.6	43	8.3	37	7.3	36	6.9	167	8.0
2 to 3 times a week	Male	75	27.5	45	17.0	46	18.3	61	23.2	227	21.6
	Female	47	18.1	35	13.8	45	17.4	47	18.4	174	16.9
	Total	122	22.9	80	15.4	91	17.8	108	20.8	401	19.3
4 to 6 times a week	Male	44	16.1	41	15.5	48	19.1	41	15.6	174	16.5
	Female	42	16.2	51	20.2	43	16.6	42	16.4	178	17.3
	Total	86	16.2	92	17.8	91	17.8	83	16.0	352	16.9
Once a day	Male	82	30.0	105	39.6	87	34.7	93	35.4	367	34.9
	Female	99	38.2	90	35.6	96	37.1	97	37.9	382	37.2
	Total	181	34.0	195	37.6	183	35.9	190	36.6	749	36.0
2 or more times a day	Male	27	9.9	40	15.1	33	13.1	27	10.3	127	12.1
	Female	24	9.3	28	11.1	33	12.7	21	8.2	106	10.3
	Total	51	9.6	68	13.1	66	12.9	48	9.2	233	11.2

Frequency of food intakes
Specific miso to Hida area (houba-miso)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	255	93.4	257	97.0	241	96.0	249	94.7	1002	95.2
	Female	251	96.9	230	90.9	247	95.4	245	95.7	973	94.7
	Total	506	95.1	487	94.0	488	95.7	494	95.2	1975	95.0
Once a month	Male	11	4.0	5	1.9	7	2.8	8	3.0	31	2.9
	Female	8	3.1	15	5.9	7	2.7	5	2.0	35	3.4
	Total	19	3.6	20	3.9	14	2.7	13	2.5	66	3.2
2 to 3 times a month	Male	3	1.1	2	0.8	0	0	1	0.4	6	0.6
	Female	0	0	2	0.8	1	0.4	3	1.2	6	0.6
	Total	3	0.6	4	0.8	1	0.2	4	0.8	12	0.6
Once a week	Male	1	0.4	0	0	2	0.8	1	0.4	4	0.4
	Female	0	0	2	0.8	1	0.4	0	0	3	0.3
	Total	1	0.2	2	0.4	3	0.6	1	0.2	7	0.3
2 to 3 times a week	Male	2	0.7	1	0.4	1	0.4	3	1.1	7	0.7
	Female	0	0	3	1.2	1	0.4	2	0.8	6	0.6
	Total	2	0.4	4	0.8	2	0.4	5	1.0	13	0.6
4 to 6 times a week	Male	0	0	0	0	0	0	1	0.4	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	1	0.2	1	0.0
Once a day	Male	1	0.4	0	0	0	0	0	0	1	0.1
	Female	0	0	1	0.4	2	0.8	1	0.4	4	0.4
	Total	1	0.2	1	0.2	2	0.4	1	0.2	5	0.2

Frequency of food intakes
Vinegar at the table (ponzu)

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	56	20.5	46	17.4	46	18.3	77	29.3	225	21.4
	Female	42	16.2	31	12.3	49	18.9	63	24.6	185	18.0
	Total	98	18.4	77	14.9	95	18.6	140	27.0	410	19.7
Once a month	Male	83	30.4	68	25.7	37	14.7	41	15.6	229	21.8
	Female	67	25.9	47	18.6	32	12.4	45	17.6	191	18.6
	Total	150	28.2	115	22.2	69	13.5	86	16.6	420	20.2
2 to 3 times a month	Male	57	20.9	55	20.8	56	22.3	49	18.6	217	20.6
	Female	61	23.6	48	19.0	60	23.2	46	18.0	215	20.9
	Total	118	22.2	103	19.9	116	22.7	95	18.3	432	20.8
Once a week	Male	44	16.1	40	15.1	42	16.7	37	14.1	163	15.5
	Female	44	17.0	55	21.7	38	14.7	38	14.8	175	17.0
	Total	88	16.5	95	18.3	80	15.7	75	14.5	338	16.3
2 to 3 times a week	Male	26	9.5	40	15.1	46	18.3	34	12.9	146	13.9
	Female	27	10.4	48	19.0	45	17.4	40	15.6	160	15.6
	Total	53	10.0	88	17.0	91	17.8	74	14.3	306	14.7
4 to 6 times a week	Male	7	2.6	14	5.3	13	5.2	18	6.8	52	4.9
	Female	15	5.8	18	7.1	26	10.0	15	5.9	74	7.2
	Total	22	4.1	32	6.2	39	7.6	33	6.4	126	6.1
Once a day	Male	0	0	1	0.4	6	2.4	7	2.7	14	1.3
	Female	3	1.2	6	2.4	7	2.7	8	3.1	24	2.3
	Total	3	0.6	7	1.4	13	2.5	15	2.9	38	1.8
2 or more times a day	Male	0	0	1	0.4	5	2.0	0	0	6	0.6
	Female	0	0	0	0	2	0.8	1	0.4	3	0.3
	Total	0	0	1	0.2	7	1.4	1	0.2	9	0.4

Frequency of food intakes
Worcester sauce at the table

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	25	9.2	26	9.8	31	12.4	29	11.0	111	10.6
	Female	32	12.4	39	15.4	37	14.3	40	15.6	148	14.4
	Total	57	10.7	65	12.5	68	13.3	69	13.3	259	12.5
Once a month	Male	22	8.1	25	9.4	26	10.4	20	7.6	93	8.8
	Female	21	8.1	27	10.7	32	12.4	30	11.7	110	10.7
	Total	43	8.1	52	10.0	58	11.4	50	9.6	203	9.8
2 to 3 times a month	Male	31	11.4	38	14.3	42	16.7	50	19.0	161	15.3
	Female	44	17.0	40	15.8	43	16.6	48	18.8	175	17.0
	Total	75	14.1	78	15.1	85	16.7	98	18.9	336	16.2
Once a week	Male	44	16.1	53	20.0	46	18.3	52	19.8	195	18.5
	Female	57	22.0	60	23.7	57	22.0	53	20.7	227	22.1

2 to 3 times a week	Total	101	19.0	113	21.8	103	20.2	105	20.2	422	20.3
	Male	76	27.8	66	24.9	65	25.9	72	27.4	279	26.5
	Female	65	25.1	58	22.9	65	25.1	53	20.7	241	23.5
	Total	141	26.5	124	23.9	130	25.5	125	24.1	520	25.0
4 to 6 times a week	Male	47	17.2	27	10.2	25	10.0	20	7.6	119	11.3
	Female	23	8.9	24	9.5	19	7.3	24	9.4	90	8.8
	Total	70	13.2	51	9.8	44	8.6	44	8.5	209	10.1
Once a day	Male	27	9.9	25	9.4	14	5.6	19	7.2	85	8.1
	Female	16	6.2	5	2.0	5	1.9	7	2.7	33	3.2
	Total	43	8.1	30	5.8	19	3.7	26	5.0	118	5.7
2 or more times a day	Male	1	0.4	5	1.9	2	0.8	1	0.4	9	0.9
	Female	1	0.4	0	0	1	0.4	1	0.4	3	0.3
	Total	2	0.4	5	1.0	3	0.6	2	0.4	12	0.6

Frequency of food intakes
Dressing at the table

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	53	19.4	52	19.6	64	25.5	89	33.8	258	24.5
	Female	40	15.4	46	18.2	59	22.8	84	32.8	229	22.3
	Total	93	17.5	98	18.9	123	24.1	173	33.3	487	23.4
Once a month	Male	30	11.0	27	10.2	27	10.8	30	11.4	114	10.8
	Female	18	6.9	25	9.9	20	7.7	29	11.3	92	9.0
	Total	48	9.0	52	10.0	47	9.2	59	11.4	206	9.9
2 to 3 times a month	Male	41	15.0	39	14.7	43	17.1	37	14.1	160	15.2
	Female	28	10.8	34	13.4	35	13.5	38	14.8	135	13.1
	Total	69	13.0	73	14.1	78	15.3	75	14.5	295	14.2
Once a week	Male	48	17.6	60	22.6	36	14.3	42	16.0	186	17.7
	Female	51	19.7	43	17.0	44	17.0	30	11.7	168	16.4
	Total	99	18.6	103	19.9	80	15.7	72	13.9	354	17.0
2 to 3 times a week	Male	65	23.8	57	21.5	58	23.1	40	15.2	220	20.9
	Female	71	27.4	70	27.7	63	24.3	46	18.0	250	24.3
	Total	136	25.6	127	24.5	121	23.7	86	16.6	470	22.6
4 to 6 times a week	Male	28	10.3	20	7.5	11	4.4	19	7.2	78	7.4
	Female	40	15.4	30	11.9	27	10.4	22	8.6	119	11.6
	Total	68	12.8	50	9.7	38	7.5	41	7.9	197	9.5
Once a day	Male	8	2.9	9	3.4	11	4.4	5	1.9	33	3.1
	Female	10	3.9	5	2.0	11	4.2	6	2.3	32	3.1
	Total	18	3.4	14	2.7	22	4.3	11	2.1	65	3.1
2 or more times a day	Male	0	0	1	0.4	1	0.4	1	0.4	3	0.3
	Female	1	0.4	0	0	0	0	1	0.4	2	0.2
	Total	1	0.2	1	0.2	1	0.2	2	0.4	5	0.2

Frequency of food intakes
Mayonnaise at tha table

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	16	5.9	25	9.4	35	13.9	46	17.5	122	11.6
	Female	12	4.6	13	5.1	22	8.5	40	15.6	87	8.5
	Total	28	5.3	38	7.3	57	11.2	86	16.6	209	10.1
Once a month	Male	20	7.3	21	7.9	16	6.4	19	7.2	76	7.2
	Female	17	6.6	22	8.7	17	6.6	18	7.0	74	7.2
	Total	37	7.0	43	8.3	33	6.5	37	7.1	150	7.2
2 to 3 times a month	Male	34	12.5	35	13.2	42	16.7	36	13.7	147	14.0
	Female	22	8.5	41	16.2	36	13.9	43	16.8	142	13.8
	Total	56	10.5	76	14.7	78	15.3	79	15.2	289	13.9
Once a week	Male	62	22.7	58	21.9	51	20.3	62	23.6	233	22.1
	Female	59	22.8	59	23.3	73	28.2	50	19.5	241	23.5
	Total	121	22.7	117	22.6	124	24.3	112	21.6	474	22.8
2 to 3 times a week	Male	86	31.5	92	34.7	70	27.9	68	25.9	316	30.0
	Female	93	35.9	87	34.4	72	27.8	70	27.3	322	31.4
	Total	179	33.6	179	34.6	142	27.8	138	26.6	638	30.7
4 to 6 times a week	Male	37	13.6	25	9.4	21	8.4	20	7.6	103	9.8
	Female	44	17.0	23	9.1	28	10.8	21	8.2	116	11.3
	Total	81	15.2	48	9.3	49	9.6	41	7.9	219	10.5
Once a day	Male	15	5.5	8	3.0	15	6.0	7	2.7	45	4.3
	Female	12	4.6	7	2.8	11	4.2	12	4.7	42	4.1
	Total	27	5.1	15	2.9	26	5.1	19	3.7	87	4.2
2 or more times a day	Male	3	1.1	1	0.4	1	0.4	5	1.9	10	1.0
	Female	0	0	1	0.4	0	0	2	0.8	3	0.3
	Total	3	0.6	2	0.4	1	0.2	7	1.3	13	0.6

Frequency of food intakes
Diet dressing at the table

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	148	54.2	174	65.7	177	70.5	208	79.1	707	67.2
	Female	95	36.7	107	42.3	125	48.3	171	66.8	498	48.5
	Total	243	45.7	281	54.2	302	59.2	379	73.0	1205	58.0
Once a month	Male	23	8.4	24	9.1	18	7.2	6	2.3	71	6.7
	Female	30	11.6	15	5.9	13	5.0	12	4.7	70	6.8
	Total	53	10.0	39	7.5	31	6.1	18	3.5	141	6.8
2 to 3 times a month	Male	17	6.2	14	5.3	19	7.6	6	2.3	56	5.3
	Female	28	10.8	18	7.1	24	9.3	16	6.3	86	8.4

	Total	45	8.5	32	6.2	43	8.4	22	4.2	142	6.8
Once a week	Male	34	12.5	28	10.6	16	6.4	17	6.5	95	9.0
	Female	36	13.9	30	11.9	26	10.0	8	3.1	100	9.7
	Total	70	13.2	58	11.2	42	8.2	25	4.8	195	9.4
2 to 3 times a week	Male	36	13.2	16	6.0	12	4.8	19	7.2	83	7.9
	Female	39	15.1	58	22.9	35	13.5	27	10.5	159	15.5
	Total	75	14.1	74	14.3	47	9.2	46	8.9	242	11.6
4 to 6 times a week	Male	10	3.7	5	1.9	4	1.6	5	1.9	24	2.3
	Female	24	9.3	20	7.9	20	7.7	14	5.5	78	7.6
	Total	34	6.4	25	4.8	24	4.7	19	3.7	102	4.9
Once a day	Male	4	1.5	3	1.1	5	2.0	1	0.4	13	1.2
	Female	7	2.7	5	2.0	15	5.8	7	2.7	34	3.3
	Total	11	2.1	8	1.5	20	3.9	8	1.5	47	2.3
2 or more times a day	Male	1	0.4	1	0.4	0	0	1	0.4	3	0.3
	Female	0	0	0	0	1	0.4	1	0.4	2	0.2
	Total	1	0.2	1	0.2	1	0.2	2	0.4	5	0.2

Frequency of food intakes
Japanese sake

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	118	43.2	105	39.6	123	49.0	110	41.8	456	43.3
	Female	216	83.4	196	77.5	209	80.7	211	82.4	832	81.0
	Total	334	62.8	301	58.1	332	65.1	321	61.8	1288	62.0
Once a month	Male	59	21.6	39	14.7	25	10.0	33	12.5	156	14.8
	Female	29	11.2	31	12.3	27	10.4	22	8.6	109	10.6
	Total	88	16.5	70	13.5	52	10.2	55	10.6	265	12.7
2 to 3 times a month	Male	30	11.0	27	10.2	25	10.0	35	13.3	117	11.1
	Female	9	3.5	9	3.6	6	2.3	6	2.3	30	2.9
	Total	39	7.3	36	6.9	31	6.1	41	7.9	147	7.1
Once a week	Male	16	5.9	16	6.0	7	2.8	12	4.6	51	4.8
	Female	2	0.8	7	2.8	7	2.7	1	0.4	17	1.7
	Total	18	3.4	23	4.4	14	2.7	13	2.5	68	3.3
2 to 3 times a week	Male	28	10.3	28	10.6	26	10.4	27	10.3	109	10.4
	Female	1	0.4	6	2.4	4	1.5	8	3.1	19	1.9
	Total	29	5.5	34	6.6	30	5.9	35	6.7	128	6.2
4 to 6 times a week	Male	6	2.2	23	8.7	13	5.2	13	4.9	55	5.2
	Female	0	0	1	0.4	4	1.5	3	1.2	8	0.8
	Total	6	1.1	24	4.6	17	3.3	16	3.1	63	3.0
Once a day	Male	16	5.9	27	10.2	29	11.6	33	12.5	105	10.0
	Female	2	0.8	3	1.2	2	0.8	5	2.0	12	1.2
	Total	18	3.4	30	5.8	31	6.1	38	7.3	117	5.6
2 or more times a day	Male	0	0	0	0	3	1.2	0	0	3	0.3

day	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	3	0.6	0	0	3	0.1

Frequency of food intakes
Japanese distilled alcoholic beverages (Shochu)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	170	62.3	167	63.0	183	72.9	214	81.4	734	69.8
	Female	221	85.3	233	92.1	244	94.2	252	98.4	950	92.5
	Total	391	73.5	400	77.2	427	83.7	466	89.8	1684	81.0
Once a month	Male	31	11.4	25	9.4	10	4.0	9	3.4	75	7.1
	Female	21	8.1	8	3.2	6	2.3	1	0.4	36	3.5
	Total	52	9.8	33	6.4	16	3.1	10	1.9	111	5.3
2 to 3 times a month	Male	18	6.6	15	5.7	2	0.8	2	0.8	37	3.5
	Female	6	2.3	6	2.4	3	1.2	1	0.4	16	1.6
	Total	24	4.5	21	4.1	5	1.0	3	0.6	53	2.5
Once a week	Male	12	4.4	10	3.8	11	4.4	6	2.3	39	3.7
	Female	3	1.2	2	0.8	2	0.8	0	0	7	0.7
	Total	15	2.8	12	2.3	13	2.5	6	1.2	46	2.2
2 to 3 times a week	Male	13	4.8	14	5.3	17	6.8	15	5.7	59	5.6
	Female	4	1.5	2	0.8	1	0.4	1	0.4	8	0.8
	Total	17	3.2	16	3.1	18	3.5	16	3.1	67	3.2
4 to 6 times a week	Male	10	3.7	14	5.3	7	2.8	3	1.1	34	3.2
	Female	2	0.8	1	0.4	1	0.4	0	0	4	0.4
	Total	12	2.3	15	2.9	8	1.6	3	0.6	38	1.8
Once a day	Male	17	6.2	20	7.5	20	8.0	13	4.9	70	6.7
	Female	2	0.8	1	0.4	2	0.8	1	0.4	6	0.6
	Total	19	3.6	21	4.1	22	4.3	14	2.7	76	3.7
2 to 3 times a day	Male	1	0.4	0	0	1	0.4	1	0.4	3	0.3
	Female	0	0	0	0	0	0	0	0	0	0
	Total	1	0.2	0	0	1	0.2	1	0.2	3	0.1
4 or more times a day	Male	1	0.4	0	0	0	0	0	0	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	1	0.2	0	0	0	0	0	0	1	0.0

Frequency of food intakes
Regular or draft beer

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	31	11.4	29	10.9	64	25.5	85	32.3	209	19.9
	Female	111	42.9	132	52.2	140	54.1	171	66.8	554	53.9
	Total	142	26.7	161	31.1	204	40.0	256	49.3	763	36.7

Once a month	Male	30	11.0	24	9.1	28	11.2	35	13.3	117	11.1
	Female	47	18.1	35	13.8	44	17.0	38	14.8	164	16.0
	Total	77	14.5	59	11.4	72	14.1	73	14.1	281	13.5
2 to 3 times a month	Male	30	11.0	20	7.5	30	12.0	30	11.4	110	10.5
	Female	30	11.6	19	7.5	25	9.7	16	6.3	90	8.8
	Total	60	11.3	39	7.5	55	10.8	46	8.9	200	9.6
Once a week	Male	20	7.3	26	9.8	23	9.2	28	10.6	97	9.2
	Female	13	5.0	19	7.5	13	5.0	11	4.3	56	5.5
	Total	33	6.2	45	8.7	36	7.1	39	7.5	153	7.4
2 to 3 times a week	Male	58	21.2	63	23.8	45	17.9	32	12.2	198	18.8
	Female	25	9.7	19	7.5	13	5.0	8	3.1	65	6.3
	Total	83	15.6	82	15.8	58	11.4	40	7.7	263	12.7
4 to 6 times a week	Male	42	15.4	38	14.3	21	8.4	21	8.0	122	11.6
	Female	17	6.6	15	5.9	16	6.2	9	3.5	57	5.6
	Total	59	11.1	53	10.2	37	7.3	30	5.8	179	8.6
Once a day	Male	60	22.0	63	23.8	40	15.9	31	11.8	194	18.4
	Female	16	6.2	12	4.7	7	2.7	3	1.2	38	3.7
	Total	76	14.3	75	14.5	47	9.2	34	6.6	232	11.2
2 to 3 times a day	Male	1	0.4	2	0.8	0	0	0	0	3	0.3
	Female	0	0	2	0.8	1	0.4	0	0	3	0.3
	Total	1	0.2	4	0.8	1	0.2	0	0	6	0.3
4 or more times a day	Male	1	0.4	0	0	0	0	1	0.4	2	0.2
	Female	0	0	0	0	0	0	0	0	0	0
	Total	1	0.2	0	0	0	0	1	0.2	2	0.1

Frequency of food intakes
Light beer

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	222	81.3	236	89.1	230	91.6	250	95.1	938	89.2
	Female	227	87.6	236	93.3	246	95.0	252	98.4	961	93.6
	Total	449	84.4	472	91.1	476	93.3	502	96.7	1899	91.3
Once a month	Male	22	8.1	11	4.2	13	5.2	5	1.9	51	4.8
	Female	16	6.2	9	3.6	10	3.9	2	0.8	37	3.6
	Total	38	7.1	20	3.9	23	4.5	7	1.3	88	4.2
2 to 3 times a month	Male	9	3.3	9	3.4	3	1.2	4	1.5	25	2.4
	Female	3	1.2	2	0.8	1	0.4	1	0.4	7	0.7
	Total	12	2.3	11	2.1	4	0.8	5	1.0	32	1.5
Once a week	Male	6	2.2	4	1.5	1	0.4	2	0.8	13	1.2
	Female	4	1.5	1	0.4	0	0	1	0.4	6	0.6
	Total	10	1.9	5	1.0	1	0.2	3	0.6	19	0.9
2 to 3 times a week	Male	4	1.5	4	1.5	3	1.2	1	0.4	12	1.1

4 to 6 times a week	Female	4	1.5	3	1.2	2	0.8	0	0	9	0.9
	Total	8	1.5	7	1.4	5	1.0	1	0.2	21	1.0
	Male	6	2.2	0	0	1	0.4	1	0.4	8	0.8
	Female	3	1.2	1	0.4	0	0	0	0	4	0.4
Once a day	Total	9	1.7	1	0.2	1	0.2	1	0.2	12	0.6
	Male	4	1.5	1	0.4	0	0	0	0	5	0.5
	Female	2	0.8	0	0	0	0	0	0	2	0.2
	Total	6	1.1	1	0.2	0	0	0	0	7	0.3
2 to 3 times a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	1	0.4	0	0	0	0	1	0.1
	Total	0	0	1	0.2	0	0	0	0	1	0.0

Frequency of food intakes
Wine

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	145	53.1	155	58.5	171	68.1	196	74.5	667	63.4
	Female	154	59.5	150	59.3	171	66.0	193	75.4	668	65.0
	Total	299	56.2	305	58.9	342	67.1	389	75.0	1335	64.2
Once a month	Male	81	29.7	52	19.6	42	16.7	28	10.6	203	19.3
	Female	63	24.3	59	23.3	44	17.0	27	10.5	193	18.8
	Total	144	27.1	111	21.4	86	16.9	55	10.6	396	19.0
2 to 3 times a month	Male	25	9.2	32	12.1	18	7.2	19	7.2	94	8.9
	Female	21	8.1	24	9.5	21	8.1	12	4.7	78	7.6
	Total	46	8.6	56	10.8	39	7.6	31	6.0	172	8.3
Once a week	Male	13	4.8	11	4.2	8	3.2	8	3.0	40	3.8
	Female	11	4.2	10	4.0	4	1.5	12	4.7	37	3.6
	Total	24	4.5	21	4.1	12	2.4	20	3.9	77	3.7
2 to 3 times a week	Male	7	2.6	10	3.8	10	4.0	7	2.7	34	3.2
	Female	5	1.9	5	2.0	6	2.3	6	2.3	22	2.1
	Total	12	2.3	15	2.9	16	3.1	13	2.5	56	2.7
4 to 6 times a week	Male	1	0.4	3	1.1	1	0.4	1	0.4	6	0.6
	Female	2	0.8	3	1.2	6	2.3	1	0.4	12	1.2
	Total	3	0.6	6	1.2	7	1.4	2	0.4	18	0.9
Once a day	Male	1	0.4	1	0.4	1	0.4	4	1.5	7	0.7
	Female	3	1.2	2	0.8	6	2.3	5	2.0	16	1.6
	Total	4	0.8	3	0.6	7	1.4	9	1.7	23	1.1
2 to 3 times a day	Male	0	0	1	0.4	0	0	0	0	1	0.1
	Female	0	0	0	0	1	0.4	0	0	1	0.1
	Total	0	0	1	0.2	1	0.2	0	0	2	0.1

Frequency of food intakes
Hard liquor (such as whisky, brandy, gin, vodka, rum, cocktails, etc.)

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	160	58.6	160	60.4	177	70.5	205	77.9	702	66.7
	Female	225	86.9	230	90.9	238	91.9	254	99.2	947	92.2
	Total	385	72.4	390	75.3	415	81.4	459	88.4	1649	79.3
Once a month	Male	57	20.9	39	14.7	29	11.6	17	6.5	142	13.5
	Female	20	7.7	17	6.7	11	4.2	1	0.4	49	4.8
	Total	77	14.5	56	10.8	40	7.8	18	3.5	191	9.2
2 to 3 times a month	Male	21	7.7	20	7.5	18	7.2	13	4.9	72	6.8
	Female	4	1.5	2	0.8	3	1.2	0	0	9	0.9
	Total	25	4.7	22	4.2	21	4.1	13	2.5	81	3.9
Once a week	Male	11	4.0	16	6.0	7	2.8	4	1.5	38	3.6
	Female	3	1.2	2	0.8	1	0.4	1	0.4	7	0.7
	Total	14	2.6	18	3.5	8	1.6	5	1.0	45	2.2
2 to 3 times a week	Male	12	4.4	14	5.3	10	4.0	12	4.6	48	4.6
	Female	4	1.5	1	0.4	3	1.2	0	0	8	0.8
	Total	16	3.0	15	2.9	13	2.5	12	2.3	56	2.7
4 to 6 times a week	Male	5	1.8	8	3.0	3	1.2	6	2.3	22	2.1
	Female	1	0.4	0	0	2	0.8	0	0	3	0.3
	Total	6	1.1	8	1.5	5	1.0	6	1.2	25	1.2
Once a day	Male	7	2.6	8	3.0	7	2.8	4	1.5	26	2.5
	Female	2	0.8	0	0	1	0.4	0	0	3	0.3
	Total	9	1.7	8	1.5	8	1.6	4	0.8	29	1.4
2 to 3 times a day	Male	0	0	0	0	0	0	2	0.8	2	0.2
	Female	0	0	1	0.4	0	0	0	0	1	0.1
	Total	0	0	1	0.2	0	0	2	0.4	3	0.1

Frequency of food intakes
Regular coffee

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	10	3.7	19	7.2	26	10.4	38	14.4	93	8.8
	Female	13	5.0	23	9.1	38	14.7	62	24.2	136	13.2
	Total	23	4.3	42	8.1	64	12.5	100	19.3	229	11.0
Once a month	Male	7	2.6	12	4.5	20	8.0	18	6.8	57	5.4
	Female	7	2.7	13	5.1	13	5.0	24	9.4	57	5.6
	Total	14	2.6	25	4.8	33	6.5	42	8.1	114	5.5
2 to 3 times a month	Male	5	1.8	8	3.0	15	6.0	24	9.1	52	4.9
	Female	13	5.0	13	5.1	24	9.3	24	9.4	74	7.2
	Total	18	3.4	21	4.1	39	7.6	48	9.2	126	6.1
Once a week	Male	8	2.9	8	3.0	8	3.2	18	6.8	42	4.0
	Female	7	2.7	7	2.8	22	8.5	18	7.0	54	5.3

2 to 3 times a week	Total	15	2.8	15	2.9	30	5.9	36	6.9	96	4.6
	Male	15	5.5	12	4.5	25	10.0	23	8.7	75	7.1
	Female	18	6.9	21	8.3	32	12.4	28	10.9	99	9.6
	Total	33	6.2	33	6.4	57	11.2	51	9.8	174	8.4
4 to 6 times a week	Male	15	5.5	11	4.2	22	8.8	24	9.1	72	6.8
	Female	16	6.2	20	7.9	21	8.1	24	9.4	81	7.9
	Total	31	5.8	31	6.0	43	8.4	48	9.2	153	7.4
Once a day	Male	50	18.3	67	25.3	64	25.5	76	28.9	257	24.4
	Female	71	27.4	76	30.0	68	26.3	48	18.8	263	25.6
	Total	121	22.7	143	27.6	132	25.9	124	23.9	520	25.0
2 to 3 times a day	Male	130	47.6	101	38.1	62	24.7	39	14.8	332	31.6
	Female	96	37.1	73	28.9	39	15.1	26	10.2	234	22.8
	Total	226	42.5	174	33.6	101	19.8	65	12.5	566	27.2
4 or more times a day	Male	33	12.1	27	10.2	9	3.6	3	1.1	72	6.8
	Female	18	6.9	7	2.8	2	0.8	2	0.8	29	2.8
	Total	51	9.6	34	6.6	11	2.2	5	1.0	101	4.9

Frequency of food intakes
Decaffeinated coffee

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	267	97.8	252	95.1	232	92.4	249	94.7	1000	95.1
	Female	250	96.5	235	92.9	243	93.8	247	96.5	975	94.9
	Total	517	97.2	487	94.0	475	93.1	496	95.6	1975	95.0
Once a month	Male	4	1.5	3	1.1	8	3.2	3	1.1	18	1.7
	Female	3	1.2	6	2.4	2	0.8	6	2.3	17	1.7
	Total	7	1.3	9	1.7	10	2.0	9	1.7	35	1.7
2 to 3 times a month	Male	0	0	3	1.1	2	0.8	1	0.4	6	0.6
	Female	2	0.8	2	0.8	1	0.4	1	0.4	6	0.6
	Total	2	0.4	5	1.0	3	0.6	2	0.4	12	0.6
Once a week	Male	1	0.4	4	1.5	2	0.8	2	0.8	9	0.9
	Female	1	0.4	0	0	6	2.3	0	0	7	0.7
	Total	2	0.4	4	0.8	8	1.6	2	0.4	16	0.8
2 to 3 times a week	Male	1	0.4	2	0.8	4	1.6	2	0.8	9	0.9
	Female	0	0	3	1.2	3	1.2	1	0.4	7	0.7
	Total	1	0.2	5	1.0	7	1.4	3	0.6	16	0.8
4 to 6 times a week	Male	0	0	0	0	0	0	2	0.8	2	0.2
	Female	0	0	1	0.4	3	1.2	0	0	4	0.4
	Total	0	0	1	0.2	3	0.6	2	0.4	6	0.3
Once a day	Male	0	0	1	0.4	3	1.2	4	1.5	8	0.8
	Female	2	0.8	3	1.2	1	0.4	0	0	6	0.6
	Total	2	0.4	4	0.8	4	0.8	4	0.8	14	0.7

2 to 3 times a day	Male	0	0	0	0	0	0	0	0	0
	Female	1	0.4	3	1.2	0	0	1	0.4	5
	Total	1	0.2	3	0.6	0	0	1	0.2	5

Frequency of food intakes
Black tea

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	117	42.9	155	58.5	136	54.2	157	59.7	565	53.7
	Female	58	22.4	102	40.3	102	39.4	109	42.6	371	36.1
	Total	175	32.9	257	49.6	238	46.7	266	51.3	936	45.0
Once a month	Male	55	20.1	34	12.8	40	15.9	27	10.3	156	14.8
	Female	63	24.3	48	19.0	49	18.9	36	14.1	196	19.1
	Total	118	22.2	82	15.8	89	17.5	63	12.1	352	16.9
2 to 3 times a month	Male	37	13.6	29	10.9	32	12.7	32	12.2	130	12.4
	Female	35	13.5	27	10.7	36	13.9	38	14.8	136	13.2
	Total	72	13.5	56	10.8	68	13.3	70	13.5	266	12.8
Once a week	Male	27	9.9	23	8.7	18	7.2	18	6.8	86	8.2
	Female	34	13.1	27	10.7	32	12.4	26	10.2	119	11.6
	Total	61	11.5	50	9.7	50	9.8	44	8.5	205	9.9
2 to 3 times a week	Male	16	5.9	11	4.2	15	6.0	12	4.6	54	5.1
	Female	39	15.1	24	9.5	20	7.7	18	7.0	101	9.8
	Total	55	10.3	35	6.8	35	6.9	30	5.8	155	7.5
4 to 6 times a week	Male	7	2.6	1	0.4	5	2.0	9	3.4	22	2.1
	Female	15	5.8	9	3.6	13	5.0	10	3.9	47	4.6
	Total	22	4.1	10	1.9	18	3.5	19	3.7	69	3.3
Once a day	Male	12	4.4	7	2.6	4	1.6	7	2.7	30	2.9
	Female	13	5.0	14	5.5	7	2.7	15	5.9	49	4.8
	Total	25	4.7	21	4.1	11	2.2	22	4.2	79	3.8
2 to 3 times a day	Male	2	0.7	4	1.5	1	0.4	1	0.4	8	0.8
	Female	2	0.8	2	0.8	0	0	4	1.6	8	0.8
	Total	4	0.8	6	1.2	1	0.2	5	1.0	16	0.8
4 or more times a day	Male	0	0	1	0.4	0	0	0	0	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	1	0.2	0	0	0	0	1	0.0

Frequency of food intakes
Green tea

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	14	5.1	15	5.7	9	3.6	13	4.9	51	4.8
	Female	10	3.9	12	4.7	7	2.7	14	5.5	43	4.2

	Total	24	4.5	27	5.2	16	3.1	27	5.2	94	4.5
Once a month	Male	4	1.5	3	1.1	3	1.2	3	1.1	13	1.2
	Female	2	0.8	2	0.8	1	0.4	2	0.8	7	0.7
	Total	6	1.1	5	1.0	4	0.8	5	1.0	20	1.0
2 to 3 times a month	Male	10	3.7	6	2.3	3	1.2	5	1.9	24	2.3
	Female	4	1.5	1	0.4	2	0.8	3	1.2	10	1.0
	Total	14	2.6	7	1.4	5	1.0	8	1.5	34	1.6
Once a week	Male	9	3.3	3	1.1	2	0.8	3	1.1	17	1.6
	Female	11	4.2	3	1.2	1	0.4	4	1.6	19	1.9
	Total	20	3.8	6	1.2	3	0.6	7	1.3	36	1.7
2 to 3 times a week	Male	10	3.7	9	3.4	6	2.4	3	1.1	28	2.7
	Female	13	5.0	9	3.6	6	2.3	6	2.3	34	3.3
	Total	23	4.3	18	3.5	12	2.4	9	1.7	62	3.0
4 to 6 times a week	Male	11	4.0	7	2.6	4	1.6	6	2.3	28	2.7
	Female	15	5.8	11	4.3	9	3.5	4	1.6	39	3.8
	Total	26	4.9	18	3.5	13	2.5	10	1.9	67	3.2
Once a day	Male	48	17.6	36	13.6	19	7.6	13	4.9	116	11.0
	Female	44	17.0	22	8.7	15	5.8	15	5.9	96	9.3
	Total	92	17.3	58	11.2	34	6.7	28	5.4	212	10.2
2 to 3 times a day	Male	118	43.2	117	44.2	131	52.2	113	43.0	479	45.5
	Female	106	40.9	90	35.6	106	40.9	91	35.5	393	38.3
	Total	224	42.1	207	40.0	237	46.5	204	39.3	872	41.9
4 or more times a day	Male	49	17.9	69	26.0	74	29.5	104	39.5	296	28.1
	Female	54	20.8	103	40.7	112	43.2	117	45.7	386	37.6
	Total	103	19.4	172	33.2	186	36.5	221	42.6	682	32.8

Frequency of food intakes
Oolong tea

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	29	10.6	31	11.7	47	18.7	88	33.5	195	18.5
	Female	28	10.8	32	12.6	39	15.1	66	25.8	165	16.1
	Total	57	10.7	63	12.2	86	16.9	154	29.7	360	17.3
Once a month	Male	22	8.1	20	7.5	15	6.0	18	6.8	75	7.1
	Female	20	7.7	13	5.1	22	8.5	20	7.8	75	7.3
	Total	42	7.9	33	6.4	37	7.3	38	7.3	150	7.2
2 to 3 times a month	Male	18	6.6	28	10.6	26	10.4	27	10.3	99	9.4
	Female	22	8.5	26	10.3	18	6.9	9	3.5	75	7.3
	Total	40	7.5	54	10.4	44	8.6	36	6.9	174	8.4
Once a week	Male	28	10.3	32	12.1	32	12.7	23	8.7	115	10.9
	Female	18	6.9	21	8.3	24	9.3	23	9.0	86	8.4
	Total	46	8.6	53	10.2	56	11.0	46	8.9	201	9.7
2 to 3 times a	Male	40	14.7	35	13.2	37	14.7	24	9.1	136	12.9

week	Female	34	13.1	33	13.0	36	13.9	39	15.2	142	13.8
	Total	74	13.9	68	13.1	73	14.3	63	12.1	278	13.4
4 to 6 times a week	Male	26	9.5	26	9.8	16	6.4	11	4.2	79	7.5
	Female	21	8.1	23	9.1	21	8.1	16	6.3	81	7.9
	Total	47	8.8	49	9.5	37	7.3	27	5.2	160	7.7
Once a day	Male	40	14.7	37	14.0	19	7.6	24	9.1	120	11.4
	Female	39	15.1	32	12.6	21	8.1	21	8.2	113	11.0
	Total	79	14.8	69	13.3	40	7.8	45	8.7	233	11.2
2 to 3 times a day	Male	54	19.8	39	14.7	44	17.5	37	14.1	174	16.5
	Female	52	20.1	58	22.9	60	23.2	33	12.9	203	19.8
	Total	106	19.9	97	18.7	104	20.4	70	13.5	377	18.1
4 or more times a day	Male	16	5.9	17	6.4	15	6.0	11	4.2	59	5.6
	Female	25	9.7	15	5.9	18	6.9	29	11.3	87	8.5
	Total	41	7.7	32	6.2	33	6.5	40	7.7	146	7.0

Frequency of food intakes
Carbonated beverages (such as cola, soda, etc.)

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	66	24.2	121	45.7	144	57.4	179	68.1	510	48.5
	Female	123	47.5	159	62.8	185	71.4	183	71.5	650	63.3
	Total	189	35.5	280	54.1	329	64.5	362	69.7	1160	55.8
Once a month	Male	66	24.2	42	15.8	40	15.9	32	12.2	180	17.1
	Female	63	24.3	49	19.4	40	15.4	31	12.1	183	17.8
	Total	129	24.2	91	17.6	80	15.7	63	12.1	363	17.5
2 to 3 times a month	Male	49	17.9	47	17.7	29	11.6	18	6.8	143	13.6
	Female	29	11.2	27	10.7	20	7.7	18	7.0	94	9.2
	Total	78	14.7	74	14.3	49	9.6	36	6.9	237	11.4
Once a week	Male	42	15.4	22	8.3	16	6.4	14	5.3	94	8.9
	Female	24	9.3	9	3.6	2	0.8	15	5.9	50	4.9
	Total	66	12.4	31	6.0	18	3.5	29	5.6	144	6.9
2 to 3 times a week	Male	34	12.5	20	7.5	14	5.6	14	5.3	82	7.8
	Female	11	4.2	5	2.0	4	1.5	6	2.3	26	2.5
	Total	45	8.5	25	4.8	18	3.5	20	3.9	108	5.2
4 to 6 times a week	Male	7	2.6	10	3.8	1	0.4	3	1.1	21	2.0
	Female	6	2.3	3	1.2	5	1.9	1	0.4	15	1.5
	Total	13	2.4	13	2.5	6	1.2	4	0.8	36	1.7
Once a day	Male	8	2.9	2	0.8	6	2.4	3	1.1	19	1.8
	Female	3	1.2	1	0.4	1	0.4	2	0.8	7	0.7
	Total	11	2.1	3	0.6	7	1.4	5	1.0	26	1.3
2 to 3 times a day	Male	1	0.4	1	0.4	1	0.4	0	0	3	0.3
	Female	0	0	0	0	2	0.8	0	0	2	0.2

Total	1	0.2	1	0.2	3	0.6	0	0	5	0.2
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Frequency of food intakes
Isotonic drink

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	60	22.0	98	37.0	108	43.0	178	67.7	444	42.2
	Female	127	49.0	141	55.7	173	66.8	193	75.4	634	61.7
	Total	187	35.2	239	46.1	281	55.1	371	71.5	1078	51.9
Once a month	Male	56	20.5	60	22.6	39	15.5	27	10.3	182	17.3
	Female	49	18.9	50	19.8	41	15.8	25	9.8	165	16.1
	Total	105	19.7	110	21.2	80	15.7	52	10.0	347	16.7
2 to 3 times a month	Male	69	25.3	37	14.0	50	19.9	15	5.7	171	16.3
	Female	34	13.1	37	14.6	13	5.0	13	5.1	97	9.4
	Total	103	19.4	74	14.3	63	12.4	28	5.4	268	12.9
Once a week	Male	39	14.3	28	10.6	20	8.0	19	7.2	106	10.1
	Female	24	9.3	12	4.7	9	3.5	10	3.9	55	5.4
	Total	63	11.8	40	7.7	29	5.7	29	5.6	161	7.7
2 to 3 times a week	Male	31	11.4	27	10.2	15	6.0	11	4.2	84	8.0
	Female	19	7.3	9	3.6	11	4.2	8	3.1	47	4.6
	Total	50	9.4	36	6.9	26	5.1	19	3.7	131	6.3
4 to 6 times a week	Male	12	4.4	10	3.8	8	3.2	6	2.3	36	3.4
	Female	4	1.5	2	0.8	3	1.2	2	0.8	11	1.1
	Total	16	3.0	12	2.3	11	2.2	8	1.5	47	2.3
Once a day	Male	5	1.8	3	1.1	8	3.2	6	2.3	22	2.1
	Female	1	0.4	1	0.4	6	2.3	5	2.0	13	1.3
	Total	6	1.1	4	0.8	14	2.7	11	2.1	35	1.7
2 to 3 times a day	Male	1	0.4	2	0.8	3	1.2	1	0.4	7	0.7
	Female	1	0.4	1	0.4	3	1.2	0	0	5	0.5
	Total	2	0.4	3	0.6	6	1.2	1	0.2	12	0.6

2) Frequency of supplement intake

Usage of vitamin and mineral pills during last 1 year

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
No	Male	222	81.3	205	77.4	173	68.9	172	65.4	772	73.4
	Female	198	76.4	185	73.1	159	61.4	161	62.9	703	68.5
	Total	420	78.9	390	75.3	332	65.1	333	64.2	1475	70.9
Yes	Male	51	18.7	60	22.6	78	31.1	91	34.6	280	26.6
	Female	61	23.6	68	26.9	100	38.6	95	37.1	324	31.5

Total	112	21.1	128	24.7	178	34.9	186	35.8	604	29.1
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Frequency of vitamin and mineral pills intakes
Mixed vitamins

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	231	84.6	217	81.9	190	75.7	197	74.9	835	79.4
	Female	216	83.4	220	87.0	186	71.8	206	80.5	828	80.6
	Total	447	84.0	437	84.4	376	73.7	403	77.6	1663	80.0
1 to 2 a week	Male	17	6.2	20	7.5	25	10.0	17	6.5	79	7.5
	Female	18	6.9	12	4.7	16	6.2	15	5.9	61	5.9
	Total	35	6.6	32	6.2	41	8.0	32	6.2	140	6.7
4 to 6 times a week	Male	11	4.0	9	3.4	8	3.2	6	2.3	34	3.2
	Female	7	2.7	4	1.6	8	3.1	5	2.0	24	2.3
	Total	18	3.4	13	2.5	16	3.1	11	2.1	58	2.8
Once a day	Male	12	4.4	16	6.0	20	8.0	31	11.8	79	7.5
	Female	12	4.6	11	4.3	33	12.7	16	6.3	72	7.0
	Total	24	4.5	27	5.2	53	10.4	47	9.1	151	7.3
Twicer a day	Male	2	0.7	3	1.1	7	2.8	10	3.8	22	2.1
	Female	5	1.9	5	2.0	11	4.2	11	4.3	32	3.1
	Total	7	1.3	8	1.5	18	3.5	21	4.0	54	2.6
3 or more times a day	Male	0	0	0	0	1	0.4	2	0.8	3	0.3
	Female	1	0.4	1	0.4	5	1.9	3	1.2	10	1.0
	Total	1	0.2	1	0.2	6	1.2	5	1.0	13	0.6

Frequency of vitamin and mineral pills intakes
Prescribed drug including vitamins and minerals

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	272	99.6	263	99.2	240	95.6	235	89.4	1010	96.0
	Female	258	99.6	247	97.6	234	90.3	220	85.9	959	93.4
	Total	530	99.6	510	98.5	474	92.9	455	87.7	1969	94.7
1 to 2 a week	Male	0	0	0	0	1	0.4	1	0.4	2	0.2
	Female	0	0	1	0.4	1	0.4	0	0	2	0.2
	Total	0	0	1	0.2	2	0.4	1	0.2	4	0.2
4 to 6 times a week	Male	0	0	0	0	0	0	1	0.4	1	0.1
	Female	1	0.4	0	0	1	0.4	1	0.4	3	0.3
	Total	1	0.2	0	0	1	0.2	2	0.4	4	0.2
Once a day	Male	0	0	0	0	4	1.6	2	0.8	6	0.6
	Female	0	0	3	1.2	8	3.1	8	3.1	19	1.9
	Total	0	0	3	0.6	12	2.4	10	1.9	25	1.2
Twicer a day	Male	0	0	2	0.8	3	1.2	11	4.2	16	1.5

3 or more times a day	Female	0	0	2	0.8	7	2.7	10	3.9	19	1.9
	Total	0	0	4	0.8	10	2.0	21	4.0	35	1.7
	Male	1	0.4	0	0	3	1.2	13	4.9	17	1.6
	Female	0	0	0	0	8	3.1	17	6.6	25	2.4
	Total	1	0.2	0	0	11	2.2	30	5.8	42	2.0

Frequency of vitamin and mineral pills intakes
Cod liver oil

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	271	99.3	264	99.6	250	99.6	262	99.6	1047	99.5
	Female	257	99.2	253	100.0	257	99.2	253	98.8	1020	99.3
	Total	528	99.2	517	99.8	507	99.4	515	99.2	2067	99.4
1 to 2 a week	Male	0	0	0	0	0	0	0	0	0	0
	Female	1	0.4	0	0	0	0	1	0.4	2	0.2
	Total	1	0.2	0	0	0	0	1	0.2	2	0.1
Once a day	Male	2	0.7	1	0.4	1	0.4	1	0.4	5	0.5
	Female	0	0	0	0	1	0.4	0	0	1	0.1
	Total	2	0.4	1	0.2	2	0.4	1	0.2	6	0.3
Twicer a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	1	0.4	1	0.1
	Total	0	0	0	0	0	0	1	0.2	1	0.0
3 or more times a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	1	0.4	0	0	1	0.4	1	0.4	3	0.3
	Total	1	0.2	0	0	1	0.2	1	0.2	3	0.1

Frequency of vitamin and mineral pills intakes
Vitamin A

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	272	99.6	263	99.2	247	98.4	262	99.6	1044	99.2
	Female	254	98.1	250	98.8	254	98.1	252	98.4	1010	98.3
	Total	526	98.9	513	99.0	501	98.2	514	99.0	2054	98.8
1 to 2 a week	Male	0	0	0	0	2	0.8	0	0	2	0.2
	Female	2	0.8	1	0.4	1	0.4	0	0	4	0.4
	Total	2	0.4	1	0.2	3	0.6	0	0	6	0.3
4 to 6 times a week	Male	0	0	0	0	0	0	0	0	0	0
	Female	1	0.4	1	0.4	0	0	0	0	2	0.2
	Total	1	0.2	1	0.2	0	0	0	0	2	0.1
Once a day	Male	1	0.4	2	0.8	2	0.8	1	0.4	6	0.6
	Female	1	0.4	1	0.4	3	1.2	2	0.8	7	0.7
	Total	2	0.4	3	0.6	5	1.0	3	0.6	13	0.6

Twicer a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	1	0.4	2	0.8	3	0.3
	Total	0	0	0	0	1	0.2	2	0.4	3	0.1
3 or more times a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	1	0.4	0	0	0	0	0	0	1	0.1
	Total	1	0.2	0	0	0	0	0	0	1	0.0

Frequency of vitamin and mineral pills intakes
β-Carotene

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	272	99.6	263	99.2	248	98.8	263	100.0	1046	99.4
	Female	259	100.0	249	98.4	258	99.6	254	99.2	1020	99.3
	Total	531	99.8	512	98.8	506	99.2	517	99.6	2066	99.4
1 to 2 a week	Male	0	0	0	0	1	0.4	0	0	1	0.1
	Female	0	0	1	0.4	1	0.4	1	0.4	3	0.3
	Total	0	0	1	0.2	2	0.4	1	0.2	4	0.2
4 to 6 times a week	Male	1	0.4	0	0	0	0	0	0	1	0.1
	Female	0	0	0	0	0	0	0	0	0	0
	Total	1	0.2	0	0	0	0	0	0	1	0.0
Once a day	Male	0	0	2	0.8	2	0.8	0	0	4	0.4
	Female	0	0	3	1.2	0	0	1	0.4	4	0.4
	Total	0	0	5	1.0	2	0.4	1	0.2	8	0.4

Frequency of vitamin and mineral pills intakes
Vitamin C

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	264	96.7	254	95.8	245	97.6	258	98.1	1021	97.1
	Female	235	90.7	231	91.3	240	92.7	238	93.0	944	91.9
	Total	499	93.8	485	93.6	485	95.1	496	95.6	1965	94.5
1 to 2 a week	Male	8	2.9	2	0.8	3	1.2	3	1.1	16	1.5
	Female	9	3.5	5	2.0	7	2.7	2	0.8	23	2.2
	Total	17	3.2	7	1.4	10	2.0	5	1.0	39	1.9
4 to 6 times a week	Male	0	0	0	0	0	0	0	0	0	0
	Female	4	1.5	5	2.0	2	0.8	3	1.2	14	1.4
	Total	4	0.8	5	1.0	2	0.4	3	0.6	14	0.7
Once a day	Male	1	0.4	8	3.0	3	1.2	1	0.4	13	1.2
	Female	8	3.1	6	2.4	8	3.1	8	3.1	30	2.9
	Total	9	1.7	14	2.7	11	2.2	9	1.7	43	2.1
Twicer a day	Male	0	0	1	0.4	0	0	1	0.4	2	0.2
	Female	1	0.4	4	1.6	2	0.8	4	1.6	11	1.1

Total		1	0.2	5	1.0	2	0.4	5	1.0	13	0.6
3 or more times a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	2	0.8	2	0.8	0	0	1	0.4	5	0.5
	Total	2	0.4	2	0.4	0	0	1	0.2	5	0.2

Frequency of vitamin and mineral pills intakes
Calcium

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	269	98.5	258	97.4	247	98.4	258	98.1	1032	98.1
	Female	241	93.1	229	90.5	239	92.3	240	93.8	949	92.4
	Total	510	95.9	487	94.0	486	95.3	498	96.0	1981	95.3
1 to 2 a week	Male	2	0.7	2	0.8	1	0.4	2	0.8	7	0.7
	Female	9	3.5	6	2.4	3	1.2	2	0.8	20	1.9
	Total	11	2.1	8	1.5	4	0.8	4	0.8	27	1.3
4 to 6 times a week	Male	0	0	0	0	1	0.4	1	0.4	2	0.2
	Female	3	1.2	4	1.6	2	0.8	0	0	9	0.9
	Total	3	0.6	4	0.8	3	0.6	1	0.2	11	0.5
Once a day	Male	1	0.4	4	1.5	2	0.8	0	0	7	0.7
	Female	3	1.2	9	3.6	10	3.9	4	1.6	26	2.5
	Total	4	0.8	13	2.5	12	2.4	4	0.8	33	1.6
Twicer a day	Male	0	0	1	0.4	0	0	1	0.4	2	0.2
	Female	1	0.4	4	1.6	3	1.2	8	3.1	16	1.6
	Total	1	0.2	5	1.0	3	0.6	9	1.7	18	0.9
3 or more times a day	Male	1	0.4	0	0	0	0	1	0.4	2	0.2
	Female	2	0.8	1	0.4	2	0.8	2	0.8	7	0.7
	Total	3	0.6	1	0.2	2	0.4	3	0.6	9	0.4

Frequency of vitamin and mineral pills intakes
Vitamin E

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	266	97.4	256	96.6	243	96.8	255	97.0	1020	97.0
	Female	241	93.1	230	90.9	240	92.7	237	92.6	948	92.3
	Total	507	95.3	486	93.8	483	94.7	492	94.8	1968	94.7
1 to 2 a week	Male	4	1.5	2	0.8	2	0.8	2	0.8	10	1.0
	Female	5	1.9	5	2.0	3	1.2	3	1.2	16	1.6
	Total	9	1.7	7	1.4	5	1.0	5	1.0	26	1.3
4 to 6 times a week	Male	0	0	1	0.4	1	0.4	1	0.4	3	0.3
	Female	3	1.2	2	0.8	0	0	0	0	5	0.5
	Total	3	0.6	3	0.6	1	0.2	1	0.2	8	0.4
Once a day	Male	3	1.1	5	1.9	4	1.6	2	0.8	14	1.3

Twicer a day	Female	9	3.5	11	4.3	10	3.9	8	3.1	38	3.7
	Total	12	2.3	16	3.1	14	2.7	10	1.9	52	2.5
	Male	0	0	1	0.4	1	0.4	3	1.1	5	0.5
	Female	0	0	2	0.8	4	1.5	8	3.1	14	1.4
3 or more times a day	Total	0	0	3	0.6	5	1.0	11	2.1	19	0.9
	Male	0	0	0	0	0	0	0	0	0	0
	Female	1	0.4	3	1.2	2	0.8	0	0	6	0.6
	Total	1	0.2	3	0.6	2	0.4	0	0	6	0.3

Duration of vitamin and mineral pills intakes
Mixed vitamins

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Within 1 year	Male	12	28.6	12	25.0	8	13.1	12	18.2	44	20.3
	Female	16	37.2	6	18.2	17	23.3	9	18.0	48	24.1
	Total	28	32.9	18	22.2	25	18.7	21	18.1	92	22.1
2 to 4 years	Male	14	33.3	20	41.7	16	26.2	19	28.8	69	31.8
	Female	14	32.6	14	42.4	24	32.9	22	44.0	74	37.2
	Total	28	32.9	34	42.0	40	29.9	41	35.3	143	34.4
5 years or more	Male	16	38.1	16	33.3	37	60.7	35	53.0	104	47.9
	Female	13	30.2	13	39.4	32	43.8	19	38.0	77	38.7
	Total	29	34.1	29	35.8	69	51.5	54	46.6	181	43.5

Duration of vitamin and mineral pills intakes
Prescribed drug including vitamins and minerals

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Within 1 year	Male	1	100.0	0	0	5	45.5	7	25.0	13	31.0
	Female	1	100.0	2	33.3	8	32.0	13	36.1	24	35.3
	Total	2	100.0	2	25.0	13	36.1	20	31.3	37	33.6
2 to 4 years	Male	0	0	1	50.0	3	27.3	9	32.1	13	31.0
	Female	0	0	3	50.0	11	44.0	8	22.2	22	32.4
	Total	0	0	4	50.0	14	38.9	17	26.6	35	31.8
5 years or more	Male	0	0	1	50.0	3	27.3	12	42.9	16	38.1
	Female	0	0	1	16.7	6	24.0	15	41.7	22	32.4
	Total	0	0	2	25.0	9	25.0	27	42.2	38	34.5

Duration of vitamin and mineral pills intakes
Cod liver oil

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Within 1 year	Male	0	0	0	0	1	100.0	0	0	1	20.0

2 to 4 years	Female	0	0	0	0	1	50.0	1	33.3	2	28.6
	Total	0	0	0	0	2	66.7	1	25.0	3	25.0
	Male	0	0	1	100.0	0	0	0	0	1	20.0
	Female	2	100.0	0	0	1	50.0	0	0	3	42.9
	Total	2	50.0	1	100.0	1	33.3	0	0	4	33.3
5 years or more	Male	2	100.0	0	0	0	0	1	100.0	3	60.0
	Female	0	0	0	0	0	0	2	66.7	2	28.6
	Total	2	50.0	0	0	0	0	3	75.0	5	41.7

Duration of vitamin and mineral pills intakes
Vitamin A

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Within 1 year	Male	0	0	1	50.0	2	50.0	0	0	3	37.5
	Female	3	60.0	0	0	2	40.0	2	50.0	7	41.2
	Total	3	50.0	1	20.0	4	44.4	2	40.0	10	40.0
2 to 4 years	Male	0	0	1	50.0	1	25.0	0	0	2	25.0
	Female	2	40.0	2	66.7	1	20.0	2	50.0	7	41.2
	Total	2	33.3	3	60.0	2	22.2	2	40.0	9	36.0
5 years or more	Male	1	100.0	0	0	1	25.0	1	100.0	3	37.5
	Female	0	0	1	33.3	2	40.0	0	0	3	17.6
	Total	1	16.7	1	20.0	3	33.3	1	20.0	6	24.0

Duration of vitamin and mineral pills intakes
β-Carotene

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Within 1 year	Male	0	0	1	50.0	1	33.3	0	0	2	33.3
	Female	0	0	0	0	1	100.0	1	50.0	2	28.6
	Total	0	0	1	16.7	2	50.0	1	50.0	4	30.8
2 to 4 years	Male	1	100.0	1	50.0	2	66.7	0	0	4	66.7
	Female	0	0	2	50.0	0	0	1	50.0	3	42.9
	Total	1	100.0	3	50.0	2	50.0	1	50.0	7	53.8
5 years or more	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	2	50.0	0	0	0	0	2	28.6
	Total	0	0	2	33.3	0	0	0	0	2	15.4

Duration of vitamin and mineral pills intakes
Vitamin C

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%

Within 1 year	Male	4	44.4	3	27.3	2	33.3	2	40.0	11	35.5
	Female	15	62.5	9	40.9	6	31.6	8	44.4	38	45.8
	Total	19	57.6	12	36.4	8	32.0	10	43.5	49	43.0
2 to 4 years	Male	4	44.4	6	54.5	3	50.0	0	0	13	41.9
	Female	5	20.8	5	22.7	7	36.8	8	44.4	25	30.1
	Total	9	27.3	11	33.3	10	40.0	8	34.8	38	33.3
5 years or more	Male	1	11.1	2	18.2	1	16.7	3	60.0	7	22.6
	Female	4	16.7	8	36.4	6	31.6	2	11.1	20	24.1
	Total	5	15.2	10	30.3	7	28.0	5	21.7	27	23.7

Duration of vitamin and mineral pills intakes
Calcium

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Within 1 year	Male	4	100.0	3	42.9	1	25.0	1	20.0	9	45.0
	Female	8	44.4	9	37.5	8	40.0	5	31.3	30	38.5
	Total	12	54.5	12	38.7	9	37.5	6	28.6	39	39.8
2 to 4 years	Male	0	0	4	57.1	2	50.0	2	40.0	8	40.0
	Female	7	38.9	10	41.7	7	35.0	8	50.0	32	41.0
	Total	7	31.8	14	45.2	9	37.5	10	47.6	40	40.8
5 years or more	Male	0	0	0	0	1	25.0	2	40.0	3	15.0
	Female	3	16.7	5	20.8	5	25.0	3	18.8	16	20.5
	Total	3	13.6	5	16.1	6	25.0	5	23.8	19	19.4

Duration of vitamin and mineral pills intakes
Vitamin E

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Within 1 year	Male	3	42.9	6	66.7	1	12.5	4	50.0	14	43.8
	Female	9	50.0	5	21.7	4	21.1	6	31.6	24	30.4
	Total	12	48.0	11	34.4	5	18.5	10	37.0	38	34.2
2 to 4 years	Male	2	28.6	2	22.2	6	75.0	3	37.5	13	40.6
	Female	6	33.3	11	47.8	9	47.4	11	57.9	37	46.8
	Total	8	32.0	13	40.6	15	55.6	14	51.9	50	45.0
5 years or more	Male	2	28.6	1	11.1	1	12.5	1	12.5	5	15.6
	Female	3	16.7	7	30.4	6	31.6	2	10.5	18	22.8
	Total	5	20.0	8	25.0	7	25.9	3	11.1	23	20.7

3) Monthly amount of food intake

Average food intakes per month
Miso soup (miso-shiru) – cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	23.4	17.5	273	26.7	16.1	265	27.2	17.2	251	26.3	15.7	263	25.9	16.7	1052
Female	19.3	13.0	259	20.0	12.5	253	23.4	13.7	259	23.2	14.5	256	21.5	13.6	1027
Total	21.4	15.6	532	23.4	14.8	518	25.3	15.6	510	24.8	15.2	519	23.7	15.4	2079

Average food intakes per month
Clear soup (sumashi-jiru) – cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.5	3.7	273	2.8	4.5	265	3.2	5.3	251	3.0	4.7	263	2.9	4.6	1052
Female	3.4	4.1	259	3.1	3.4	253	4.5	6.5	259	4.1	4.9	256	3.8	4.9	1027
Total	2.9	3.9	532	2.9	4.0	518	3.9	6.0	510	3.5	4.8	519	3.3	4.7	2079

Average food intakes per month
Egg custard (chawanmushi) – cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.7	0.9	273	0.8	1.0	265	0.8	0.8	251	0.9	1.0	263	0.8	0.9	1052
Female	0.8	0.8	259	0.9	0.9	253	1.1	1.1	259	1.0	1.1	256	1.0	1.0	1027
Total	0.8	0.8	532	0.8	0.9	518	0.9	0.9	510	1.0	1.0	519	0.9	0.9	2079

Average food intakes per month
Japanese chowder (kennchin, kasu-jiru) – cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.5	0.8	273	0.5	0.9	265	0.4	0.9	251	0.5	1.4	263	0.5	1.0	1052
Female	0.8	1.1	259	0.9	1.7	253	0.8	1.3	259	0.5	0.9	256	0.8	1.3	1027
Total	0.6	0.9	532	0.7	1.3	518	0.6	1.1	510	0.5	1.2	519	0.6	1.1	2079

Average food intakes per month
Thick or creamy soup – cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.3	1.6	273	0.9	1.1	265	0.9	1.3	251	1.0	1.4	263	1.0	1.4	1052
Female	1.3	1.4	259	1.2	1.6	253	1.5	2.1	259	1.5	3.2	256	1.4	2.2	1027
Total	1.3	1.5	532	1.1	1.4	518	1.2	1.7	510	1.2	2.5	519	1.2	1.8	2079

Average food intakes per month
Thin soup – cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
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	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.5	2.9	273	1.1	2.3	265	1.1	2.7	251	1.1	2.7	263	1.2	2.6	1052
Female	1.3	2.0	259	1.3	2.2	253	1.7	3.3	259	1.0	2.0	256	1.3	2.4	1027
Total	1.4	2.5	532	1.2	2.2	518	1.4	3.0	510	1.1	2.4	519	1.3	2.5	2079

Average food intakes per month
Noodle topped tennpura (tempura soba, tempura udon) – bowl/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.3	1.8	273	1.3	2.3	265	1.2	2.5	251	1.1	1.6	263	1.2	2.1	1052
Female	0.7	1.0	259	0.7	0.9	253	0.9	1.6	259	0.7	1.3	256	0.8	1.2	1027
Total	1.0	1.5	532	1.0	1.8	518	1.0	2.1	510	0.9	1.5	519	1.0	1.7	2079

Average food intakes per month
Noodle served on bamboo work plate (zaru soba, zaru udon) – bowl/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.3	1.5	273	1.8	2.6	265	2.1	3.5	251	1.8	2.8	263	1.7	2.7	1052
Female	1.0	1.1	259	1.1	1.5	253	1.4	1.6	259	1.6	2.5	256	1.3	1.7	1027
Total	1.2	1.3	532	1.5	2.2	518	1.7	2.7	510	1.7	2.7	519	1.5	2.3	2079

Average food intakes per month
Other dishes of noodle – bowl/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.9	2.8	273	2.4	3.4	265	2.8	4.1	251	2.3	3.3	263	2.3	3.4	1052
Female	1.4	1.5	259	1.5	1.5	253	2.3	2.8	259	2.0	2.4	256	1.8	2.1	1027
Total	1.7	2.3	532	2.0	2.7	518	2.5	3.5	510	2.1	2.9	519	2.1	2.9	2079

Average food intakes per month
Chinese noodle, noodle with won-tun – bowl/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.2	1.9	273	1.7	1.8	265	1.7	2.0	251	1.1	1.3	263	1.7	1.8	1052
Female	1.3	1.1	259	1.0	1.1	253	1.0	1.5	259	0.8	1.2	256	1.0	1.2	1027
Total	1.8	1.6	532	1.4	1.5	518	1.4	1.8	510	1.0	1.3	519	1.4	1.6	2079

Average food intakes per month
Fried or steamed noodles (yakisoba) – plate/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.7	1.3	273	1.1	1.0	265	1.1	1.4	251	0.9	1.1	263	1.2	1.3	1052
Female	1.3	0.9	259	1.1	1.0	253	1.0	1.0	259	0.8	0.9	256	1.1	1.0	1027
Total	1.5	1.1	532	1.1	1.0	518	1.1	1.2	510	0.9	1.0	519	1.1	1.1	2079

Average food intakes per month
 Spaghetti with tomato sauce and meat or cheese – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.0	1.0	273	0.6	0.7	265	0.5	0.7	251	0.3	0.6	263	0.6	0.8	1052
Female	0.9	0.7	259	0.7	0.8	253	0.5	0.6	259	0.4	0.7	256	0.6	0.7	1027
Total	1.0	0.9	532	0.7	0.7	518	0.5	0.7	510	0.4	0.7	519	0.6	0.8	2079

Average food intakes per month
 Spaghetti with seafood – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.3	0.5	273	0.2	0.4	265	0.1	0.4	251	0.1	0.3	263	0.2	0.4	1052
Female	0.2	0.5	259	0.2	0.4	253	0.2	0.4	259	0.1	0.3	256	0.2	0.4	1027
Total	0.3	0.5	532	0.2	0.4	518	0.1	0.4	510	0.1	0.3	519	0.2	0.4	2079

Average food intakes per month
 Macaroni gratin – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.3	0.5	273	0.2	0.4	265	0.2	0.7	251	0.2	0.5	263	0.2	0.5	1052
Female	0.3	0.4	259	0.2	0.4	253	0.2	0.3	259	0.2	0.4	256	0.2	0.4	1027
Total	0.3	0.5	532	0.2	0.4	518	0.2	0.5	510	0.2	0.4	519	0.2	0.5	2079

Average food intakes per month
 Macaroni salada – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.5	0.6	273	0.4	0.6	265	0.5	1.1	251	0.3	0.5	263	0.4	0.7	1052
Female	0.4	0.5	259	0.3	0.5	253	0.4	0.4	259	0.4	0.6	256	0.4	0.5	1027
Total	0.5	0.6	532	0.4	0.5	518	0.4	0.8	510	0.4	0.6	519	0.4	0.6	2079

Average food intakes per month
 Instant Chinese noodle – bag/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.9	2.1	273	1.5	2.5	265	1.3	2.7	251	1.2	2.0	263	1.5	2.3	1052
Female	1.2	1.3	259	0.8	1.3	253	0.7	1.1	259	0.8	1.6	256	0.9	1.4	1027
Total	1.6	1.8	532	1.1	2.1	518	1.0	2.1	510	1.0	1.8	519	1.2	1.9	2079

Average food intakes per month
 Cup noodle – cup/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.2	1.8	273	0.7	1.4	265	0.4	0.8	251	0.4	1.0	263	0.7	1.4	1052
Female	0.8	1.3	259	0.3	0.8	253	0.2	0.6	259	0.3	0.8	256	0.4	0.9	1027
Total	1.0	1.6	532	0.5	1.2	518	0.3	0.7	510	0.4	0.9	519	0.5	1.2	2079

Average food intakes per month
 Beef mixed with vegetables – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.9	2.6	273	2.7	2.6	265	2.0	2.1	251	1.9	1.9	263	2.4	2.4	1052
Female	2.4	2.1	259	2.2	2.3	253	1.7	1.6	259	1.7	1.9	256	2.0	2.0	1027
Total	2.7	2.4	532	2.4	2.5	518	1.9	1.8	510	1.8	1.9	519	2.2	2.2	2079

Average food intakes per month
 Pork mixed with vegetables – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.9	2.8	273	2.8	3.2	265	1.7	1.8	251	1.8	2.1	263	2.3	2.6	1052
Female	2.8	3.0	259	2.3	2.3	253	2.0	2.1	259	1.7	2.2	256	2.2	2.5	1027
Total	2.8	2.9	532	2.6	2.8	518	1.8	2.0	510	1.7	2.2	519	2.2	2.5	2079

Average food intakes per month
 Chicken mixed with vegetables – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.1	2.3	273	2.1	2.3	265	1.7	2.0	251	1.7	1.9	263	1.9	2.2	1052
Female	2.2	2.3	259	2.1	2.3	253	1.9	2.0	259	2.0	2.5	256	2.0	2.3	1027
Total	2.2	2.3	532	2.1	2.3	518	1.8	2.0	510	1.8	2.3	519	2.0	2.2	2079

Average food intakes per month
 Fish mixed with vegetables – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N

Male	1.8	2.1	273	2.1	2.6	265	2.0	2.2	251	1.8	2.3	263	1.9	2.3	1052
Female	1.5	1.9	259	1.8	2.1	253	1.9	2.9	259	1.8	2.9	256	1.7	2.5	1027
Total	1.6	2.0	532	2.0	2.4	518	1.9	2.6	510	1.8	2.6	519	1.8	2.4	2079

Average food intakes per month
 Fried vegetables – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.4	2.7	273	2.8	3.6	265	2.9	3.3	251	2.9	3.3	263	2.8	3.2	1052
Female	2.3	2.7	259	2.9	2.8	253	3.4	5.0	259	3.0	3.7	256	2.9	3.7	1027
Total	2.4	2.7	532	2.9	3.2	518	3.2	4.3	510	3.0	3.5	519	2.8	3.5	2079

Average food intakes per month
 Hamburger steak – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.1	1.0	273	0.8	1.0	265	0.6	0.8	251	0.5	0.6	263	0.7	0.9	1052
Female	0.8	0.7	259	0.5	0.5	253	0.5	0.6	259	0.4	0.5	256	0.5	0.6	1027
Total	1.0	0.9	532	0.6	0.8	518	0.5	0.7	510	0.4	0.6	519	0.6	0.8	2079

Average food intakes per month
 Meat dumpling (niku-danngo) – piece/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.9	5.7	273	2.6	3.7	265	2.0	3.5	251	1.8	2.7	263	2.6	4.2	1052
Female	2.6	2.9	259	2.1	2.8	253	2.0	2.9	259	2.0	3.0	256	2.2	2.9	1027
Total	3.3	4.6	532	2.4	3.3	518	2.0	3.2	510	1.9	2.9	519	2.4	3.6	2079

Average food intakes per month
 Shao-mai – piece/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.6	4.5	273	3.9	4.7	265	3.9	4.6	251	3.6	4.7	263	4.0	4.7	1052
Female	3.8	3.7	259	4.1	5.6	253	3.9	3.9	259	4.3	5.1	256	4.0	4.6	1027
Total	4.2	4.2	532	4.0	5.1	518	3.9	4.3	510	4.0	5.0	519	4.0	4.7	2079

Average food intakes per month
 Fried or steamed dumpling stuffed with minced pork (gyoza) – piece/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N

Male	13.5	9.9	273	12.9	10.2	265	10.9	10.2	251	9.5	9.2	263	11.7	10.0	1052
Female	10.6	6.4	259	10.4	8.0	253	11.2	11.1	259	9.8	8.6	256	10.5	8.7	1027
Total	12.1	8.5	532	11.7	9.3	518	11.0	10.7	510	9.6	8.9	519	11.1	9.4	2079

Average food intakes per month
Pizza – slice/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.8	2.8	273	0.8	1.7	265	0.3	0.9	251	0.3	1.3	263	0.8	1.9	1052
Female	2.1	3.1	259	0.8	1.9	253	0.7	1.5	259	0.4	0.9	256	1.0	2.1	1027
Total	1.9	3.0	532	0.8	1.8	518	0.5	1.2	510	0.3	1.1	519	0.9	2.0	2079

Average food intakes per month
Grilled meat – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.5	2.1	273	2.1	1.8	265	1.8	2.6	251	1.3	1.4	263	2.0	2.1	1052
Female	1.8	1.4	259	1.6	1.6	253	1.3	1.5	259	1.1	1.4	256	1.5	1.5	1027
Total	2.2	1.8	532	1.9	1.7	518	1.6	2.1	510	1.2	1.4	519	1.7	1.8	2079

Average food intakes per month
Beefsteak – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.9	1.3	273	0.8	1.1	265	0.7	0.9	251	0.5	0.8	263	0.7	1.1	1052
Female	0.7	1.2	259	0.6	0.8	253	0.5	0.8	259	0.3	0.6	256	0.5	0.9	1027
Total	0.8	1.2	532	0.7	1.0	518	0.6	0.9	510	0.4	0.7	519	0.6	1.0	2079

Average food intakes per month
Porksteak – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.7	1.0	273	0.6	0.9	265	0.4	0.7	251	0.3	0.7	263	0.5	0.9	1052
Female	0.6	0.7	259	0.5	0.8	253	0.4	0.8	259	0.2	0.7	256	0.4	0.8	1027
Total	0.6	0.9	532	0.5	0.8	518	0.4	0.8	510	0.3	0.7	519	0.5	0.8	2079

Average food intakes per month
Pork outlet (ton-katsu) – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.1	1.5	273	1.8	1.6	265	1.6	1.8	251	1.4	1.4	263	1.7	1.6	1052

Female	1.4	1.2	259	1.2	1.1	253	1.1	1.1	259	1.0	1.2	256	1.2	1.1	1027
Total	1.8	1.4	532	1.5	1.4	518	1.3	1.5	510	1.2	1.3	519	1.4	1.4	2079

Average food intakes per month
Ham or sausages – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.6	4.2	273	3.3	4.7	265	2.5	3.5	251	2.0	3.5	263	2.9	4.1	1052
Female	2.9	3.7	259	2.2	3.6	253	2.3	3.5	259	1.9	3.6	256	2.3	3.6	1027
Total	3.2	4.0	532	2.8	4.3	518	2.4	3.5	510	1.9	3.6	519	2.6	3.9	2079

Average food intakes per month
Bacon – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.1	2.0	273	0.8	1.7	265	0.9	2.4	251	0.5	0.9	263	0.8	1.8	1052
Female	1.3	2.0	259	0.8	1.4	253	0.9	1.8	259	0.5	1.3	256	0.9	1.7	1027
Total	1.2	2.0	532	0.8	1.5	518	0.9	2.1	510	0.5	1.1	519	0.9	1.8	2079

Average food intakes per month
Rorsted pork – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.7	1.1	273	0.8	1.1	265	0.9	1.6	251	0.8	1.4	263	0.8	1.3	1052
Female	0.6	1.0	259	0.7	1.2	253	0.7	1.2	259	0.7	1.4	256	0.7	1.2	1027
Total	0.7	1.0	532	0.7	1.2	518	0.8	1.4	510	0.7	1.4	519	0.7	1.2	2079

Average food intakes per month
Liver (beef,pork and chicken) – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.6	1.0	273	0.7	0.9	265	0.9	1.6	251	0.7	1.3	263	0.7	1.2	1052
Female	0.4	0.7	259	0.6	1.1	253	0.7	1.4	259	0.8	1.4	256	0.6	1.2	1027
Total	0.5	0.9	532	0.6	1.0	518	0.8	1.5	510	0.8	1.3	519	0.7	1.2	2079

Average food intakes per month
Grilled or boiled intestin (horumon-yaki, dote-ni) – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.7	1.0	273	0.7	1.1	265	0.5	1.0	251	0.4	0.7	263	0.6	1.0	1052

Female	0.3	0.4	259	0.4	0.7	253	0.3	0.9	259	0.2	0.5	256	0.3	0.6	1027
Total	0.5	0.8	532	0.5	0.9	518	0.4	0.9	510	0.3	0.6	519	0.4	0.8	2079

Average food intakes per month
Fried chicken (deep-fried chicken, kara-age) – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.4	1.8	273	1.1	1.8	265	1.0	1.6	251	0.8	1.3	263	1.1	1.7	1052
Female	1.0	1.1	259	0.6	1.0	253	0.7	1.1	259	0.7	1.4	256	0.8	1.2	1027
Total	1.2	1.5	532	0.9	1.5	518	0.9	1.4	510	0.8	1.3	519	0.9	1.4	2079

Average food intakes per month
Roast chicken, chicken teri-yaki, yakitori – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.9	1.5	273	0.7	1.1	265	0.7	1.1	251	0.6	1.0	263	0.7	1.2	1052
Female	0.8	1.0	259	0.7	1.3	253	0.7	1.1	259	0.6	1.1	256	0.7	1.1	1027
Total	0.8	1.3	532	0.7	1.2	518	0.7	1.1	510	0.6	1.0	519	0.7	1.2	2079

Average food intakes per month
Grilled fish – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	5.2	4.5	273	6.4	6.6	265	5.2	4.9	251	4.9	4.4	263	5.4	5.2	1052
Female	5.5	5.0	259	5.6	5.6	253	4.9	4.7	259	3.8	3.4	256	5.0	4.8	1027
Total	5.4	4.7	532	6.0	6.2	518	5.1	4.8	510	4.3	4.0	519	5.2	5.0	2079

Average food intakes per month
Fish boiled with soy and sugar – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.1	2.9	273	4.5	4.4	265	4.3	3.9	251	4.3	4.4	263	4.1	4.0	1052
Female	3.4	3.0	259	4.2	3.5	253	3.9	3.5	259	4.0	5.1	256	3.9	3.9	1027
Total	3.2	2.9	532	4.4	4.0	518	4.1	3.7	510	4.1	4.7	519	4.0	3.9	2079

Average food intakes per month
Dried fish – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.8	3.6	273	4.1	5.3	265	3.7	3.6	251	4.3	5.4	263	3.7	4.6	1052
Female	3.6	4.6	259	4.1	4.4	253	4.0	5.0	259	3.7	5.7	256	3.9	5.0	1027

Total	3.2	4.1	532	4.1	4.9	518	3.8	4.4	510	4.0	5.6	519	3.8	4.8	2079
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Average food intakes per month
Raw fish (sashimi) – slice/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	21.2	24.2	273	24.8	25.4	265	23.8	25.8	251	22.6	26.6	263	23.1	25.5	1052
Female	16.2	19.6	259	19.0	19.7	253	19.3	19.4	259	16.0	18.4	256	17.6	19.3	1027
Total	18.8	22.2	532	22.0	23.0	518	21.5	22.9	510	19.3	23.2	519	20.4	22.8	2079

Average food intakes per month
Squid, octopus – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.5	2.5	273	2.9	3.6	265	2.4	2.5	251	1.7	1.9	263	2.4	2.7	1052
Female	2.0	2.1	259	2.2	2.9	253	1.9	2.8	259	1.5	2.2	256	1.9	2.5	1027
Total	2.2	2.3	532	2.5	3.3	518	2.1	2.7	510	1.6	2.1	519	2.1	2.6	2079

Average food intakes per month
Canned fish – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.7	1.3	273	0.6	0.9	265	0.6	1.2	251	0.7	1.3	263	0.7	1.2	1052
Female	0.7	1.2	259	0.5	0.9	253	0.7	1.5	259	0.7	1.3	256	0.7	1.2	1027
Total	0.7	1.3	532	0.5	0.9	518	0.7	1.3	510	0.7	1.3	519	0.7	1.2	2079

Average food intakes per month
Boiled fish paste (hanpen, kamaboko, chikuwa) – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.9	3.0	273	3.5	3.6	265	3.7	4.4	251	4.1	5.0	263	3.5	4.1	1052
Female	3.2	4.0	259	3.2	3.9	253	3.7	4.6	259	3.7	5.7	256	3.5	4.6	1027
Total	3.0	3.5	532	3.4	3.7	518	3.7	4.5	510	3.9	5.4	519	3.5	4.4	2079

Average food intakes per month
Shellfish boiled down in soy (tsukudani) – table spoon/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.3	2.2	273	2.4	3.7	265	3.0	6.5	251	2.8	5.8	263	2.3	4.8	1052
Female	1.5	2.8	259	2.5	4.6	253	2.4	4.6	259	3.5	6.1	256	2.5	4.7	1027

Total	1.4	2.5	532	2.4	4.2	518	2.7	5.6	510	3.2	6.0	519	2.4	4.8	2079
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Average food intakes per month
Deep fried fish – slice/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.6	3.1	273	2.9	3.5	265	2.4	3.4	251	2.0	2.1	263	2.5	3.1	1052
Female	1.6	1.9	259	1.7	1.7	253	1.7	2.0	259	1.7	2.2	256	1.7	1.9	1027
Total	2.1	2.6	532	2.3	2.8	518	2.1	2.8	510	1.9	2.1	519	2.1	2.6	2079

Average food intakes per month
Deep fried prawn, tempura of shrimp – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.1	2.0	273	2.1	2.2	265	1.8	1.8	251	1.8	2.1	263	1.9	2.0	1052
Female	1.6	1.5	259	1.7	1.5	253	1.7	1.8	259	1.6	1.7	256	1.7	1.6	1027
Total	1.8	1.7	532	1.9	1.9	518	1.7	1.8	510	1.7	1.9	519	1.8	1.8	2079

Average food intakes per month
Shellfish (include oyster) – cup/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.4	1.3	273	1.7	2.6	265	1.7	2.1	251	1.4	1.6	263	1.5	2.0	1052
Female	1.2	1.4	259	1.4	1.9	253	1.6	2.3	259	1.3	1.5	256	1.4	1.8	1027
Total	1.3	1.3	532	1.6	2.3	518	1.7	2.2	510	1.3	1.5	519	1.5	1.9	2079

Average food intakes per month
Rice (include rice ball) – cup/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	76.9	35.6	273	74.1	33.5	265	67.9	33.6	251	65.7	32.5	263	71.2	34.1	1052
Female	59.6	26.2	259	59.1	26.2	253	58.6	25.5	259	57.1	23.0	256	58.6	25.2	1027
Total	68.5	32.5	532	66.7	31.1	518	63.2	30.1	510	61.5	28.5	519	65.0	30.7	2079

Average food intakes per month
Half-cleaned rice, unpolished rice – cup/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.9	8.9	273	1.5	9.7	265	4.2	18.6	251	2.7	14.0	263	2.3	13.3	1052
Female	0.4	3.2	259	1.6	8.8	253	2.4	11.0	259	2.4	10.9	256	1.7	9.1	1027
Total	0.7	6.7	532	1.5	9.3	518	3.3	15.2	510	2.6	12.6	519	2.0	11.4	2079

Average food intakes per month
Sushi (nigiri-zushi) – piece/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	15.4	12.6	273	15.1	14.1	265	13.4	13.4	251	13.4	13.9	263	14.3	13.5	1052
Female	15.2	14.4	259	14.2	15.3	253	13.5	14.9	259	11.1	12.0	256	13.5	14.3	1027
Total	15.3	13.5	532	14.7	14.7	518	13.5	14.2	510	12.2	13.0	519	13.9	13.9	2079

Average food intakes per month
Sushi (chirashi-zushi,maki-zushi and inari-zushi) – plate/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.8	0.8	273	1.0	1.5	265	1.1	1.5	251	1.1	1.1	263	1.0	1.2	1052
Female	1.0	0.8	259	1.1	1.5	253	1.1	1.0	259	1.1	1.1	256	1.1	1.1	1027
Total	0.9	0.8	532	1.0	1.5	518	1.1	1.3	510	1.1	1.1	519	1.0	1.2	2079

Average food intakes per month
Boiled rice mixed with fish,chicken,vegetable and mushroom – cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.7	1.4	273	1.4	1.6	265	1.6	1.7	251	1.5	1.3	263	1.6	1.5	1052
Female	1.8	1.4	259	1.7	1.5	253	2.0	1.8	259	1.8	1.8	256	1.8	1.6	1027
Total	1.7	1.4	532	1.5	1.5	518	1.8	1.8	510	1.6	1.5	519	1.7	1.6	2079

Average food intakes per month
Chinese dish of fried rice – plate/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.7	1.6	273	1.1	1.0	265	0.9	1.1	251	0.8	0.9	263	1.1	1.2	1052
Female	1.4	1.1	259	1.1	1.1	253	1.3	1.8	259	1.0	1.3	256	1.2	1.4	1027
Total	1.6	1.4	532	1.1	1.0	518	1.1	1.5	510	0.9	1.1	519	1.2	1.3	2079

Average food intakes per month
Rice boiled together with red beans (seki-han) – cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.4	1.3	273	0.4	0.9	265	0.5	0.9	251	0.5	0.9	263	0.5	1.0	1052
Female	0.4	0.6	259	0.5	0.7	253	0.6	1.0	259	0.7	0.9	256	0.5	0.8	1027
Total	0.4	1.1	532	0.4	0.8	518	0.6	1.0	510	0.6	0.9	519	0.5	0.9	2079

Average food intakes per month
Rice gruel – cup/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.3	0.9	273	0.4	2.3	265	1.0	5.0	251	1.4	6.1	263	0.8	4.1	1052
Female	0.3	0.7	259	0.5	1.3	253	1.0	4.2	259	1.7	6.1	256	0.9	3.8	1027
Total	0.3	0.8	532	0.4	1.9	518	1.0	4.6	510	1.5	6.1	519	0.8	4.0	2079

Average food intakes per month
Rice cake (mochi) – piece/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.8	2.0	273	1.6	1.7	265	2.9	4.6	251	3.2	8.0	263	2.4	4.8	1052
Female	2.1	3.3	259	2.1	2.6	253	2.9	3.0	259	3.3	4.4	256	2.6	3.4	1027
Total	1.9	2.7	532	1.8	2.2	518	2.9	3.8	510	3.3	6.5	519	2.5	4.2	2079

Average food intakes per month
Sweet potato – piece/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.6	0.8	273	0.6	0.8	265	1.5	3.5	251	2.0	4.0	263	1.1	2.8	1052
Female	1.0	1.1	259	1.3	2.0	253	2.4	3.8	259	2.9	4.2	256	1.9	3.1	1027
Total	0.8	1.0	532	0.9	1.6	518	1.9	3.7	510	2.4	4.1	519	1.5	3.0	2079

Average food intakes per month
Taro (sato-imo) – piece/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.5	3.7	273	5.3	6.2	265	7.1	7.9	251	8.4	9.9	263	6.0	7.5	1052
Female	5.7	6.5	259	7.8	8.1	253	9.9	11.4	259	10.3	13.7	256	8.4	10.5	1027
Total	4.6	5.4	532	6.5	7.3	518	8.5	9.9	510	9.3	12.0	519	7.2	9.2	2079

Average food intakes per month
Yam (yama-imo, naga-imo) – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.8	1.1	273	1.0	1.3	265	1.3	2.0	251	1.4	2.2	263	1.1	1.7	1052
Female	0.8	0.9	259	1.1	1.3	253	1.4	2.0	259	1.3	1.5	256	1.1	1.5	1027
Total	0.8	1.0	532	1.0	1.3	518	1.3	2.0	510	1.3	1.9	519	1.1	1.6	2079

Average food intakes per month
Fried potatoes – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.6	0.9	273	0.3	0.4	265	0.2	0.5	251	0.3	0.6	263	0.4	0.6	1052
Female	0.6	0.6	259	0.3	0.6	253	0.3	0.6	259	0.5	2.0	256	0.4	1.1	1027
Total	0.6	0.7	532	0.3	0.5	518	0.3	0.6	510	0.4	1.5	519	0.4	0.9	2079

Average food intakes per month
Baked or boiled potatoes – piece/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.7	3.4	273	3.3	4.4	265	3.9	5.3	251	4.7	7.9	263	3.6	5.5	1052
Female	3.6	5.4	259	4.3	6.3	253	4.5	6.3	259	4.1	6.3	256	4.2	6.1	1027
Total	3.1	4.5	532	3.8	5.4	518	4.2	5.8	510	4.4	7.1	519	3.9	5.8	2079

Average food intakes per month
Potato salad – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.9	1.0	273	0.8	1.0	265	0.9	1.3	251	0.9	1.4	263	0.9	1.2	1052
Female	0.8	0.7	259	0.9	0.8	253	1.0	1.1	259	0.9	1.2	256	0.9	1.0	1027
Total	0.8	0.9	532	0.8	0.9	518	1.0	1.2	510	0.9	1.3	519	0.9	1.1	2079

Average food intakes per month
Cornflakes – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.1	0.7	273	0.1	0.3	265	0.1	0.3	251	0.1	0.4	263	0.1	0.5	1052
Female	0.3	1.9	259	0.1	0.4	253	0.1	0.3	259	0.1	0.3	256	0.2	1.0	1027
Total	0.2	1.4	532	0.1	0.3	518	0.1	0.3	510	0.1	0.4	519	0.1	0.8	2079

Average food intakes per month
Corn – corn/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.4	0.7	273	0.3	0.6	265	0.4	0.9	251	0.4	0.8	263	0.4	0.8	1052
Female	0.5	0.8	259	0.4	0.6	253	0.6	1.0	259	0.5	0.7	256	0.5	0.8	1027
Total	0.4	0.7	532	0.4	0.6	518	0.5	1.0	510	0.4	0.7	519	0.4	0.8	2079

Average food intakes per month
Eggs (such as boiled, fried, scrambled, etc) – egg/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	15.3	13.0	273	14.0	11.9	265	16.2	13.3	251	15.2	11.5	263	15.2	12.4	1052
Female	15.3	10.3	259	14.5	11.8	253	14.7	10.0	259	14.1	12.5	256	14.7	11.2	1027
Total	15.3	11.7	532	14.3	11.9	518	15.4	11.7	510	14.7	12.0	519	14.9	11.8	2079

Average food intakes per month
Tofu – piece/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.4	3.2	273	4.3	3.6	265	4.7	3.8	251	4.8	4.0	263	4.3	3.7	1052
Female	3.9	2.8	259	4.4	3.8	253	4.5	4.8	259	4.1	3.5	256	4.2	3.8	1027
Total	3.6	3.0	532	4.4	3.7	518	4.6	4.3	510	4.4	3.8	519	4.3	3.8	2079

Average food intakes per month
Steamed egg custard (tamago-dofu) – piece/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.6	1.4	273	0.5	0.9	265	0.5	1.0	251	0.6	1.6	263	0.5	1.2	1052
Female	0.4	0.7	259	0.5	1.1	253	0.7	1.5	259	0.6	1.1	256	0.6	1.1	1027
Total	0.5	1.1	532	0.5	1.0	518	0.6	1.3	510	0.6	1.4	519	0.6	1.2	2079

Average food intakes per month
Fried been curd (abura-age) – piece/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.0	2.5	273	3.0	4.1	265	3.7	4.6	251	4.3	5.2	263	3.2	4.3	1052
Female	3.4	5.2	259	3.4	3.2	253	4.7	5.3	259	5.1	6.6	256	4.1	5.3	1027
Total	2.7	4.1	532	3.2	3.7	518	4.2	5.0	510	4.7	5.9	519	3.7	4.8	2079

Average food intakes per month
Dried been curd (kouya-dofu) – slice/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.9	2.1	273	1.2	2.7	265	1.3	2.9	251	1.9	3.4	263	1.3	2.8	1052
Female	1.1	2.0	259	2.5	7.2	253	2.1	4.2	259	2.2	5.2	256	2.0	5.0	1027
Total	1.0	2.1	532	1.8	5.4	518	1.7	3.6	510	2.1	4.4	519	1.7	4.1	2079

Average food intakes per month
Fried been curd (ganmodoki or nama-age) – piece/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.4	0.6	273	0.5	0.7	265	0.5	0.9	251	0.6	1.3	263	0.5	0.9	1052
Female	0.7	1.0	259	0.9	1.6	253	1.0	1.8	259	1.0	1.7	256	0.9	1.6	1027
Total	0.5	0.8	532	0.7	1.2	518	0.8	1.4	510	0.8	1.5	519	0.7	1.3	2079

Average food intakes per month
Fermented soy beans – portion/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.6	6.0	273	5.2	7.2	265	6.5	8.2	251	6.1	10.3	263	5.3	8.1	1052
Female	4.1	5.8	259	6.5	8.6	253	6.4	7.9	259	6.0	8.2	256	5.7	7.8	1027
Total	3.9	5.9	532	5.9	8.0	518	6.4	8.1	510	6.0	9.3	519	5.5	8.0	2079

Average food intakes per month
Cucumber – stick/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.9	2.6	273	3.4	3.2	265	4.6	5.7	251	3.8	4.6	263	3.6	4.2	1052
Female	4.0	3.1	259	4.5	5.1	253	4.4	4.3	259	4.0	4.3	256	4.3	4.2	1027
Total	3.4	2.9	532	3.9	4.2	518	4.5	5.0	510	3.9	4.4	519	3.9	4.2	2079

Average food intakes per month
Tomato – tomato/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.8	3.1	273	4.2	4.3	265	5.9	6.6	251	5.0	6.2	263	4.4	5.3	1052
Female	3.9	3.9	259	5.9	7.3	253	6.1	6.9	259	6.0	7.0	256	5.5	6.5	1027
Total	3.3	3.5	532	5.0	6.0	518	6.0	6.7	510	5.5	6.6	519	5.0	5.9	2079

Average food intakes per month
Lettuce – plate/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.2	2.1	273	2.4	2.6	265	2.6	3.6	251	2.0	2.7	263	2.3	2.8	1052
Female	2.7	2.5	259	2.3	2.2	253	2.4	2.5	259	2.1	2.8	256	2.4	2.5	1027
Total	2.4	2.3	532	2.3	2.4	518	2.5	3.1	510	2.1	2.7	519	2.3	2.6	2079

Average food intakes per month

Celery – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.2	0.5	273	0.5	1.0	265	0.5	1.1	251	0.4	1.1	263	0.4	0.9	1052
Female	0.2	0.5	259	0.5	1.0	253	0.5	1.1	259	0.3	0.9	256	0.3	0.9	1027
Total	0.2	0.5	532	0.5	1.0	518	0.5	1.1	510	0.3	1.0	519	0.4	0.9	2079

Average food intakes per month
Broccoli – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.7	1.0	273	0.9	1.3	265	1.3	1.8	251	1.1	1.7	263	1.0	1.5	1052
Female	1.0	1.2	259	1.3	1.4	253	1.4	1.6	259	1.2	1.4	256	1.2	1.4	1027
Total	0.9	1.1	532	1.1	1.4	518	1.3	1.7	510	1.1	1.6	519	1.1	1.5	2079

Average food intakes per month
Cauliflower – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.3	0.5	273	0.4	0.8	265	0.5	1.0	251	0.4	0.6	263	0.4	0.7	1052
Female	0.3	0.6	259	0.3	0.4	253	0.4	0.7	259	0.5	1.2	256	0.4	0.8	1027
Total	0.3	0.5	532	0.4	0.6	518	0.5	0.9	510	0.4	1.0	519	0.4	0.8	2079

Average food intakes per month
Cabbage – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.9	2.4	273	3.1	3.4	265	3.8	3.8	251	3.5	3.8	263	3.3	3.4	1052
Female	2.8	2.3	259	3.4	4.0	253	3.6	3.7	259	3.4	3.5	256	3.3	3.4	1027
Total	2.9	2.4	532	3.2	3.7	518	3.7	3.7	510	3.5	3.6	519	3.3	3.4	2079

Average food intakes per month
Green vegetable (such as green peppers, spinach, etc) – plate/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.6	2.3	273	4.1	5.6	265	4.0	4.2	251	3.8	3.9	263	3.6	4.2	1052
Female	3.3	3.3	259	4.0	3.9	253	4.7	5.1	259	5.1	5.3	256	4.2	4.5	1027
Total	2.9	2.9	532	4.1	4.8	518	4.3	4.7	510	4.4	4.7	519	3.9	4.4	2079

Average food intakes per month
Carrot – plate/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.1	2.0	273	2.5	2.8	265	2.8	2.4	251	2.8	2.7	263	2.5	2.5	1052
Female	3.2	2.9	259	3.9	3.7	253	4.0	4.3	259	3.8	3.6	256	3.7	3.7	1027
Total	2.7	2.6	532	3.2	3.4	518	3.4	3.5	510	3.3	3.2	519	3.1	3.2	2079

Average food intakes per month
Pumpkin – plate/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.7	1.0	273	1.0	1.5	265	1.0	1.3	251	1.3	1.7	263	1.0	1.4	1052
Female	1.1	1.1	259	1.3	1.4	253	1.7	1.9	259	1.5	1.7	256	1.4	1.6	1027
Total	0.9	1.1	532	1.2	1.5	518	1.4	1.7	510	1.4	1.7	519	1.2	1.5	2079

Average food intakes per month
Chinese cabbage (haksai) – plate/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.1	1.1	273	1.4	2.1	265	1.5	1.8	251	1.5	2.1	263	1.4	1.8	1052
Female	1.2	1.5	259	1.5	1.9	253	1.5	1.8	259	1.7	3.2	256	1.4	2.2	1027
Total	1.1	1.3	532	1.5	2.0	518	1.5	1.8	510	1.6	2.7	519	1.4	2.0	2079

Average food intakes per month
Edible wild plants (sansai) – plate/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.2	0.3	273	0.2	0.5	265	0.2	0.5	251	0.3	1.2	263	0.2	0.7	1052
Female	0.2	0.4	259	0.2	0.3	253	0.3	0.8	259	0.2	0.5	256	0.2	0.5	1027
Total	0.2	0.3	532	0.2	0.4	518	0.3	0.7	510	0.2	0.9	519	0.2	0.6	2079

Average food intakes per month
Japanese radish (daikon) – plate/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.6	1.5	273	2.3	2.4	265	2.7	2.4	251	2.8	3.1	263	2.4	2.5	1052
Female	2.4	2.7	259	2.5	2.7	253	3.1	2.9	259	3.3	3.8	256	2.8	3.1	1027
Total	2.0	2.2	532	2.4	2.6	518	2.9	2.7	510	3.1	3.5	519	2.6	2.8	2079

Average food intakes per month
Other vegetables (such as eggplant, onion etc.) – plate/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.0	2.9	273	3.8	4.6	265	3.5	3.1	251	3.6	3.5	263	3.5	3.6	1052
Female	4.0	4.1	259	4.3	3.8	253	4.2	3.8	259	4.1	4.0	256	4.2	3.9	1027
Total	3.5	3.6	532	4.0	4.2	518	3.9	3.5	510	3.9	3.7	519	3.8	3.8	2079

Average food intakes per month
 Green soybeans, green peas (soramame, edamame) – plate/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.7	0.9	273	1.1	2.4	265	1.0	1.7	251	1.1	1.6	263	0.9	1.7	1052
Female	0.8	1.4	259	0.8	1.1	253	1.2	1.8	259	1.2	1.6	256	1.0	1.5	1027
Total	0.7	1.2	532	0.9	1.9	518	1.1	1.8	510	1.1	1.6	519	1.0	1.6	2079

Average food intakes per month
 Other beans and peas – plate/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.6	0.9	273	0.9	2.2	265	1.1	1.6	251	1.7	3.1	263	1.1	2.1	1052
Female	0.7	1.0	259	1.1	1.7	253	1.6	2.6	259	2.0	2.8	256	1.4	2.2	1027
Total	0.6	1.0	532	1.0	2.0	518	1.4	2.2	510	1.8	2.9	519	1.2	2.2	2079

Average food intakes per month
 Mushroom (such as shiitake, shimeji, hacklberry, matsutake, mushroom etc.) – plate/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.7	2.0	273	1.9	2.0	265	2.5	2.7	251	2.2	2.7	263	2.1	2.4	1052
Female	2.7	2.6	259	3.0	2.8	253	3.2	3.4	259	3.0	3.3	256	3.0	3.1	1027
Total	2.2	2.4	532	2.4	2.5	518	2.9	3.1	510	2.6	3.0	519	2.5	2.8	2079

Average food intakes per month
 Seaweeds (such as wakameseaweed, tangle, brown algae, etc.) – plate/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.4	2.5	273	3.3	3.2	265	3.8	3.8	251	3.8	3.4	263	3.3	3.3	1052
Female	3.4	3.6	259	3.6	3.0	253	4.4	4.1	259	4.4	3.6	256	4.0	3.6	1027
Total	2.9	3.2	532	3.4	3.1	518	4.1	3.9	510	4.1	3.6	519	3.6	3.5	2079

Average food intakes per month
 Tangle or laver boiled down in soy – tea spoon/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
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	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.6	9.5	273	9.3	13.0	265	11.1	14.9	251	11.3	17.8	263	9.5	14.2	1052
Female	8.0	13.2	259	9.3	12.2	253	14.3	19.0	259	13.9	16.7	256	11.4	15.7	1027
Total	7.3	11.5	532	9.3	12.6	518	12.7	17.2	510	12.6	17.3	519	10.4	15.0	2079

Average food intakes per month
Orange – orange/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.3	2.2	273	1.6	3.0	265	1.5	3.0	251	1.4	2.9	263	1.4	2.8	1052
Female	1.4	2.1	259	2.4	6.0	253	2.1	4.4	259	1.9	3.6	256	2.0	4.3	1027
Total	1.3	2.1	532	2.0	4.7	518	1.8	3.8	510	1.7	3.3	519	1.7	3.6	2079

Average food intakes per month
Mandarin orange – mandarin orange/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.1	9.5	273	9.9	11.6	265	10.3	8.6	251	11.2	12.1	263	9.8	10.6	1052
Female	10.0	10.1	259	14.6	13.9	253	16.5	17.0	259	14.6	15.4	256	13.9	14.5	1027
Total	9.0	9.9	532	12.2	13.0	518	13.4	13.9	510	12.9	13.9	519	11.9	12.9	2079

Average food intakes per month
Grapefruit – grapefruit/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.4	0.7	273	0.6	1.0	265	0.7	1.8	251	0.7	1.7	263	0.6	1.4	1052
Female	0.7	1.7	259	1.2	2.8	253	1.5	3.5	259	0.9	1.9	256	1.1	2.6	1027
Total	0.6	1.3	532	0.9	2.1	518	1.1	2.8	510	0.8	1.8	519	0.8	2.1	2079

Average food intakes per month
Peach – peach/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.4	0.6	273	0.6	1.2	265	0.6	0.9	251	0.7	1.0	263	0.5	1.0	1052
Female	0.6	0.7	259	0.7	1.1	253	1.0	2.6	259	0.9	2.1	256	0.8	1.8	1027
Total	0.5	0.7	532	0.6	1.2	518	0.8	1.9	510	0.8	1.7	519	0.7	1.4	2079

Average food intakes per month
Melon – slice/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.0	1.3	273	1.2	2.0	265	1.3	1.8	251	1.4	2.6	263	1.2	2.0	1052
Female	1.2	1.5	259	1.6	2.3	253	1.5	2.2	259	1.2	1.6	256	1.4	1.9	1027
Total	1.1	1.4	532	1.4	2.2	518	1.4	2.0	510	1.3	2.1	519	1.3	1.9	2079

Average food intakes per month
Water melon – slice/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.7	2.4	273	1.8	2.6	265	2.2	5.0	251	2.4	5.5	263	2.0	4.1	1052
Female	1.9	2.4	259	2.7	4.2	253	2.5	3.5	259	2.6	3.5	256	2.4	3.5	1027
Total	1.8	2.4	532	2.2	3.5	518	2.3	4.3	510	2.5	4.6	519	2.2	3.8	2079

Average food intakes per month
Apple – apple/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.7	1.9	273	2.7	4.0	265	4.1	5.8	251	4.3	5.9	263	3.2	4.8	1052
Female	2.5	3.7	259	4.4	5.1	253	4.7	5.4	259	4.0	4.7	256	3.9	4.8	1027
Total	2.1	2.9	532	3.5	4.6	518	4.4	5.6	510	4.1	5.3	519	3.5	4.8	2079

Average food intakes per month
Pear – pear/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.8	0.8	273	0.9	1.1	265	1.0	1.3	251	0.9	2.0	263	0.9	1.4	1052
Female	1.0	1.2	259	1.3	1.8	253	1.1	1.3	259	1.0	1.5	256	1.1	1.5	1027
Total	0.9	1.0	532	1.1	1.5	518	1.0	1.3	510	0.9	1.8	519	1.0	1.4	2079

Average food intakes per month
Banana – banana/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.5	4.7	273	3.9	5.8	265	7.2	8.2	251	7.2	11.2	263	5.4	8.0	1052
Female	4.0	4.8	259	6.5	10.1	253	6.9	7.4	259	8.1	9.0	256	6.4	8.2	1027
Total	3.7	4.8	532	5.2	8.3	518	7.1	7.8	510	7.7	10.2	519	5.9	8.1	2079

Average food intakes per month
Persimmon (include dried persimmon) – persimmon/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.0	1.5	273	1.6	2.6	265	2.1	5.9	251	2.1	3.4	263	1.7	3.7	1052
Female	1.4	1.9	259	2.6	3.7	253	2.7	3.8	259	3.1	6.5	256	2.5	4.3	1027
Total	1.2	1.7	532	2.0	3.2	518	2.4	5.0	510	2.6	5.2	519	2.1	4.0	2079

Average food intakes per month
 Strawberries – strawberry/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.2	8.6	273	10.9	12.1	265	12.8	17.2	251	14.1	19.9	263	11.7	15.1	1052
Female	12.3	14.0	259	15.0	19.2	253	15.8	19.7	259	15.7	23.8	256	14.7	19.5	1027
Total	10.7	11.7	532	12.9	16.0	518	14.3	18.6	510	14.9	21.9	519	13.2	17.5	2079

Average food intakes per month
 Kiwi fruit – slice/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.7	11.9	273	3.6	10.1	265	5.8	13.3	251	3.2	6.2	263	4.1	10.7	1052
Female	4.8	8.2	259	8.0	12.4	253	10.5	23.0	259	6.0	12.0	256	7.3	15.1	1027
Total	4.3	10.3	532	5.7	11.5	518	8.2	19.0	510	4.6	9.6	519	5.7	13.2	2079

Average food intakes per month
 Grapefruit or orange juices or drinks – cup/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.0	3.9	273	2.0	8.5	265	1.2	2.8	251	1.0	2.1	263	1.6	5.0	1052
Female	1.8	3.5	259	1.7	3.9	253	1.9	5.7	259	1.1	3.1	256	1.6	4.2	1027
Total	1.9	3.7	532	1.8	6.7	518	1.6	4.5	510	1.0	2.6	519	1.6	4.6	2079

Average food intakes per month
 Tomato or vegetable juices – cup/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.9	4.8	273	2.7	7.6	265	2.3	5.3	251	2.3	5.5	263	2.3	5.9	1052
Female	1.3	4.2	259	2.1	4.7	253	2.9	6.6	259	2.1	6.0	256	2.1	5.5	1027
Total	1.6	4.5	532	2.4	6.4	518	2.6	6.0	510	2.2	5.8	519	2.2	5.7	2079

Average food intakes per month
 Other fruits juices and drinks – cup/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N

Male	2.8	7.2	273	2.3	9.7	265	1.5	4.1	251	0.9	2.8	263	1.9	6.6	1052
Female	2.2	6.1	259	1.8	5.8	253	1.5	5.1	259	1.2	5.9	256	1.7	5.7	1027
Total	2.5	6.7	532	2.1	8.0	518	1.5	4.6	510	1.1	4.6	519	1.8	6.2	2079

Average food intakes per month
 White bread – slice/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12.8	13.1	273	11.3	13.6	265	14.3	16.2	251	12.9	14.7	263	12.8	14.4	1052
Female	14.2	13.8	259	14.3	14.1	253	11.2	12.6	259	11.9	13.2	256	12.9	13.5	1027
Total	13.5	13.4	532	12.8	13.9	518	12.7	14.5	510	12.4	13.9	519	12.9	13.9	2079

Average food intakes per month
 Whole wheat or rye breads – slice/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.3	1.6	273	0.4	2.6	265	0.2	0.9	251	0.5	2.5	263	0.3	2.0	1052
Female	0.3	1.3	259	0.6	2.6	253	0.5	2.6	259	0.4	1.7	256	0.5	2.2	1027
Total	0.3	1.5	532	0.5	2.6	518	0.4	2.0	510	0.5	2.1	519	0.4	2.1	2079

Average food intakes per month
 Rolles, french rolles – piece/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.8	4.9	273	1.5	3.3	265	1.8	6.8	251	1.8	5.7	263	2.0	5.3	1052
Female	3.9	6.0	259	2.9	6.0	253	2.4	6.1	259	1.9	4.5	256	2.8	5.7	1027
Total	3.3	5.5	532	2.2	4.8	518	2.1	6.5	510	1.8	5.2	519	2.4	5.5	2079

Average food intakes per month
 Doughnuts (agepan) – piece/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.9	3.6	273	1.1	2.7	265	1.0	2.6	251	0.9	3.4	263	1.2	3.1	1052
Female	1.7	2.5	259	1.2	2.8	253	0.9	2.9	259	0.5	1.2	256	1.1	2.5	1027
Total	1.8	3.1	532	1.1	2.8	518	1.0	2.8	510	0.7	2.6	519	1.2	2.8	2079

Average food intakes per month
 Sweet rolles – piece/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N

Male	4.1	6.0	273	2.3	3.7	265	3.2	7.3	251	3.4	7.2	263	3.2	6.2	1052
Female	5.3	9.8	259	5.7	11.8	253	3.6	8.0	259	3.0	5.3	256	4.4	9.1	1027
Total	4.6	8.1	532	3.9	8.8	518	3.4	7.6	510	3.2	6.3	519	3.8	7.8	2079

Average food intakes per month
Pancakes, waffles and french toast – slice/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.1	2.1	273	0.6	1.2	265	0.8	2.5	251	0.6	1.6	263	0.8	1.9	1052
Female	1.2	1.6	259	1.0	1.8	253	1.0	2.0	259	0.8	1.6	256	1.0	1.8	1027
Total	1.1	1.9	532	0.8	1.5	518	0.9	2.2	510	0.7	1.6	519	0.9	1.8	2079

Average food intakes per month
Whole milk (as beverage or added to cereal) – cup/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	17.2	26.5	273	16.3	22.6	265	20.2	26.5	251	20.1	24.9	263	18.4	25.2	1052
Female	20.8	28.8	259	18.9	24.8	253	19.9	24.4	259	20.3	21.9	256	20.0	25.1	1027
Total	19.0	27.7	532	17.6	23.7	518	20.0	25.4	510	20.2	23.4	519	19.2	25.1	2079

Average food intakes per month
Low fat milk or yogurt (as beverage or added to cereal) – cup/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	5.0	11.9	273	4.8	9.4	265	7.2	13.3	251	6.2	12.9	263	5.8	12.0	1052
Female	7.5	14.6	259	10.5	19.6	253	9.7	12.8	259	7.8	12.1	256	8.9	15.1	1027
Total	6.3	13.3	532	7.6	15.5	518	8.4	13.1	510	7.0	12.6	519	7.3	13.7	2079

Average food intakes per month
Skim milk (as beverage or added to cereal) – cup/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.3	273	0.1	0.7	265	0.4	4.0	251	0.3	1.7	263	0.2	2.1	1052
Female	0.2	1.9	259	0.3	1.6	253	1.4	11.7	259	0.5	2.7	256	0.6	6.2	1027
Total	0.1	1.4	532	0.2	1.2	518	0.9	8.8	510	0.4	2.2	519	0.4	4.6	2079

Average food intakes per month
Cocoa – cup/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.0	3.7	273	0.3	1.0	265	0.9	2.5	251	1.4	4.6	263	0.9	3.3	1052

Female	1.5	4.1	259	1.4	3.6	253	2.4	7.7	259	2.2	5.6	256	1.9	5.5	1027
Total	1.2	3.9	532	0.8	2.6	518	1.7	5.8	510	1.8	5.1	519	1.4	4.5	2079

Average food intakes per month
 Lactic acid beverage – cup/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.2	4.3	273	2.2	4.9	265	2.0	4.8	251	3.2	6.3	263	2.4	5.2	1052
Female	1.7	3.6	259	2.0	4.2	253	3.7	7.5	259	3.2	5.4	256	2.7	5.4	1027
Total	1.9	4.0	532	2.1	4.5	518	2.9	6.4	510	3.2	5.9	519	2.5	5.3	2079

Average food intakes per month
 Soybean milk – cup/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.3	1.3	273	0.1	0.5	265	0.2	0.7	251	0.4	2.2	263	0.2	1.3	1052
Female	0.3	1.4	259	0.8	4.0	253	1.3	4.4	259	0.6	2.7	256	0.8	3.4	1027
Total	0.3	1.4	532	0.5	2.8	518	0.7	3.2	510	0.5	2.4	519	0.5	2.6	2079

Average food intakes per month
 Cheese – slice/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.4	8.1	273	3.8	7.7	265	4.5	10.8	251	4.9	11.4	263	4.1	9.6	1052
Female	3.8	6.9	259	4.1	8.6	253	5.3	11.3	259	4.4	9.5	256	4.4	9.2	1027
Total	3.6	7.5	532	3.9	8.1	518	4.9	11.1	510	4.7	10.5	519	4.3	9.4	2079

Average food intakes per month
 Ice cream – cup/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.3	3.2	273	2.1	3.5	265	1.8	2.8	251	1.3	2.2	263	1.9	3.0	1052
Female	2.7	5.0	259	2.4	4.5	253	1.7	2.7	259	1.7	4.4	256	2.1	4.3	1027
Total	2.5	4.1	532	2.2	4.0	518	1.8	2.8	510	1.5	3.5	519	2.0	3.7	2079

Average food intakes per month
 Ice milk or sherbet – cup/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.2	1.8	273	1.0	2.0	265	0.8	1.5	251	0.8	2.3	263	0.9	1.9	1052

Female	1.0	1.4	259	1.0	1.6	253	1.0	2.0	259	0.9	2.6	256	1.0	2.0	1027
Total	1.1	1.6	532	1.0	1.8	518	0.9	1.8	510	0.8	2.4	519	0.9	1.9	2079

Average food intakes per month
 Cookies– piece/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	7.3	11.6	273	5.9	11.2	265	6.0	12.2	251	5.9	10.4	263	6.3	11.4	1052
Female	10.6	14.9	259	8.2	13.4	253	7.5	13.1	259	9.7	19.9	256	9.0	15.6	1027
Total	8.9	13.4	532	7.0	12.4	518	6.8	12.7	510	7.8	15.9	519	7.6	13.7	2079

Average food intakes per month
 Cake – piece/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.2	1.7	273	0.9	1.5	265	0.8	1.0	251	0.9	1.5	263	1.0	1.5	1052
Female	1.7	1.9	259	1.4	1.4	253	1.1	1.2	259	0.8	0.9	256	1.2	1.5	1027
Total	1.5	1.8	532	1.1	1.5	518	0.9	1.1	510	0.8	1.3	519	1.1	1.5	2079

Average food intakes per month
 Apple or other fruit pies – slice/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.4	0.8	273	0.3	0.8	265	0.2	0.6	251	0.4	3.7	263	0.3	2.0	1052
Female	0.9	1.2	259	0.7	1.4	253	0.4	0.8	259	0.3	0.7	256	0.6	1.1	1027
Total	0.6	1.0	532	0.5	1.1	518	0.3	0.7	510	0.4	2.7	519	0.5	1.6	2079

Average food intakes per month
 Pudding – pudding/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.2	2.8	273	1.0	2.0	265	1.2	2.7	251	1.0	2.2	263	1.1	2.5	1052
Female	1.5	1.7	259	1.4	2.6	253	1.8	4.6	259	2.0	3.3	256	1.7	3.2	1027
Total	1.3	2.3	532	1.2	2.3	518	1.5	3.8	510	1.5	2.8	519	1.4	2.9	2079

Average food intakes per month
 Chocolate – peace/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.9	12.5	273	3.7	8.7	265	4.8	22.0	251	5.2	15.6	263	5.2	15.4	1052
Female	9.9	16.1	259	5.2	8.3	253	4.0	7.9	259	4.2	7.8	256	5.8	10.9	1027

Total	8.3	14.4	532	4.4	8.5	518	4.4	16.4	510	4.7	12.4	519	5.5	13.4	2079
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Average food intakes per month
Japanese style confectioneries (man-ju, yo-kan) – piece/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.0	4.4	273	3.6	5.9	265	5.3	8.9	251	5.5	7.3	263	4.3	6.9	1052
Female	4.5	5.4	259	6.4	8.2	253	8.6	11.5	259	6.2	7.6	256	6.4	8.6	1027
Total	3.7	5.0	532	5.0	7.2	518	7.0	10.4	510	5.9	7.4	519	5.4	7.8	2079

Average food intakes per month
Cracker, Rice cracker, Snack cake (arare, sen-bei) – piece/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.8	14.3	273	9.5	14.9	265	11.7	16.5	251	11.9	14.0	263	10.7	14.9	1052
Female	17.0	21.3	259	13.7	17.6	253	17.9	22.2	259	16.9	19.4	256	16.4	20.2	1027
Total	13.3	18.4	532	11.5	16.4	518	14.9	19.8	510	14.4	17.0	519	13.5	18.0	2079

Average food intakes per month
Rice dumpling (dango) – stick/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.6	2.0	273	1.4	3.1	265	1.9	2.7	251	1.6	2.3	263	1.6	2.5	1052
Female	1.9	2.2	259	1.7	2.4	253	2.2	3.3	259	1.6	2.2	256	1.9	2.6	1027
Total	1.7	2.1	532	1.6	2.8	518	2.0	3.0	510	1.6	2.2	519	1.7	2.6	2079

Average food intakes per month
Nuts (peanuts, other nuts) – cup/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.7	1.3	273	0.8	2.5	265	0.6	2.1	251	0.5	1.1	263	0.6	1.8	1052
Female	0.3	0.5	259	0.5	1.0	253	0.6	1.1	259	0.5	1.1	256	0.5	1.0	1027
Total	0.5	1.0	532	0.7	1.9	518	0.6	1.7	510	0.5	1.1	519	0.6	1.5	2079

Average food intakes per month
Potato, corn or other chips – cup/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.1	1.9	273	0.4	1.0	265	0.5	2.1	251	0.4	1.3	263	0.6	1.7	1052
Female	1.0	3.2	259	0.3	0.8	253	0.2	0.6	259	0.3	0.9	256	0.5	1.8	1027

Total	1.0	2.6	532	0.4	0.9	518	0.4	1.5	510	0.3	1.1	519	0.5	1.7	2079
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Average food intakes per month
Pop corn – cup/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.7	1.4	273	0.3	0.9	265	0.7	3.7	251	0.4	1.4	263	0.5	2.1	1052
Female	0.5	1.1	259	0.4	1.1	253	0.5	3.8	259	0.5	1.6	256	0.5	2.2	1027
Total	0.6	1.3	532	0.3	1.0	518	0.6	3.8	510	0.4	1.5	519	0.5	2.2	2079

Average food intakes per month
Japanese sake – ethanol ml/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	196.8	451.6	273	313.6	566.1	265	266.5	507.7	251	239.7	461.6	263	253.6	499.5	1052
Female	16.2	117.3	259	30.0	137.7	253	35.4	191.0	259	37.1	159.6	256	29.6	153.9	1027
Total	108.9	345.5	532	175.1	439.3	518	149.1	398.1	510	139.7	361.4	519	142.9	387.9	2079

Average food intakes per month
Japanese distilled alcoholic beverages (Shochu) – ethanol ml/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	338.1	852.1	273	334.5	806.2	265	298.3	795.4	251	160.9	525.9	263	283.4	758.8	1052
Female	44.2	254.4	259	20.6	130.8	253	36.0	336.5	259	9.1	109.3	256	27.5	228.3	1027
Total	195.0	651.9	532	181.2	604.1	518	165.1	620.8	510	86.0	389.3	519	157.0	577.4	2079

Average food intakes per month
Regular or draft beer – ethanolml/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	366.5	475.2	273	362.8	408.4	265	223.4	357.3	251	141.4	210.9	263	275.1	388.6	1052
Female	102.3	241.6	259	75.0	159.6	253	73.7	245.4	259	31.1	94.6	256	70.6	197.4	1027
Total	237.9	401.9	532	222.2	344.0	518	147.4	314.4	510	87.0	173.1	519	174.1	325.7	2079

Average food intakes per month
Light beer – ethanol ml/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	27.8	110.3	273	8.5	40.5	265	5.3	29.5	251	3.3	22.3	263	11.4	63.1	1052
Female	15.0	81.2	259	6.3	41.5	253	2.0	13.7	259	0.6	5.4	256	6.0	46.6	1027
Total	21.6	97.4	532	7.4	41.0	518	3.6	22.9	510	1.9	16.3	519	8.7	55.6	2079

Average food intakes per month
Wine – ethanol ml/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	26.3	71.6	273	32.7	92.9	265	17.6	47.1	251	16.5	57.3	263	23.4	69.9	1052
Female	24.2	80.2	259	17.7	49.1	253	27.7	85.0	259	17.5	62.8	256	21.8	70.9	1027
Total	25.2	75.8	532	25.4	75.1	518	22.7	69.1	510	17.0	60.0	519	22.6	70.4	2079

Average food intakes per month
Hard liquor – ethanol ml/month

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	49.1	152.1	273	60.9	167.2	265	33.3	120.4	251	35.0	143.4	263	44.8	147.3	1052
Female	9.5	46.4	259	3.7	28.1	253	7.9	55.3	259	0.3	3.8	256	5.4	39.0	1027
Total	29.8	115.3	532	33.0	124.4	518	20.4	94.0	510	17.9	103.5	519	25.3	110.1	2079

4) Daily nutrition intake

Average nutrition intakes per day
Energy – kcal/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2378.8	680.0	273	2321.9	605.9	265	2278.6	681.7	251	2131.5	591.6	263	2278.7	646.7	1052
Female	2025.2	587.7	259	2013.5	522.3	253	2090.3	653.6	259	1945.2	570.9	256	2018.8	587.3	1027
Total	2206.7	660.3	532	2171.3	586.7	518	2183.0	673.6	510	2039.6	588.3	519	2150.3	631.4	2079

Average nutrition intakes per day
Water – ml/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1619.8	565.4	273	1655.4	519.8	265	1586.0	599.1	251	1433.4	520.1	263	1574.1	557.3	1052
Female	1407.3	534.8	259	1455.0	519.2	253	1514.5	586.3	259	1356.4	504.8	256	1433.4	539.7	1027
Total	1516.3	560.4	532	1557.5	528.6	518	1549.7	593.1	510	1395.4	513.5	519	1504.6	553.1	2079

Average nutrition intakes per day
Animal protein – g/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	45.1	18.0	273	45.2	17.6	265	43.6	19.0	251	40.9	16.4	263	43.7	17.8	1052
Female	42.7	16.9	259	42.4	17.3	253	42.6	17.9	259	38.6	16.5	256	41.6	17.2	1027

Total	43.9	17.5	532	43.8	17.5	518	43.1	18.5	510	39.8	16.5	519	42.7	17.6	2079
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Average nutrition intakes per day
Vegetable protein – g/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	42.0	11.3	273	43.8	13.2	265	44.9	13.3	251	43.7	13.4	263	43.5	12.8	1052
Female	39.1	11.4	259	41.4	11.1	253	44.3	15.1	259	42.3	13.6	256	41.8	13.0	1027
Total	40.6	11.5	532	42.6	12.2	518	44.6	14.3	510	43.0	13.5	519	42.7	13.0	2079

Average nutrition intakes per day
Total protein – g/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	86.9	26.2	273	88.9	27.1	265	88.3	29.4	251	84.4	26.6	263	87.1	27.3	1052
Female	81.4	25.7	259	83.6	24.6	253	86.6	30.3	259	80.6	27.1	256	83.1	27.1	1027
Total	84.2	26.1	532	86.3	26.0	518	87.4	29.8	510	82.5	26.9	519	85.1	27.3	2079

Average nutrition intakes per day
Animal fat – g/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	26.9	12.9	273	23.8	10.8	265	23.6	12.4	251	21.7	10.1	263	24.0	11.8	1052
Female	25.6	11.9	259	23.5	11.9	253	23.4	10.3	259	21.4	10.2	256	23.5	11.2	1027
Total	26.2	12.4	532	23.7	11.3	518	23.5	11.4	510	21.6	10.1	519	23.8	11.5	2079

Average nutrition intakes per day
Fish fat – g/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.4	2.3	273	5.3	3.0	265	4.8	2.7	251	4.7	2.6	263	4.8	2.7	1052
Female	4.2	2.3	259	4.6	2.6	253	4.5	2.8	259	4.0	2.5	256	4.3	2.5	1027
Total	4.3	2.3	532	4.9	2.8	518	4.7	2.8	510	4.4	2.5	519	4.6	2.6	2079

Average nutrition intakes per day
Vegetable fat – g/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	33.0	11.4	273	31.0	11.6	265	30.7	12.3	251	29.4	11.6	263	31.0	11.8	1052
Female	31.1	11.2	259	29.5	9.4	253	29.9	11.1	259	28.4	11.2	256	29.7	10.8	1027

Total	32.1	11.3	532	30.3	10.6	518	30.3	11.7	510	28.9	11.4	519	30.4	11.3	2079
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Average nutrition intakes per day
Total fat – g/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	63.9	22.6	273	59.9	20.9	265	58.9	23.1	251	55.6	20.8	263	59.6	22.0	1052
Female	60.7	21.9	259	57.3	19.4	253	57.5	20.5	259	53.4	20.2	256	57.2	20.7	1027
Total	62.3	22.3	532	58.7	20.2	518	58.2	21.8	510	54.5	20.5	519	58.5	21.4	2079

Average nutrition intakes per day
Carbohydrate– g/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	309.6	89.6	273	297.2	82.8	265	302.4	87.6	251	288.4	83.0	263	299.5	86.0	1052
Female	273.5	78.3	259	279.4	72.5	253	293.3	89.7	259	276.1	77.4	256	280.6	80.0	1027
Total	292.0	86.2	532	288.5	78.4	518	297.8	88.7	510	282.3	80.4	519	290.1	83.6	2079

Average nutrition intakes per day
Crude fiber – g/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.5	1.5	273	5.1	2.3	265	5.6	2.3	251	5.6	2.5	263	5.2	2.2	1052
Female	4.8	1.9	259	5.5	2.0	253	6.3	2.8	259	6.0	2.7	256	5.7	2.5	1027
Total	4.6	1.7	532	5.3	2.2	518	5.9	2.6	510	5.8	2.6	519	5.4	2.4	2079

Average nutrition intakes per day
Ash – g/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	22.8	6.9	273	24.2	7.3	265	25.1	8.8	251	24.3	8.2	263	24.1	7.8	1052
Female	22.5	7.6	259	23.7	7.0	253	25.9	9.2	259	24.2	8.3	256	24.1	8.2	1027
Total	22.7	7.2	532	24.0	7.1	518	25.5	9.0	510	24.3	8.3	519	24.1	8.0	2079

Average nutrition intakes per day
Calcium – mg/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	658.8	346.7	273	701.6	286.6	265	773.7	377.9	251	761.9	340.9	263	722.7	341.8	1052
Female	725.0	368.2	259	782.7	382.9	253	849.1	384.2	259	791.4	332.4	256	787.1	369.6	1027
Total	691.0	358.5	532	741.2	339.2	518	812.0	382.6	510	776.4	336.7	519	754.5	357.2	2079

Average nutrition intakes per day
Phosphorus – mg/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1358.5	448.7	273	1395.1	426.5	265	1425.8	504.2	251	1372.6	451.0	263	1387.3	457.8	1052
Female	1303.2	462.7	259	1358.1	443.0	253	1436.2	511.2	259	1339.3	453.1	256	1359.3	470.3	1027
Total	1331.6	456.0	532	1377.1	434.6	518	1431.1	507.3	510	1356.1	451.9	519	1373.5	464.1	2079

Average nutrition intakes per day
Iron – mg/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12.0	3.7	273	13.1	4.6	265	13.5	4.8	251	13.2	4.8	263	13.0	4.5	1052
Female	11.8	4.1	259	12.7	4.1	253	13.9	5.5	259	13.4	5.1	256	13.0	4.8	1027
Total	11.9	3.9	532	12.9	4.3	518	13.7	5.2	510	13.3	5.0	519	13.0	4.7	2079

Average nutrition intakes per day
Sodium – mg/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	5013.6	1554.8	273	5240.5	1582.2	265	5354.7	1878.6	251	5178.7	1762.4	263	5193.4	1698.1	1052
Female	4782.6	1590.5	259	4871.6	1443.3	253	5377.6	1949.5	259	4988.8	1712.8	256	5006.0	1698.4	1027
Total	4901.1	1575.0	532	5060.3	1525.7	518	5366.3	1913.1	510	5085.1	1739.0	519	5100.8	1700.4	2079

Average nutrition intakes per day
Potadium – mg/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3235.1	1031.9	273	3548.7	1283.1	265	3726.7	1437.8	251	3628.0	1433.9	263	3529.6	1314.4	1052
Female	3338.3	1277.4	259	3677.8	1281.0	253	4014.3	1641.0	259	3794.7	1552.3	256	3706.2	1466.2	1027
Total	3285.3	1158.0	532	3611.8	1282.4	518	3872.8	1549.5	510	3710.2	1494.4	519	3616.8	1393.9	2079

Average nutrition intakes per day
Retinol – micro g/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	377.1	348.0	273	410.1	315.0	265	484.3	535.3	251	432.0	415.4	263	424.7	411.0	1052
Female	345.0	245.8	259	386.0	380.2	253	434.0	450.5	259	437.4	466.3	256	400.6	396.5	1027
Total	361.5	302.7	532	398.3	348.2	518	458.8	494.2	510	434.7	440.8	519	412.8	404.0	2079

Average nutrition intakes per day
Carotene – micro g/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3607.7	1792.9	273	4299.1	2646.3	265	4417.3	2333.2	251	4335.8	2451.0	263	4157.1	2343.3	1052
Female	4254.4	2459.9	259	4921.3	2599.1	253	5423.4	3437.3	259	5113.2	3128.9	256	4927.6	2961.5	1027
Total	3922.6	2166.0	532	4603.0	2639.2	518	4928.3	2986.0	510	4719.3	2830.1	519	4537.7	2693.7	2079

Average nutrition intakes per day
Vitamin A – IU/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2956.3	1457.0	273	3400.5	1765.6	265	3693.2	2077.8	251	3489.9	1909.3	263	3377.4	1827.9	1052
Female	3236.2	1646.9	259	3689.7	1833.8	253	4088.6	2462.1	259	3928.2	2349.3	256	3735.4	2123.3	1027
Total	3092.6	1557.2	532	3541.8	1803.3	518	3894.0	2287.4	510	3706.1	2146.8	519	3554.3	1986.9	2079

Average nutrition intakes per day
Vitamin B1 – mg/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.010	0.306	273	1.040	0.369	265	1.050	0.367	251	1.014	0.351	263	1.028	0.349	1052
Female	0.974	0.323	259	1.021	0.311	253	1.092	0.405	259	1.024	0.380	256	1.028	0.359	1027
Total	0.992	0.315	532	1.030	0.342	518	1.071	0.387	510	1.019	0.366	519	1.028	0.354	2079

Average nutrition intakes per day
Vitamin B2 – mg/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.367	0.545	273	1.421	0.510	265	1.505	0.644	251	1.425	0.552	263	1.428	0.565	1052
Female	1.382	0.594	259	1.465	0.602	253	1.560	0.629	259	1.453	0.571	256	1.465	0.602	1027
Total	1.374	0.569	532	1.442	0.556	518	1.533	0.636	510	1.439	0.561	519	1.446	0.584	2079

Average nutrition intakes per day
Niacin – mg/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	18.2	5.7	273	18.7	6.1	265	17.6	6.1	251	16.3	5.6	263	17.7	5.9	1052
Female	15.7	5.2	259	16.1	5.0	253	16.7	6.4	259	15.3	5.8	256	16.0	5.6	1027
Total	17.0	5.6	532	17.4	5.7	518	17.1	6.3	510	15.8	5.7	519	16.8	5.9	2079

Average nutrition intakes per day
Vitamin C – mg/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	109.3	47.7	273	129.7	69.8	265	145.4	81.0	251	135.5	85.5	263	129.6	73.3	1052
Female	120.7	62.5	259	148.1	78.0	253	167.1	92.7	259	153.5	84.2	256	147.3	81.8	1027
Total	114.8	55.6	532	138.7	74.4	518	156.4	87.7	510	144.4	85.3	519	138.4	78.1	2079

Average nutrition intakes per day
Vitamin D – IU/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	245.6	121.9	273	289.9	162.0	265	266.9	143.9	251	253.4	129.6	263	263.8	140.9	1052
Female	239.3	120.5	259	256.5	134.6	253	249.2	140.4	259	220.2	119.6	256	241.3	129.6	1027
Total	242.5	121.1	532	273.6	150.0	518	257.9	142.3	510	237.0	125.7	519	252.7	135.8	2079

Average nutrition intakes per day
Vitamin E – mg/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	7.790	2.419	273	8.356	3.108	265	8.635	3.273	251	8.339	3.245	263	8.272	3.035	1052
Female	7.694	2.626	259	8.393	2.747	253	9.044	3.687	259	8.475	3.427	256	8.401	3.187	1027
Total	7.744	2.520	532	8.374	2.934	518	8.843	3.492	510	8.406	3.334	519	8.336	3.111	2079

Average nutrition intakes per day
Salt – g/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12.5	3.9	273	13.0	4.0	265	13.3	4.7	251	12.9	4.4	263	12.9	4.2	1052
Female	11.9	4.0	259	12.1	3.6	253	13.4	4.9	259	12.4	4.3	256	12.4	4.2	1027
Total	12.2	3.9	532	12.6	3.8	518	13.3	4.8	510	12.6	4.3	519	12.7	4.2	2079

Average nutrition intakes per day
Cholesterol – mg/day

	40–49yr			50–59yr			60–69yr			70–79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	336.1	143.4	273	329.5	139.6	265	336.6	158.2	251	312.3	128.9	263	328.6	142.9	1052
Female	312.5	124.5	259	308.9	135.5	253	312.7	128.8	259	289.9	137.2	256	306.0	131.7	1027
Total	324.6	134.9	532	319.5	137.9	518	324.5	144.4	510	301.2	133.4	519	317.5	137.9	2079

Average nutrition intakes per day
Alcohol (Ethanol) – ml/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	33.5	40.4	273	37.1	36.8	265	28.1	35.0	251	19.9	25.9	263	29.7	35.5	1052
Female	7.0	15.5	259	5.1	11.1	253	6.1	21.4	259	3.2	8.1	256	5.4	14.9	1027
Total	20.6	33.6	532	21.5	31.7	518	16.9	30.9	510	11.7	21.0	519	17.7	30.0	2079