

## 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 month	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
	Total	2	0.4	1	0.2	4	0.8	1	0.2	8	0.4
Once a day	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 tempura (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 month	Male	50	18.3	37	14.0	54	21.5	56	21.3	197	18.7
	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 salad

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	93	34.1	129	48.7	130	51.8	154	58.6	506	48.1
	Female	75	29.0	111	43.9	83	32.0	110	43.0	379	36.9
	Total	168	31.6	240	46.3	213	41.8	264	50.9	885	42.6
Once a month	Male	114	41.8	96	36.2	78	31.1	64	24.3	352	33.5
	Female	122	47.1	97	38.3	111	42.9	91	35.5	421	41.0
	Total	236	44.4	193	37.3	189	37.1	155	29.9	773	37.2
2 to 3 times a month	Male	56	20.5	32	12.1	28	11.2	36	13.7	152	14.4
	Female	53	20.5	34	13.4	52	20.1	40	15.6	179	17.4
	Total	109	20.5	66	12.7	80	15.7	76	14.6	331	15.9
Once a week	Male	9	3.3	6	2.3	9	3.6	8	3.0	32	3.0
	Female	6	2.3	8	3.2	13	5.0	12	4.7	39	3.8
	Total	15	2.8	14	2.7	22	4.3	20	3.9	71	3.4
2 to 3 times a week	Male	1	0.4	2	0.8	4	1.6	1	0.4	8	0.8
	Female	3	1.2	3	1.2	0	0	3	1.2	9	0.9
	Total	4	0.8	5	1.0	4	0.8	4	0.8	17	0.8
4 to 6 times a week	Male	0	0	0	0	2	0.8	0	0	2	0.2
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	2	0.4	0	0	2	0.1

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
2 to 3 times a week	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
	Total	10	1.9	2	0.4	0	0	1	0.2	13	0.6
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
2 or more times a month	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