

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 month	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 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
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 potatoes

		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 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
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 month	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
2 to 3 times a week	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
	Total	159	29.9	163	31.5	151	29.6	143	27.6	616	29.6
4 to 6 times a week	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
Once a day	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
2 or more times a month	Male	2	0.7	2	0.8	2	0.8	2	0.8	8	0.8
	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 month	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 been 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
	Total	97	18.2	72	13.9	72	14.1	71	13.7	312	15.0
2 to 3 times a week	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 month	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 bean 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 bean 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 month	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 month	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 month	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 month	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
	Total	139	26.1	110	21.2	90	17.6	99	19.1	438	21.1
2 to 3 times a month	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 month	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