

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 month	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 month	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
	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
2 or more times a month	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 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
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
	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
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

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 month	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 month	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 month	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 month	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 month	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 month	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 month	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