

Frequency of food intakes
Pickled Chinese cabbage (hakusai-duke, mizuna-duke)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	30	11.0	24	9.1	26	10.4	31	11.8	111	10.6
	Female	21	8.1	17	6.7	35	13.5	40	15.6	113	11.0
	Total	51	9.6	41	7.9	61	12.0	71	13.7	224	10.8
Once a month	Male	53	19.4	41	15.5	30	12.0	30	11.4	154	14.6
	Female	65	25.1	46	18.2	30	11.6	33	12.9	174	16.9
	Total	118	22.2	87	16.8	60	11.8	63	12.1	328	15.8
2 to 3 times a month	Male	62	22.7	44	16.6	41	16.3	42	16.0	189	18.0
	Female	59	22.8	53	20.9	30	11.6	37	14.5	179	17.4
	Total	121	22.7	97	18.7	71	13.9	79	15.2	368	17.7
Once a week	Male	57	20.9	47	17.7	44	17.5	33	12.5	181	17.2
	Female	44	17.0	50	19.8	36	13.9	32	12.5	162	15.8
	Total	101	19.0	97	18.7	80	15.7	65	12.5	343	16.5
2 to 3 times a week	Male	49	17.9	72	27.2	54	21.5	58	22.1	233	22.1
	Female	57	22.0	53	20.9	70	27.0	49	19.1	229	22.3
	Total	106	19.9	125	24.1	124	24.3	107	20.6	462	22.2
4 to 6 times a week	Male	15	5.5	24	9.1	26	10.4	28	10.6	93	8.8
	Female	8	3.1	29	11.5	27	10.4	36	14.1	100	9.7
	Total	23	4.3	53	10.2	53	10.4	64	12.3	193	9.3
Once a day	Male	6	2.2	13	4.9	25	10.0	35	13.3	79	7.5
	Female	5	1.9	4	1.6	23	8.9	24	9.4	56	5.5
	Total	11	2.1	17	3.3	48	9.4	59	11.4	135	6.5
2 or more times a month	Male	1	0.4	0	0	5	2.0	6	2.3	12	1.1
	Female	0	0	1	0.4	8	3.1	5	2.0	14	1.4
	Total	1	0.2	1	0.2	13	2.5	11	2.1	26	1.3

Frequency of food intakes
Pickled vegetables by miso

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	152	55.7	117	44.2	120	47.8	122	46.4	511	48.6
	Female	156	60.2	115	45.5	138	53.3	149	58.2	558	54.3
	Total	308	57.9	232	44.8	258	50.6	271	52.2	1069	51.4
Once a month	Male	49	17.9	64	24.2	56	22.3	49	18.6	218	20.7
	Female	55	21.2	58	22.9	56	21.6	38	14.8	207	20.2
	Total	104	19.5	122	23.6	112	22.0	87	16.8	425	20.4
2 to 3 times a month	Male	37	13.6	41	15.5	20	8.0	30	11.4	128	12.2
	Female	25	9.7	31	12.3	22	8.5	28	10.9	106	10.3
	Total	62	11.7	72	13.9	42	8.2	58	11.2	234	11.3
Once a week	Male	16	5.9	26	9.8	21	8.4	29	11.0	92	8.7
	Female	15	5.8	24	9.5	15	5.8	18	7.0	72	7.0
	Total	31	5.8	50	9.7	36	7.1	47	9.1	164	7.9
2 to 3 times a week	Male	16	5.9	11	4.2	24	9.6	19	7.2	70	6.7
	Female	6	2.3	18	7.1	15	5.8	13	5.1	52	5.1
	Total	22	4.1	29	5.6	39	7.6	32	6.2	122	5.9
4 to 6 times a week	Male	3	1.1	4	1.5	5	2.0	6	2.3	18	1.7
	Female	2	0.8	4	1.6	7	2.7	5	2.0	18	1.8
	Total	5	0.9	8	1.5	12	2.4	11	2.1	36	1.7
Once a day	Male	0	0	2	0.8	2	0.8	7	2.7	11	1.0
	Female	0	0	3	1.2	5	1.9	3	1.2	11	1.1
	Total	0	0	5	1.0	7	1.4	10	1.9	22	1.1
2 or more times a month	Male	0	0	0	0	3	1.2	1	0.4	4	0.4
	Female	0	0	0	0	1	0.4	2	0.8	3	0.3
	Total	0	0	0	0	4	0.8	3	0.6	7	0.3

Frequency of food intakes
Pickled vegetables by soy-sauce

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	118	43.2	105	39.6	130	51.8	162	61.6	515	49.0
	Female	98	37.8	103	40.7	134	51.7	143	55.9	478	46.5
	Total	216	40.6	208	40.2	264	51.8	305	58.8	993	47.8
Once a month	Male	54	19.8	59	22.3	49	19.5	34	12.9	196	18.6
	Female	66	25.5	47	18.6	44	17.0	35	13.7	192	18.7
	Total	120	22.6	106	20.5	93	18.2	69	13.3	388	18.7
2 to 3 times a month	Male	39	14.3	52	19.6	16	6.4	18	6.8	125	11.9
	Female	48	18.5	36	14.2	33	12.7	23	9.0	140	13.6
	Total	87	16.4	88	17.0	49	9.6	41	7.9	265	12.7
Once a week	Male	35	12.8	20	7.5	18	7.2	26	9.9	99	9.4
	Female	31	12.0	35	13.8	17	6.6	22	8.6	105	10.2
	Total	66	12.4	55	10.6	35	6.9	48	9.2	204	9.8
2 to 3 times a week	Male	21	7.7	22	8.3	23	9.2	12	4.6	78	7.4
	Female	11	4.2	20	7.9	16	6.2	14	5.5	61	5.9
	Total	32	6.0	42	8.1	39	7.6	26	5.0	139	6.7
4 to 6 times a week	Male	5	1.8	6	2.3	8	3.2	6	2.3	25	2.4
	Female	4	1.5	11	4.3	8	3.1	11	4.3	34	3.3
	Total	9	1.7	17	3.3	16	3.1	17	3.3	59	2.8
Once a day	Male	1	0.4	1	0.4	6	2.4	4	1.5	12	1.1
	Female	1	0.4	0	0	5	1.9	7	2.7	13	1.3
	Total	2	0.4	1	0.2	11	2.2	11	2.1	25	1.2
2 or more times a month	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
 Pickled cucumber or eggplant (itiya-duke)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	37	13.6	25	9.4	31	12.4	31	11.8	124	11.8
	Female	15	5.8	22	8.7	23	8.9	37	14.5	97	9.4
	Total	52	9.8	47	9.1	54	10.6	68	13.1	221	10.6
Once a month	Male	47	17.2	40	15.1	28	11.2	17	6.5	132	12.5
	Female	54	20.8	36	14.2	21	8.1	17	6.6	128	12.5
	Total	101	19.0	76	14.7	49	9.6	34	6.6	260	12.5
2 to 3 times a month	Male	63	23.1	50	18.9	45	17.9	38	14.4	196	18.6
	Female	49	18.9	39	15.4	38	14.7	23	9.0	149	14.5
	Total	112	21.1	89	17.2	83	16.3	61	11.8	345	16.6
Once a week	Male	38	13.9	56	21.1	38	15.1	39	14.8	171	16.3
	Female	64	24.7	58	22.9	32	12.4	34	13.3	188	18.3
	Total	102	19.2	114	22.0	70	13.7	73	14.1	359	17.3
2 to 3 times a week	Male	62	22.7	54	20.4	62	24.7	71	27.0	249	23.7
	Female	47	18.1	49	19.4	58	22.4	69	27.0	223	21.7
	Total	109	20.5	103	19.9	120	23.5	140	27.0	472	22.7
4 to 6 times a week	Male	19	7.0	29	10.9	26	10.4	31	11.8	105	10.0
	Female	23	8.9	27	10.7	44	17.0	30	11.7	124	12.1
	Total	42	7.9	56	10.8	70	13.7	61	11.8	229	11.0
Once a day	Male	6	2.2	10	3.8	17	6.8	27	10.3	60	5.7
	Female	7	2.7	20	7.9	29	11.2	31	12.1	87	8.5
	Total	13	2.4	30	5.8	46	9.0	58	11.2	147	7.1
2 or more times a month	Male	1	0.4	1	0.4	4	1.6	9	3.4	15	1.4
	Female	0	0	2	0.8	14	5.4	15	5.9	31	3.0
	Total	1	0.2	3	0.6	18	3.5	24	4.6	46	2.2

Frequency of food intakes
Other pickles

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	50	18.3	46	17.4	49	19.5	62	23.6	207	19.7
	Female	58	22.4	33	13.0	38	14.7	42	16.4	171	16.7
	Total	108	20.3	79	15.3	87	17.1	104	20.0	378	18.2
Once a month	Male	41	15.0	35	13.2	18	7.2	21	8.0	115	10.9
	Female	38	14.7	26	10.3	10	3.9	16	6.3	90	8.8
	Total	79	14.8	61	11.8	28	5.5	37	7.1	205	9.9
2 to 3 times a month	Male	35	12.8	38	14.3	28	11.2	18	6.8	119	11.3
	Female	39	15.1	34	13.4	23	8.9	20	7.8	116	11.3
	Total	74	13.9	72	13.9	51	10.0	38	7.3	235	11.3
Once a week	Male	50	18.3	33	12.5	26	10.4	43	16.3	152	14.4
	Female	44	17.0	46	18.2	20	7.7	25	9.8	135	13.1
	Total	94	17.7	79	15.3	46	9.0	68	13.1	287	13.8
2 to 3 times a week	Male	48	17.6	43	16.2	43	17.1	42	16.0	176	16.7
	Female	38	14.7	50	19.8	59	22.8	62	24.2	209	20.4
	Total	86	16.2	93	18.0	102	20.0	104	20.0	385	18.5
4 to 6 times a week	Male	22	8.1	28	10.6	25	10.0	16	6.1	91	8.7
	Female	18	6.9	25	9.9	17	6.6	22	8.6	82	8.0
	Total	40	7.5	53	10.2	42	8.2	38	7.3	173	8.3
Once a day	Male	25	9.2	39	14.7	51	20.3	45	17.1	160	15.2
	Female	22	8.5	37	14.6	74	28.6	51	19.9	184	17.9
	Total	47	8.8	76	14.7	125	24.5	96	18.5	344	16.5
2 or more times a month	Male	2	0.7	3	1.1	11	4.4	16	6.1	32	3.0
	Female	2	0.8	2	0.8	18	6.9	18	7.0	40	3.9
	Total	4	0.8	5	1.0	29	5.7	34	6.6	72	3.5

Frequency of food intakes
Salt at th table

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	105	38.5	109	41.1	94	37.5	116	44.1	424	40.3
	Female	116	44.8	111	43.9	132	51.0	127	49.6	486	47.3
	Total	221	41.5	220	42.5	226	44.3	243	46.8	910	43.8
Once a month	Male	31	11.4	30	11.3	29	11.6	17	6.5	107	10.2
	Female	24	9.3	19	7.5	10	3.9	26	10.2	79	7.7
	Total	55	10.3	49	9.5	39	7.6	43	8.3	186	8.9
2 to 3 times a month	Male	32	11.7	19	7.2	22	8.8	26	9.9	99	9.4
	Female	29	11.2	18	7.1	19	7.3	24	9.4	90	8.8
	Total	61	11.5	37	7.1	41	8.0	50	9.6	189	9.1
Once a week	Male	26	9.5	30	11.3	24	9.6	27	10.3	107	10.2
	Female	16	6.2	31	12.3	18	6.9	22	8.6	87	8.5
	Total	42	7.9	61	11.8	42	8.2	49	9.4	194	9.3
2 to 3 times a week	Male	34	12.5	30	11.3	37	14.7	33	12.5	134	12.7
	Female	22	8.5	28	11.1	27	10.4	26	10.2	103	10.0
	Total	56	10.5	58	11.2	64	12.5	59	11.4	237	11.4
4 to 6 times a week	Male	10	3.7	16	6.0	10	4.0	13	4.9	49	4.7
	Female	13	5.0	9	3.6	13	5.0	11	4.3	46	4.5
	Total	23	4.3	25	4.8	23	4.5	24	4.6	95	4.6
Once a day	Male	30	11.0	28	10.6	31	12.4	29	11.0	118	11.2
	Female	34	13.1	34	13.4	31	12.0	19	7.4	118	11.5
	Total	64	12.0	62	12.0	62	12.2	48	9.2	236	11.4
2 or more times a month	Male	5	1.8	3	1.1	4	1.6	2	0.8	14	1.3
	Female	5	1.9	3	1.2	9	3.5	1	0.4	18	1.8
	Total	10	1.9	6	1.2	13	2.5	3	0.6	32	1.5

Frequency of food intakes
Soy sauce at the table

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	2	0.7	3	1.1	8	3.2	6	2.3	19	1.8
	Female	6	2.3	7	2.8	9	3.5	23	9.0	45	4.4
	Total	8	1.5	10	1.9	17	3.3	29	5.6	64	3.1
Once a month	Male	3	1.1	2	0.8	4	1.6	1	0.4	10	1.0
	Female	3	1.2	3	1.2	4	1.5	3	1.2	13	1.3
	Total	6	1.1	5	1.0	8	1.6	4	0.8	23	1.1
2 to 3 times a month	Male	18	6.6	11	4.2	5	2.0	16	6.1	50	4.8
	Female	9	3.5	14	5.5	12	4.6	5	2.0	40	3.9
	Total	27	5.1	25	4.8	17	3.3	21	4.0	90	4.3
Once a week	Male	22	8.1	18	6.8	20	8.0	18	6.8	78	7.4
	Female	29	11.2	25	9.9	17	6.6	18	7.0	89	8.7
	Total	51	9.6	43	8.3	37	7.3	36	6.9	167	8.0
2 to 3 times a week	Male	75	27.5	45	17.0	46	18.3	61	23.2	227	21.6
	Female	47	18.1	35	13.8	45	17.4	47	18.4	174	16.9
	Total	122	22.9	80	15.4	91	17.8	108	20.8	401	19.3
4 to 6 times a week	Male	44	16.1	41	15.5	48	19.1	41	15.6	174	16.5
	Female	42	16.2	51	20.2	43	16.6	42	16.4	178	17.3
	Total	86	16.2	92	17.8	91	17.8	83	16.0	352	16.9
Once a day	Male	82	30.0	105	39.6	87	34.7	93	35.4	367	34.9
	Female	99	38.2	90	35.6	96	37.1	97	37.9	382	37.2
	Total	181	34.0	195	37.6	183	35.9	190	36.6	749	36.0
2 or more times a month	Male	27	9.9	40	15.1	33	13.1	27	10.3	127	12.1
	Female	24	9.3	28	11.1	33	12.7	21	8.2	106	10.3
	Total	51	9.6	68	13.1	66	12.9	48	9.2	233	11.2

Frequency of food intakes
Specific miso to Hida area (houba-miso)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	255	93.4	257	97.0	241	96.0	249	94.7	1002	95.2
	Female	251	96.9	230	90.9	247	95.4	245	95.7	973	94.7
	Total	506	95.1	487	94.0	488	95.7	494	95.2	1975	95.0
Once a month	Male	11	4.0	5	1.9	7	2.8	8	3.0	31	2.9
	Female	8	3.1	15	5.9	7	2.7	5	2.0	35	3.4
	Total	19	3.6	20	3.9	14	2.7	13	2.5	66	3.2
2 to 3 times a month	Male	3	1.1	2	0.8	0	0	1	0.4	6	0.6
	Female	0	0	2	0.8	1	0.4	3	1.2	6	0.6
	Total	3	0.6	4	0.8	1	0.2	4	0.8	12	0.6
Once a week	Male	1	0.4	0	0	2	0.8	1	0.4	4	0.4
	Female	0	0	2	0.8	1	0.4	0	0	3	0.3
	Total	1	0.2	2	0.4	3	0.6	1	0.2	7	0.3
2 to 3 times a week	Male	2	0.7	1	0.4	1	0.4	3	1.1	7	0.7
	Female	0	0	3	1.2	1	0.4	2	0.8	6	0.6
	Total	2	0.4	4	0.8	2	0.4	5	1.0	13	0.6
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
Once a day	Male	1	0.4	0	0	0	0	0	0	1	0.1
	Female	0	0	1	0.4	2	0.8	1	0.4	4	0.4
	Total	1	0.2	1	0.2	2	0.4	1	0.2	5	0.2

Frequency of food intakes
Vinegar at the table (ponzu)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	56	20.5	46	17.4	46	18.3	77	29.3	225	21.4
	Female	42	16.2	31	12.3	49	18.9	63	24.6	185	18.0
	Total	98	18.4	77	14.9	95	18.6	140	27.0	410	19.7
Once a month	Male	83	30.4	68	25.7	37	14.7	41	15.6	229	21.8
	Female	67	25.9	47	18.6	32	12.4	45	17.6	191	18.6
	Total	150	28.2	115	22.2	69	13.5	86	16.6	420	20.2
2 to 3 times a month	Male	57	20.9	55	20.8	56	22.3	49	18.6	217	20.6
	Female	61	23.6	48	19.0	60	23.2	46	18.0	215	20.9
	Total	118	22.2	103	19.9	116	22.7	95	18.3	432	20.8
Once a week	Male	44	16.1	40	15.1	42	16.7	37	14.1	163	15.5
	Female	44	17.0	55	21.7	38	14.7	38	14.8	175	17.0
	Total	88	16.5	95	18.3	80	15.7	75	14.5	338	16.3
2 to 3 times a week	Male	26	9.5	40	15.1	46	18.3	34	12.9	146	13.9
	Female	27	10.4	48	19.0	45	17.4	40	15.6	160	15.6
	Total	53	10.0	88	17.0	91	17.8	74	14.3	306	14.7
4 to 6 times a week	Male	7	2.6	14	5.3	13	5.2	18	6.8	52	4.9
	Female	15	5.8	18	7.1	26	10.0	15	5.9	74	7.2
	Total	22	4.1	32	6.2	39	7.6	33	6.4	126	6.1
Once a day	Male	0	0	1	0.4	6	2.4	7	2.7	14	1.3
	Female	3	1.2	6	2.4	7	2.7	8	3.1	24	2.3
	Total	3	0.6	7	1.4	13	2.5	15	2.9	38	1.8
2 or more times a month	Male	0	0	1	0.4	5	2.0	0	0	6	0.6
	Female	0	0	0	0	2	0.8	1	0.4	3	0.3
	Total	0	0	1	0.2	7	1.4	1	0.2	9	0.4

Frequency of food intakes
Worcester sauce at the table

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	25	9.2	26	9.8	31	12.4	29	11.0	111	10.6
	Female	32	12.4	39	15.4	37	14.3	40	15.6	148	14.4
	Total	57	10.7	65	12.5	68	13.3	69	13.3	259	12.5
Once a month	Male	22	8.1	25	9.4	26	10.4	20	7.6	93	8.8
	Female	21	8.1	27	10.7	32	12.4	30	11.7	110	10.7
	Total	43	8.1	52	10.0	58	11.4	50	9.6	203	9.8
2 to 3 times a month	Male	31	11.4	38	14.3	42	16.7	50	19.0	161	15.3
	Female	44	17.0	40	15.8	43	16.6	48	18.8	175	17.0
	Total	75	14.1	78	15.1	85	16.7	98	18.9	336	16.2
Once a week	Male	44	16.1	53	20.0	46	18.3	52	19.8	195	18.5
	Female	57	22.0	60	23.7	57	22.0	53	20.7	227	22.1
	Total	101	19.0	113	21.8	103	20.2	105	20.2	422	20.3
2 to 3 times a week	Male	76	27.8	66	24.9	65	25.9	72	27.4	279	26.5
	Female	65	25.1	58	22.9	65	25.1	53	20.7	241	23.5
	Total	141	26.5	124	23.9	130	25.5	125	24.1	520	25.0
4 to 6 times a week	Male	47	17.2	27	10.2	25	10.0	20	7.6	119	11.3
	Female	23	8.9	24	9.5	19	7.3	24	9.4	90	8.8
	Total	70	13.2	51	9.8	44	8.6	44	8.5	209	10.1
Once a day	Male	27	9.9	25	9.4	14	5.6	19	7.2	85	8.1
	Female	16	6.2	5	2.0	5	1.9	7	2.7	33	3.2
	Total	43	8.1	30	5.8	19	3.7	26	5.0	118	5.7
2 or more times a month	Male	1	0.4	5	1.9	2	0.8	1	0.4	9	0.9
	Female	1	0.4	0	0	1	0.4	1	0.4	3	0.3
	Total	2	0.4	5	1.0	3	0.6	2	0.4	12	0.6

Frequency of food intakes
Dressing at the table

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	53	19.4	52	19.6	64	25.5	89	33.8	258	24.5
	Female	40	15.4	46	18.2	59	22.8	84	32.8	229	22.3
	Total	93	17.5	98	18.9	123	24.1	173	33.3	487	23.4
Once a month	Male	30	11.0	27	10.2	27	10.8	30	11.4	114	10.8
	Female	18	6.9	25	9.9	20	7.7	29	11.3	92	9.0
	Total	48	9.0	52	10.0	47	9.2	59	11.4	206	9.9
2 to 3 times a month	Male	41	15.0	39	14.7	43	17.1	37	14.1	160	15.2
	Female	28	10.8	34	13.4	35	13.5	38	14.8	135	13.1
	Total	69	13.0	73	14.1	78	15.3	75	14.5	295	14.2
Once a week	Male	48	17.6	60	22.6	36	14.3	42	16.0	186	17.7
	Female	51	19.7	43	17.0	44	17.0	30	11.7	168	16.4
	Total	99	18.6	103	19.9	80	15.7	72	13.9	354	17.0
2 to 3 times a week	Male	65	23.8	57	21.5	58	23.1	40	15.2	220	20.9
	Female	71	27.4	70	27.7	63	24.3	46	18.0	250	24.3
	Total	136	25.6	127	24.5	121	23.7	86	16.6	470	22.6
4 to 6 times a week	Male	28	10.3	20	7.5	11	4.4	19	7.2	78	7.4
	Female	40	15.4	30	11.9	27	10.4	22	8.6	119	11.6
	Total	68	12.8	50	9.7	38	7.5	41	7.9	197	9.5
Once a day	Male	8	2.9	9	3.4	11	4.4	5	1.9	33	3.1
	Female	10	3.9	5	2.0	11	4.2	6	2.3	32	3.1
	Total	18	3.4	14	2.7	22	4.3	11	2.1	65	3.1
2 or more times a month	Male	0	0	1	0.4	1	0.4	1	0.4	3	0.3
	Female	1	0.4	0	0	0	0	1	0.4	2	0.2
	Total	1	0.2	1	0.2	1	0.2	2	0.4	5	0.2

Frequency of food intakes
Mayonnaise at the table

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	16	5.9	25	9.4	35	13.9	46	17.5	122	11.6
	Female	12	4.6	13	5.1	22	8.5	40	15.6	87	8.5
	Total	28	5.3	38	7.3	57	11.2	86	16.6	209	10.1
Once a month	Male	20	7.3	21	7.9	16	6.4	19	7.2	76	7.2
	Female	17	6.6	22	8.7	17	6.6	18	7.0	74	7.2
	Total	37	7.0	43	8.3	33	6.5	37	7.1	150	7.2
2 to 3 times a month	Male	34	12.5	35	13.2	42	16.7	36	13.7	147	14.0
	Female	22	8.5	41	16.2	36	13.9	43	16.8	142	13.8
	Total	56	10.5	76	14.7	78	15.3	79	15.2	289	13.9
Once a week	Male	62	22.7	58	21.9	51	20.3	62	23.6	233	22.1
	Female	59	22.8	59	23.3	73	28.2	50	19.5	241	23.5
	Total	121	22.7	117	22.6	124	24.3	112	21.6	474	22.8
2 to 3 times a week	Male	86	31.5	92	34.7	70	27.9	68	25.9	316	30.0
	Female	93	35.9	87	34.4	72	27.8	70	27.3	322	31.4
	Total	179	33.6	179	34.6	142	27.8	138	26.6	638	30.7
4 to 6 times a week	Male	37	13.6	25	9.4	21	8.4	20	7.6	103	9.8
	Female	44	17.0	23	9.1	28	10.8	21	8.2	116	11.3
	Total	81	15.2	48	9.3	49	9.6	41	7.9	219	10.5
Once a day	Male	15	5.5	8	3.0	15	6.0	7	2.7	45	4.3
	Female	12	4.6	7	2.8	11	4.2	12	4.7	42	4.1
	Total	27	5.1	15	2.9	26	5.1	19	3.7	87	4.2
2 or more times a month	Male	3	1.1	1	0.4	1	0.4	5	1.9	10	1.0
	Female	0	0	1	0.4	0	0	2	0.8	3	0.3
	Total	3	0.6	2	0.4	1	0.2	7	1.3	13	0.6

Frequency of food intakes
Diet dressing at the table

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	148	54.2	174	65.7	177	70.5	208	79.1	707	67.2
	Female	95	36.7	107	42.3	125	48.3	171	66.8	498	48.5
	Total	243	45.7	281	54.2	302	59.2	379	73.0	1205	58.0
Once a month	Male	23	8.4	24	9.1	18	7.2	6	2.3	71	6.7
	Female	30	11.6	15	5.9	13	5.0	12	4.7	70	6.8
	Total	53	10.0	39	7.5	31	6.1	18	3.5	141	6.8
2 to 3 times a month	Male	17	6.2	14	5.3	19	7.6	6	2.3	56	5.3
	Female	28	10.8	18	7.1	24	9.3	16	6.3	86	8.4
	Total	45	8.5	32	6.2	43	8.4	22	4.2	142	6.8
Once a week	Male	34	12.5	28	10.6	16	6.4	17	6.5	95	9.0
	Female	36	13.9	30	11.9	26	10.0	8	3.1	100	9.7
	Total	70	13.2	58	11.2	42	8.2	25	4.8	195	9.4
2 to 3 times a week	Male	36	13.2	16	6.0	12	4.8	19	7.2	83	7.9
	Female	39	15.1	58	22.9	35	13.5	27	10.5	159	15.5
	Total	75	14.1	74	14.3	47	9.2	46	8.9	242	11.6
4 to 6 times a week	Male	10	3.7	5	1.9	4	1.6	5	1.9	24	2.3
	Female	24	9.3	20	7.9	20	7.7	14	5.5	78	7.6
	Total	34	6.4	25	4.8	24	4.7	19	3.7	102	4.9
Once a day	Male	4	1.5	3	1.1	5	2.0	1	0.4	13	1.2
	Female	7	2.7	5	2.0	15	5.8	7	2.7	34	3.3
	Total	11	2.1	8	1.5	20	3.9	8	1.5	47	2.3
2 or more times a month	Male	1	0.4	1	0.4	0	0	1	0.4	3	0.3
	Female	0	0	0	0	1	0.4	1	0.4	2	0.2
	Total	1	0.2	1	0.2	1	0.2	2	0.4	5	0.2

Frequency of food intakes
Japanese sake

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	118	43.2	105	39.6	123	49.0	110	41.8	456	43.3
	Female	216	83.4	196	77.5	209	80.7	211	82.4	832	81.0
	Total	334	62.8	301	58.1	332	65.1	321	61.8	1288	62.0
Once a month	Male	59	21.6	39	14.7	25	10.0	33	12.5	156	14.8
	Female	29	11.2	31	12.3	27	10.4	22	8.6	109	10.6
	Total	88	16.5	70	13.5	52	10.2	55	10.6	265	12.7
2 to 3 times a month	Male	30	11.0	27	10.2	25	10.0	35	13.3	117	11.1
	Female	9	3.5	9	3.6	6	2.3	6	2.3	30	2.9
	Total	39	7.3	36	6.9	31	6.1	41	7.9	147	7.1
Once a week	Male	16	5.9	16	6.0	7	2.8	12	4.6	51	4.8
	Female	2	0.8	7	2.8	7	2.7	1	0.4	17	1.7
	Total	18	3.4	23	4.4	14	2.7	13	2.5	68	3.3
2 to 3 times a week	Male	28	10.3	28	10.6	26	10.4	27	10.3	109	10.4
	Female	1	0.4	6	2.4	4	1.5	8	3.1	19	1.9
	Total	29	5.5	34	6.6	30	5.9	35	6.7	128	6.2
4 to 6 times a week	Male	6	2.2	23	8.7	13	5.2	13	4.9	55	5.2
	Female	0	0	1	0.4	4	1.5	3	1.2	8	0.8
	Total	6	1.1	24	4.6	17	3.3	16	3.1	63	3.0
Once a day	Male	16	5.9	27	10.2	29	11.6	33	12.5	105	10.0
	Female	2	0.8	3	1.2	2	0.8	5	2.0	12	1.2
	Total	18	3.4	30	5.8	31	6.1	38	7.3	117	5.6
2 or more times a month	Male	0	0	0	0	3	1.2	0	0	3	0.3
	Female	0	0	0	0	0	0	0	0	0	0
	Total	0	0	0	0	3	0.6	0	0	3	0.1

Frequency of food intakes
Japanese distilled alcoholic beverages (Shochu)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	170	62.3	167	63.0	183	72.9	214	81.4	734	69.8
	Female	221	85.3	233	92.1	244	94.2	252	98.4	950	92.5
	Total	391	73.5	400	77.2	427	83.7	466	89.8	1684	81.0
Once a month	Male	31	11.4	25	9.4	10	4.0	9	3.4	75	7.1
	Female	21	8.1	8	3.2	6	2.3	1	0.4	36	3.5
	Total	52	9.8	33	6.4	16	3.1	10	1.9	111	5.3
2 to 3 times a month	Male	18	6.6	15	5.7	2	0.8	2	0.8	37	3.5
	Female	6	2.3	6	2.4	3	1.2	1	0.4	16	1.6
	Total	24	4.5	21	4.1	5	1.0	3	0.6	53	2.5
Once a week	Male	12	4.4	10	3.8	11	4.4	6	2.3	39	3.7
	Female	3	1.2	2	0.8	2	0.8	0	0	7	0.7
	Total	15	2.8	12	2.3	13	2.5	6	1.2	46	2.2
2 to 3 times a week	Male	13	4.8	14	5.3	17	6.8	15	5.7	59	5.6
	Female	4	1.5	2	0.8	1	0.4	1	0.4	8	0.8
	Total	17	3.2	16	3.1	18	3.5	16	3.1	67	3.2
4 to 6 times a week	Male	10	3.7	14	5.3	7	2.8	3	1.1	34	3.2
	Female	2	0.8	1	0.4	1	0.4	0	0	4	0.4
	Total	12	2.3	15	2.9	8	1.6	3	0.6	38	1.8
Once a day	Male	17	6.2	20	7.5	20	8.0	13	4.9	70	6.7
	Female	2	0.8	1	0.4	2	0.8	1	0.4	6	0.6
	Total	19	3.6	21	4.1	22	4.3	14	2.7	76	3.7
2 to 3 times a day	Male	1	0.4	0	0	1	0.4	1	0.4	3	0.3
	Female	0	0	0	0	0	0	0	0	0	0
	Total	1	0.2	0	0	1	0.2	1	0.2	3	0.1
4 or more times a day	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
Regular or draft beer

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	31	11.4	29	10.9	64	25.5	85	32.3	209	19.9
	Female	111	42.9	132	52.2	140	54.1	171	66.8	554	53.9
	Total	142	26.7	161	31.1	204	40.0	256	49.3	763	36.7
Once a month	Male	30	11.0	24	9.1	28	11.2	35	13.3	117	11.1
	Female	47	18.1	35	13.8	44	17.0	38	14.8	164	16.0
	Total	77	14.5	59	11.4	72	14.1	73	14.1	281	13.5
2 to 3 times a month	Male	30	11.0	20	7.5	30	12.0	30	11.4	110	10.5
	Female	30	11.6	19	7.5	25	9.7	16	6.3	90	8.8
	Total	60	11.3	39	7.5	55	10.8	46	8.9	200	9.6
Once a week	Male	20	7.3	26	9.8	23	9.2	28	10.6	97	9.2
	Female	13	5.0	19	7.5	13	5.0	11	4.3	56	5.5
	Total	33	6.2	45	8.7	36	7.1	39	7.5	153	7.4
2 to 3 times a week	Male	58	21.2	63	23.8	45	17.9	32	12.2	198	18.8
	Female	25	9.7	19	7.5	13	5.0	8	3.1	65	6.3
	Total	83	15.6	82	15.8	58	11.4	40	7.7	263	12.7
4 to 6 times a week	Male	42	15.4	38	14.3	21	8.4	21	8.0	122	11.6
	Female	17	6.6	15	5.9	16	6.2	9	3.5	57	5.6
	Total	59	11.1	53	10.2	37	7.3	30	5.8	179	8.6
Once a day	Male	60	22.0	63	23.8	40	15.9	31	11.8	194	18.4
	Female	16	6.2	12	4.7	7	2.7	3	1.2	38	3.7
	Total	76	14.3	75	14.5	47	9.2	34	6.6	232	11.2
2 to 3 times a day	Male	1	0.4	2	0.8	0	0	0	0	3	0.3
	Female	0	0	2	0.8	1	0.4	0	0	3	0.3
	Total	1	0.2	4	0.8	1	0.2	0	0	6	0.3
4 or more times a day	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

Frequency of food intakes
Light beer

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	222	81.3	236	89.1	230	91.6	250	95.1	938	89.2
	Female	227	87.6	236	93.3	246	95.0	252	98.4	961	93.6
	Total	449	84.4	472	91.1	476	93.3	502	96.7	1899	91.3
Once a month	Male	22	8.1	11	4.2	13	5.2	5	1.9	51	4.8
	Female	16	6.2	9	3.6	10	3.9	2	0.8	37	3.6
	Total	38	7.1	20	3.9	23	4.5	7	1.3	88	4.2
2 to 3 times a month	Male	9	3.3	9	3.4	3	1.2	4	1.5	25	2.4
	Female	3	1.2	2	0.8	1	0.4	1	0.4	7	0.7
	Total	12	2.3	11	2.1	4	0.8	5	1.0	32	1.5
Once a week	Male	6	2.2	4	1.5	1	0.4	2	0.8	13	1.2
	Female	4	1.5	1	0.4	0	0	1	0.4	6	0.6
	Total	10	1.9	5	1.0	1	0.2	3	0.6	19	0.9
2 to 3 times a week	Male	4	1.5	4	1.5	3	1.2	1	0.4	12	1.1
	Female	4	1.5	3	1.2	2	0.8	0	0	9	0.9
	Total	8	1.5	7	1.4	5	1.0	1	0.2	21	1.0
4 to 6 times a week	Male	6	2.2	0	0	1	0.4	1	0.4	8	0.8
	Female	3	1.2	1	0.4	0	0	0	0	4	0.4
	Total	9	1.7	1	0.2	1	0.2	1	0.2	12	0.6
Once a day	Male	4	1.5	1	0.4	0	0	0	0	5	0.5
	Female	2	0.8	0	0	0	0	0	0	2	0.2
	Total	6	1.1	1	0.2	0	0	0	0	7	0.3
2 to 3 times a day	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

Frequency of food intakes
Wine

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	145	53.1	155	58.5	171	68.1	196	74.5	667	63.4
	Female	154	59.5	150	59.3	171	66.0	193	75.4	668	65.0
	Total	299	56.2	305	58.9	342	67.1	389	75.0	1335	64.2
Once a month	Male	81	29.7	52	19.6	42	16.7	28	10.6	203	19.3
	Female	63	24.3	59	23.3	44	17.0	27	10.5	193	18.8
	Total	144	27.1	111	21.4	86	16.9	55	10.6	396	19.0
2 to 3 times a month	Male	25	9.2	32	12.1	18	7.2	19	7.2	94	8.9
	Female	21	8.1	24	9.5	21	8.1	12	4.7	78	7.6
	Total	46	8.6	56	10.8	39	7.6	31	6.0	172	8.3
Once a week	Male	13	4.8	11	4.2	8	3.2	8	3.0	40	3.8
	Female	11	4.2	10	4.0	4	1.5	12	4.7	37	3.6
	Total	24	4.5	21	4.1	12	2.4	20	3.9	77	3.7
2 to 3 times a week	Male	7	2.6	10	3.8	10	4.0	7	2.7	34	3.2
	Female	5	1.9	5	2.0	6	2.3	6	2.3	22	2.1
	Total	12	2.3	15	2.9	16	3.1	13	2.5	56	2.7
4 to 6 times a week	Male	1	0.4	3	1.1	1	0.4	1	0.4	6	0.6
	Female	2	0.8	3	1.2	6	2.3	1	0.4	12	1.2
	Total	3	0.6	6	1.2	7	1.4	2	0.4	18	0.9
Once a day	Male	1	0.4	1	0.4	1	0.4	4	1.5	7	0.7
	Female	3	1.2	2	0.8	6	2.3	5	2.0	16	1.6
	Total	4	0.8	3	0.6	7	1.4	9	1.7	23	1.1
2 to 3 times a day	Male	0	0	1	0.4	0	0	0	0	1	0.1
	Female	0	0	0	0	1	0.4	0	0	1	0.1
	Total	0	0	1	0.2	1	0.2	0	0	2	0.1

Frequency of food intakes
 Hard liquor (such as whisky, brandy, gin, vodka, rum, cocktails, etc.)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	160	58.6	160	60.4	177	70.5	205	77.9	702	66.7
	Female	225	86.9	230	90.9	238	91.9	254	99.2	947	92.2
	Total	385	72.4	390	75.3	415	81.4	459	88.4	1649	79.3
Once a month	Male	57	20.9	39	14.7	29	11.6	17	6.5	142	13.5
	Female	20	7.7	17	6.7	11	4.2	1	0.4	49	4.8
	Total	77	14.5	56	10.8	40	7.8	18	3.5	191	9.2
2 to 3 times a month	Male	21	7.7	20	7.5	18	7.2	13	4.9	72	6.8
	Female	4	1.5	2	0.8	3	1.2	0	0	9	0.9
	Total	25	4.7	22	4.2	21	4.1	13	2.5	81	3.9
Once a week	Male	11	4.0	16	6.0	7	2.8	4	1.5	38	3.6
	Female	3	1.2	2	0.8	1	0.4	1	0.4	7	0.7
	Total	14	2.6	18	3.5	8	1.6	5	1.0	45	2.2
2 to 3 times a week	Male	12	4.4	14	5.3	10	4.0	12	4.6	48	4.6
	Female	4	1.5	1	0.4	3	1.2	0	0	8	0.8
	Total	16	3.0	15	2.9	13	2.5	12	2.3	56	2.7
4 to 6 times a week	Male	5	1.8	8	3.0	3	1.2	6	2.3	22	2.1
	Female	1	0.4	0	0	2	0.8	0	0	3	0.3
	Total	6	1.1	8	1.5	5	1.0	6	1.2	25	1.2
Once a day	Male	7	2.6	8	3.0	7	2.8	4	1.5	26	2.5
	Female	2	0.8	0	0	1	0.4	0	0	3	0.3
	Total	9	1.7	8	1.5	8	1.6	4	0.8	29	1.4
2 to 3 times a day	Male	0	0	0	0	0	0	2	0.8	2	0.2
	Female	0	0	1	0.4	0	0	0	0	1	0.1
	Total	0	0	1	0.2	0	0	2	0.4	3	0.1

Frequency of food intakes
Regular coffee

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	10	3.7	19	7.2	26	10.4	38	14.4	93	8.8
	Female	13	5.0	23	9.1	38	14.7	62	24.2	136	13.2
	Total	23	4.3	42	8.1	64	12.5	100	19.3	229	11.0
Once a month	Male	7	2.6	12	4.5	20	8.0	18	6.8	57	5.4
	Female	7	2.7	13	5.1	13	5.0	24	9.4	57	5.6
	Total	14	2.6	25	4.8	33	6.5	42	8.1	114	5.5
2 to 3 times a month	Male	5	1.8	8	3.0	15	6.0	24	9.1	52	4.9
	Female	13	5.0	13	5.1	24	9.3	24	9.4	74	7.2
	Total	18	3.4	21	4.1	39	7.6	48	9.2	126	6.1
Once a week	Male	8	2.9	8	3.0	8	3.2	18	6.8	42	4.0
	Female	7	2.7	7	2.8	22	8.5	18	7.0	54	5.3
	Total	15	2.8	15	2.9	30	5.9	36	6.9	96	4.6
2 to 3 times a week	Male	15	5.5	12	4.5	25	10.0	23	8.7	75	7.1
	Female	18	6.9	21	8.3	32	12.4	28	10.9	99	9.6
	Total	33	6.2	33	6.4	57	11.2	51	9.8	174	8.4
4 to 6 times a week	Male	15	5.5	11	4.2	22	8.8	24	9.1	72	6.8
	Female	16	6.2	20	7.9	21	8.1	24	9.4	81	7.9
	Total	31	5.8	31	6.0	43	8.4	48	9.2	153	7.4
Once a day	Male	50	18.3	67	25.3	64	25.5	76	28.9	257	24.4
	Female	71	27.4	76	30.0	68	26.3	48	18.8	263	25.6
	Total	121	22.7	143	27.6	132	25.9	124	23.9	520	25.0
2 to 3 times a day	Male	130	47.6	101	38.1	62	24.7	39	14.8	332	31.6
	Female	96	37.1	73	28.9	39	15.1	26	10.2	234	22.8
	Total	226	42.5	174	33.6	101	19.8	65	12.5	566	27.2
4 or more times a day	Male	33	12.1	27	10.2	9	3.6	3	1.1	72	6.8
	Female	18	6.9	7	2.8	2	0.8	2	0.8	29	2.8
	Total	51	9.6	34	6.6	11	2.2	5	1.0	101	4.9