

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 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

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 month	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
	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
2 to 3 times a week	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
	Total	51	9.6	71	13.7	84	16.5	71	13.7	277	13.3
4 to 6 times a week	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

Frequency of food intakes  
Boiled fish paste (hanpen, kamaboko, chikuwa)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	14	5.1	7	2.6	12	4.8	10	3.8	43	4.1
	Female	6	2.3	13	5.1	6	2.3	17	6.6	42	4.1
	Total	20	3.8	20	3.9	18	3.5	27	5.2	85	4.1
Once a month	Male	46	16.8	46	17.4	48	19.1	35	13.3	175	16.6
	Female	36	13.9	40	15.8	36	13.9	42	16.4	154	15.0
	Total	82	15.4	86	16.6	84	16.5	77	14.8	329	15.8
2 to 3 times a month	Male	102	37.4	82	30.9	80	31.9	87	33.1	351	33.4
	Female	94	36.3	70	27.7	78	30.1	61	23.8	303	29.5
	Total	196	36.8	152	29.3	158	31.0	148	28.5	654	31.5
Once a week	Male	57	20.9	80	30.2	49	19.5	54	20.5	240	22.8
	Female	59	22.8	65	25.7	66	25.5	61	23.8	251	24.4
	Total	116	21.8	145	28.0	115	22.5	115	22.2	491	23.6
2 to 3 times a week	Male	48	17.6	44	16.6	49	19.5	56	21.3	197	18.7
	Female	47	18.1	52	20.6	60	23.2	52	20.3	211	20.5
	Total	95	17.9	96	18.5	109	21.4	108	20.8	408	19.6
4 to 6 times a week	Male	3	1.1	6	2.3	8	3.2	18	6.8	35	3.3
	Female	15	5.8	11	4.3	10	3.9	19	7.4	55	5.4
	Total	18	3.4	17	3.3	18	3.5	37	7.1	90	4.3
Once a day	Male	3	1.1	0	0	5	2.0	3	1.1	11	1.0
	Female	2	0.8	2	0.8	3	1.2	3	1.2	10	1.0
	Total	5	0.9	2	0.4	8	1.6	6	1.2	21	1.0
2 or more times a month	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  
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 month	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
	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
2 or more times a month	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 month	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	
		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 month	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