

State of taking medicine during last 2 weeks

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Vitamin A or D	Total	1	0.3	4	1.4	6	2.2	12	4.4	23	2.0
Vitamin B1	Male	2	1.3	4	2.7	1	0.7	2	1.4	9	1.6
	Female	1	0.7	1	0.8	2	1.4	3	2.2	7	1.3
	Total	3	1.0	5	1.8	3	1.1	5	1.8	16	1.4
Vitamin B complex	Male	0	0	4	2.7	8	6.0	14	10.1	26	4.5
	Female	1	0.7	2	1.5	11	7.9	9	6.7	23	4.2
	Total	1	0.3	6	2.1	19	7.0	23	8.4	49	4.3
Vitamin C	Male	0	0	3	2.0	1	0.7	2	1.4	6	1.0
	Female	4	2.8	7	5.3	5	3.6	3	2.2	19	3.4
	Total	4	1.3	10	3.5	6	2.2	5	1.8	25	2.2
Vitamin E	Male	0	0	3	2.0	1	0.7	5	3.6	9	1.6
	Female	4	2.8	3	2.3	9	6.5	7	5.2	23	4.2
	Total	4	1.3	6	2.1	10	3.7	12	4.4	32	2.8
Vitamin K	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	1	0.8	0	0	0	0	1	0.2
	Total	0	0	1	0.4	0	0	0	0	1	0.1
Mixed vitamin	Male	0	0	5	3.4	5	3.7	7	5.1	17	3.0
	Female	5	3.4	5	3.8	8	5.8	9	6.7	27	4.9
	Total	5	1.7	10	3.5	13	4.8	16	5.9	44	3.9
Other vitamin	Male	5	3.2	6	4.0	7	5.2	5	3.6	23	4.0
	Female	7	4.8	5	3.8	9	6.5	6	4.4	27	4.9
	Total	12	4.0	11	3.9	16	5.9	11	4.0	50	4.4
Calcium	Male	0	0	2	1.3	1	0.7	1	0.7	4	0.7
	Female	4	2.8	8	6.0	7	5.0	3	2.2	22	4.0
	Total	4	1.3	10	3.5	8	2.9	4	1.5	26	2.3

(CONTINUED)

State of taking medicine during last 2 weeks

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Mineral preparation	Male	0	0	0	0	0	0	2	1.4	2	0.3
	Female	4	2.8	3	2.3	1	0.7	3	2.2	11	2.0
	Total	4	1.3	3	1.1	1	0.4	5	1.8	13	1.2
Saccharide preparation	Male	0	0	1	0.7	0	0	0	0	1	0.2
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	1	0.4	0	0	0	0	1	0.1
Organic acid preparation	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
protein or amino acid preparation	Male	0	0	2	1.3	0	0	0	0	2	0.3
	Female	1	0.7	1	0.8	0	0	0	0	2	0.4
	Total	1	0.3	3	1.1	0	0	0	0	4	0.4
Hormone drugs made from internal organ	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Drugs for infant	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Other tonic	Male	6	3.9	14	9.4	9	6.7	7	5.1	36	6.3
	Female	9	6.2	19	14.3	17	12.2	15	11.1	60	10.9
	Total	15	5.0	33	11.7	26	9.5	22	8.1	96	8.5
Blood substitute	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Styptic	Male	0	0	1	0.7	1	0.7	0	0	2	0.3

(CONTINUED)

State of taking medicine during last 2 weeks

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Styptic	Female	3	2.1	0	0	1	0.7	1	0.7	5	0.9
	Total	3	1.0	1	0.4	2	0.7	1	0.4	7	0.6
Anticoagulant	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	1	0.7	1	0.2
	Total	0	0	0	0	0	0	1	0.4	1	0.1
Other blood substitute	Male	0	0	2	1.3	5	3.7	7	5.1	14	2.4
	Female	0	0	1	0.8	3	2.2	2	1.5	6	1.1
	Total	0	0	3	1.1	8	2.9	9	3.3	20	1.8
Agent for hemodialysis	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Agent for peritoneal dialysis	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Other agent for dialysis	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Agent for liver disease	Male	1	0.6	1	0.7	3	2.2	3	2.2	8	1.4
	Female	0	0	0	0	0	0	1	0.7	1	0.2
	Total	1	0.3	1	0.4	3	1.1	4	1.5	9	0.8
Antidote	Male	1	0.6	0	0	1	0.7	3	2.2	5	0.9
	Female	0	0	0	0	0	0	0	0	0	0
	Total	1	0.3	0	0	1	0.4	3	1.1	5	0.4
Agent for habitual intoxication	Male	0	0	1	0.7	0	0	0	0	1	0.2
	Female	0	0	0	0	0	0	0	0	0	0

(CONTINUED)

State of taking medicine during last 2 weeks

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Agent for habitual intoxication	Total	0	0	1	0.4	0	0	0	0	1	0.1
Drugs for gout	Male	4	2.6	5	3.4	9	6.7	5	3.6	23	4.0
	Female	0	0	0	0	3	2.2	1	0.7	4	0.7
	Total	4	1.3	5	1.8	12	4.4	6	2.2	27	2.4
Enzyme preparation	Male	1	0.6	1	0.7	0	0	1	0.7	3	0.5
	Female	2	1.4	2	1.5	1	0.7	0	0	5	0.9
	Total	3	1.0	3	1.1	1	0.4	1	0.4	8	0.7
Antidiabetics	Male	1	0.6	3	2.0	4	3.0	10	7.2	18	3.1
	Female	0	0	2	1.5	5	3.6	10	7.4	17	3.1
	Total	1	0.3	5	1.8	9	3.3	20	7.3	35	3.1
Other agent on metabolic system	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Unclassified agent on metabolic system	Male	1	0.6	3	2.0	2	1.5	2	1.4	8	1.4
	Female	0	0	3	2.3	0	0	4	3.0	7	1.3
	Total	1	0.3	6	2.1	2	0.7	6	2.2	15	1.3
Chlorophyll agent	Male	0	0	1	0.7	0	0	0	0	1	0.2
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	1	0.4	0	0	0	0	1	0.1
Pigment agent	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Other cell activation agent	Male	0	0	0	0	0	0	1	0.7	1	0.2
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	1	0.4	1	0.1

(CONTINUED)

State of taking medicine during last 2 weeks

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Alkylating agent	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Antimetabolite	Male	0	0	1	0.7	0	0	1	0.7	2	0.3
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	1	0.4	0	0	1	0.4	2	0.2
Antibiotics for antitumor agent	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Plant component for antitumor agent	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Other antitumor agent	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	2	1.4	0	0	2	0.4
	Total	0	0	0	0	2	0.7	0	0	2	0.2
Antihistaminic drug	Male	3	1.9	1	0.7	1	0.7	3	2.2	8	1.4
	Female	2	1.4	3	2.3	1	0.7	3	2.2	9	1.6
	Total	5	1.7	4	1.4	2	0.7	6	2.2	17	1.5
Agent for stimulus therapy	Male	0	0	0	0	1	0.7	0	0	1	0.2
	Female	0	0	1	0.8	0	0	0	0	1	0.2
	Total	0	0	1	0.4	1	0.4	0	0	2	0.2
Agent for nonspecific immunogenicity	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	1	0.8	0	0	0	0	1	0.2
	Total	0	0	1	0.4	0	0	0	0	1	0.1
Other antiallergic drug	Male	4	2.6	5	3.4	2	1.5	4	2.9	15	2.6

(CONTINUED)

State of taking medicine during last 2 weeks

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Other antiallergic drug	Female	4	2.8	4	3.0	3	2.2	1	0.7	12	2.2
	Total	8	2.7	9	3.2	5	1.8	5	1.8	27	2.4
Crude drug	Male	0	0	2	1.3	3	2.2	3	2.2	8	1.4
	Female	2	1.4	2	1.5	4	2.9	4	3.0	12	2.2
	Total	2	0.7	4	1.4	7	2.6	7	2.6	20	1.8
Herb medicine	Male	2	1.3	4	2.7	5	3.7	8	5.8	19	3.3
	Female	2	1.4	9	6.8	2	1.4	8	5.9	21	3.8
	Total	4	1.3	13	4.6	7	2.6	16	5.9	40	3.5
Other drugs by a herb medicine	Male	2	1.3	7	4.7	7	5.2	4	2.9	20	3.5
	Female	6	4.1	5	3.8	7	5.0	7	5.2	25	4.5
	Total	8	2.7	12	4.3	14	5.1	11	4.0	45	4.0
Antibiotics (G(+))	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Antibiotics (G(-))	Male	0	0	0	0	1	0.7	0	0	1	0.2
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	1	0.4	0	0	1	0.1
Antibiotics (G(+),G(-))	Male	2	1.3	0	0	2	1.5	1	0.7	5	0.9
	Female	5	3.4	3	2.3	1	0.7	1	0.7	10	1.8
	Total	7	2.3	3	1.1	3	1.1	2	0.7	15	1.3
Antibiotics (G(+),G(-), mycoplasma)	Male	1	0.6	1	0.7	0	0	2	1.4	4	0.7
	Female	0	0	0	0	0	0	1	0.7	1	0.2
	Total	1	0.3	1	0.4	0	0	3	1.1	5	0.4
Antibiotics (G(+),G(-), rickettsia,Chlamidia)	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0

(CONTINUED)

State of taking medicine during last 2 weeks

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Antibiotics (G(+),G(-), rickettsia,Chlamidia	Total	0	0	0	0	0	0	0	0	0	0
Antibiotics against acid-fastbacterium	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Antibiotics against fungus	Male	0	0	1	0.7	0	0	0	0	1	0.2
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	1	0.4	0	0	0	0	1	0.1
Other antibiotics	Male	0	0	0	0	0	0	0	0	0	0
	Female	1	0.7	0	0	0	0	0	0	1	0.2
	Total	1	0.3	0	0	0	0	0	0	1	0.1
Sulfa drug	Male	0	0	0	0	1	0.7	0	0	1	0.2
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	1	0.4	0	0	1	0.1
Antituberculous agent	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Drugs for leprosy	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Synthetic antibiotics	Male	1	0.6	0	0	1	0.7	3	2.2	5	0.9
	Female	1	0.7	0	0	1	0.7	0	0	2	0.4
	Total	2	0.7	0	0	2	0.7	3	1.1	7	0.6
Antiviral agent	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0

(CONTINUED)

State of taking medicine during last 2 weeks

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Other agent for chemotherapy	Male	0	0	0	0	1	0.7	0	0	1	0.2
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	1	0.4	0	0	1	0.1
Vaccine	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Poison or toxoid	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Antitoxic serum or leptospira serum	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Blood supplements	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Reagent for biological test	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Mixed biological agent	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Other biological agent	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Protozoicide	Male	0	0	0	0	0	0	0	0	0	0

(CONTINUED)

State of taking medicine during last 2 weeks

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Protozoicide	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Parasiticide	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Other drug against parasitic disease	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Diluent	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Ointment base	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Solution	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Corrective, tinction	Male	0	0	0	0	0	0	0	0	0	0
	Female	2	1.4	0	0	0	0	0	0	2	0.4
	Total	2	0.7	0	0	0	0	0	0	2	0.2
Emulsifier	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Other dispensing drug	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0

(CONTINUED)

State of taking medicine during last 2 weeks

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Other dispensing drug	Total	0	0	0	0	0	0	0	0	0	0
X-ray contrast medium	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Reagent for functional examination	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Other drugs for diagnosis	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Antiseptic	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Pesticide for prevention of epidemics	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Insect repellent	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Insecticide	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Rodenticide	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0

(CONTINUED)

State of taking medicine during last 2 weeks

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Other drug used for public health	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Reagent for general examination	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Reagent for blood analysis	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Reagent for chemical analysis	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Reagent for immunologic test	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Reagent for microbiological examination	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Reagent for pathological examination	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Radiopharmaceutical for diagnosis	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Other reagent for diagnosis	Male	0	0	0	0	0	0	0	0	0	0

(CONTINUED)

State of taking medicine during last 2 weeks

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Other reagent for diagnosis	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Adhesive bandage	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Other drug not for treatment	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Opiate alkaloid agent	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Coca alkaloid agent	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Other alkaloid agent	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Synthetic narcotic	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	0	0	0	0	0	0
Unclassifiable drug	Male	2	1.3	4	2.7	1	0.7	7	5.1	14	2.4
	Female	5	3.4	1	0.8	8	5.8	7	5.2	21	3.8
	Total	7	2.3	5	1.8	9	3.3	14	5.1	35	3.1
No use of drug	Male	85	55.2	58	38.9	40	29.9	29	21.0	212	36.9
	Female	64	44.1	46	34.6	37	26.6	21	15.6	168	30.4

(CONTINUED)

State of taking medicine during last 2 weeks

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
No use of drug	Total	149	49.8	104	36.9	77	28.2	50	18.3	380	33.7
Total	Male	154	100.0	149	100.0	134	100.0	138	100.0	575	100.0
	Female	145	100.0	133	100.0	139	100.0	135	100.0	552	100.0
	Total	299	100.0	282	100.0	273	100.0	273	100.0	1127	100.0

IV. Nutritional Examinations

IV. Nutritional Examinations

Foods and nutrition intakes of the subjects were assessed by the three-consecutive-day weighing dietary records. This method was that foods as raw materials were weighed with scales separately before they were cooked, and we asked subjects to take the photos before and after eating foods using disposable camera. And the dietary records were checked and coded by nutritionists. Then the average of three days food and nutrition intakes were calculated according to the 4th edition Standard Tables of Foods Consumption in Japan edited by the Science and Technology Agency. Moreover we used the substituted food composition table for Japanese foods developed by NCC 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).

1) Food intake

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

2) Nutrition intake

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
Sulfer-containing amino acids
Phenylalanine
Tyrosine
Aromatic amino acids
Threonine
Tryptophan
Valine
Histidine
Arginine
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
Docosapentaenoic acid (n-3)
Docosapentaenoic acid (n-6)
Docosahexaenoic acid
Lignoceric acid
Tetracosenoic acid
Alcohol

1) Daily average of three days food intake

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	276.6	72.1	133	277.6	72.3	143	272.1	64.9	125	260.5	85.7	130	271.9	74.3	531
Female	209.1	53.1	127	208.7	53.9	129	210.0	60.3	124	206.1	51.4	127	208.5	54.6	507
total	243.6	71.8	260	244.9	72.8	272	241.2	69.8	249	233.7	75.8	257	240.9	72.6	1038

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	70.6	45.5	133	70.5	47.9	143	79.9	53.5	125	72.3	50.2	130	73.2	49.3	531
Female	65.6	44.0	127	65.0	45.0	129	70.9	50.4	124	73.6	61.4	127	68.7	50.6	507
total	68.1	44.8	260	67.9	46.6	272	75.4	52.1	249	73.0	55.9	257	71.0	50.0	1038

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	11.6	8.9	133	11.5	8.7	143	15.1	17.1	125	11.4	9.4	130	12.3	11.5	531
Female	11.4	8.8	127	12.7	8.9	129	11.8	8.9	124	11.1	8.0	127	11.8	8.6	507
total	11.5	8.8	260	12.0	8.8	272	13.4	13.7	249	11.3	8.7	257	12.1	10.2	1038

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	45.6	46.3	133	43.2	45.3	143	53.8	61.2	125	46.4	47.6	130	47.1	50.3	531
Female	64.5	44.0	127	58.6	46.9	129	51.4	43.8	124	50.4	43.2	127	56.3	44.7	507
total	54.8	46.1	260	50.5	46.6	272	52.6	53.2	249	48.4	45.4	257	51.6	47.9	1038

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	13.6	6.9	133	11.8	6.7	143	11.5	6.3	125	9.3	6.1	130	11.6	6.7	531
Female	11.3	6.5	127	12.0	7.7	129	9.1	6.0	124	8.4	6.4	127	10.2	6.8	507
total	12.5	6.8	260	11.9	7.1	272	10.3	6.3	249	8.8	6.3	257	10.9	6.8	1038

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	8.0	133	5.9	10.9	143	10.0	21.5	125	5.5	7.4	130	6.6	13.2	531
Female	6.7	16.1	127	8.9	14.1	129	7.2	11.2	124	5.5	8.1	127	7.1	12.8	507
total	6.0	12.7	260	7.3	12.6	272	8.6	17.2	249	5.5	7.8	257	6.8	13.0	1038

Pulses (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	89.9	55.9	133	97.8	57.8	143	94.6	61.6	125	90.3	54.2	130	93.2	57.3	531
Female	70.1	47.7	127	80.5	47.0	129	80.7	53.4	124	79.4	48.2	127	77.7	49.2	507
total	80.2	52.9	260	89.6	53.6	272	87.7	58.0	249	84.9	51.5	257	85.6	54.0	1038

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	110.4	54.7	133	124.7	53.5	143	123.0	57.2	125	108.3	45.4	130	116.7	53.2	531
Female	88.1	43.5	127	110.3	54.4	129	94.7	41.7	124	88.4	41.9	127	95.4	46.5	507
total	99.5	50.7	260	117.9	54.4	272	108.9	52.0	249	98.5	44.8	257	106.3	51.2	1038

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	96.8	47.6	133	89.8	46.5	143	76.6	46.5	125	66.1	37.2	130	82.7	46.1	531
Female	75.1	40.9	127	62.4	34.3	129	64.9	43.5	124	54.5	35.1	127	64.2	39.2	507
total	86.2	45.7	260	76.8	43.3	272	70.7	45.3	249	60.4	36.6	257	73.6	43.8	1038