

Frequency of food intakes  
Decaffeinated coffee

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	267	97.8	252	95.1	232	92.4	249	94.7	1000	95.1
	Female	250	96.5	235	92.9	243	93.8	247	96.5	975	94.9
	Total	517	97.2	487	94.0	475	93.1	496	95.6	1975	95.0
Once a month	Male	4	1.5	3	1.1	8	3.2	3	1.1	18	1.7
	Female	3	1.2	6	2.4	2	0.8	6	2.3	17	1.7
	Total	7	1.3	9	1.7	10	2.0	9	1.7	35	1.7
2 to 3 times a month	Male	0	0	3	1.1	2	0.8	1	0.4	6	0.6
	Female	2	0.8	2	0.8	1	0.4	1	0.4	6	0.6
	Total	2	0.4	5	1.0	3	0.6	2	0.4	12	0.6
Once a week	Male	1	0.4	4	1.5	2	0.8	2	0.8	9	0.9
	Female	1	0.4	0	0	6	2.3	0	0	7	0.7
	Total	2	0.4	4	0.8	8	1.6	2	0.4	16	0.8
2 to 3 times a week	Male	1	0.4	2	0.8	4	1.6	2	0.8	9	0.9
	Female	0	0	3	1.2	3	1.2	1	0.4	7	0.7
	Total	1	0.2	5	1.0	7	1.4	3	0.6	16	0.8
4 to 6 times a week	Male	0	0	0	0	0	0	2	0.8	2	0.2
	Female	0	0	1	0.4	3	1.2	0	0	4	0.4
	Total	0	0	1	0.2	3	0.6	2	0.4	6	0.3
Once a day	Male	0	0	1	0.4	3	1.2	4	1.5	8	0.8
	Female	2	0.8	3	1.2	1	0.4	0	0	6	0.6
	Total	2	0.4	4	0.8	4	0.8	4	0.8	14	0.7
2 to 3 times a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	1	0.4	3	1.2	0	0	1	0.4	5	0.5
	Total	1	0.2	3	0.6	0	0	1	0.2	5	0.2

Frequency of food intakes  
Black tea

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	117	42.9	155	58.5	136	54.2	157	59.7	565	53.7
	Female	58	22.4	102	40.3	102	39.4	109	42.6	371	36.1
	Total	175	32.9	257	49.6	238	46.7	266	51.3	936	45.0
Once a month	Male	55	20.1	34	12.8	40	15.9	27	10.3	156	14.8
	Female	63	24.3	48	19.0	49	18.9	36	14.1	196	19.1
	Total	118	22.2	82	15.8	89	17.5	63	12.1	352	16.9
2 to 3 times a month	Male	37	13.6	29	10.9	32	12.7	32	12.2	130	12.4
	Female	35	13.5	27	10.7	36	13.9	38	14.8	136	13.2
	Total	72	13.5	56	10.8	68	13.3	70	13.5	266	12.8
Once a week	Male	27	9.9	23	8.7	18	7.2	18	6.8	86	8.2
	Female	34	13.1	27	10.7	32	12.4	26	10.2	119	11.6
	Total	61	11.5	50	9.7	50	9.8	44	8.5	205	9.9
2 to 3 times a week	Male	16	5.9	11	4.2	15	6.0	12	4.6	54	5.1
	Female	39	15.1	24	9.5	20	7.7	18	7.0	101	9.8
	Total	55	10.3	35	6.8	35	6.9	30	5.8	155	7.5
4 to 6 times a week	Male	7	2.6	1	0.4	5	2.0	9	3.4	22	2.1
	Female	15	5.8	9	3.6	13	5.0	10	3.9	47	4.6
	Total	22	4.1	10	1.9	18	3.5	19	3.7	69	3.3
Once a day	Male	12	4.4	7	2.6	4	1.6	7	2.7	30	2.9
	Female	13	5.0	14	5.5	7	2.7	15	5.9	49	4.8
	Total	25	4.7	21	4.1	11	2.2	22	4.2	79	3.8
2 to 3 times a day	Male	2	0.7	4	1.5	1	0.4	1	0.4	8	0.8
	Female	2	0.8	2	0.8	0	0	4	1.6	8	0.8
	Total	4	0.8	6	1.2	1	0.2	5	1.0	16	0.8
4 or more times a day	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  
Green tea

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	14	5.1	15	5.7	9	3.6	13	4.9	51	4.8
	Female	10	3.9	12	4.7	7	2.7	14	5.5	43	4.2
	Total	24	4.5	27	5.2	16	3.1	27	5.2	94	4.5
Once a month	Male	4	1.5	3	1.1	3	1.2	3	1.1	13	1.2
	Female	2	0.8	2	0.8	1	0.4	2	0.8	7	0.7
	Total	6	1.1	5	1.0	4	0.8	5	1.0	20	1.0
2 to 3 times a month	Male	10	3.7	6	2.3	3	1.2	5	1.9	24	2.3
	Female	4	1.5	1	0.4	2	0.8	3	1.2	10	1.0
	Total	14	2.6	7	1.4	5	1.0	8	1.5	34	1.6
Once a week	Male	9	3.3	3	1.1	2	0.8	3	1.1	17	1.6
	Female	11	4.2	3	1.2	1	0.4	4	1.6	19	1.9
	Total	20	3.8	6	1.2	3	0.6	7	1.3	36	1.7
2 to 3 times a week	Male	10	3.7	9	3.4	6	2.4	3	1.1	28	2.7
	Female	13	5.0	9	3.6	6	2.3	6	2.3	34	3.3
	Total	23	4.3	18	3.5	12	2.4	9	1.7	62	3.0
4 to 6 times a week	Male	11	4.0	7	2.6	4	1.6	6	2.3	28	2.7
	Female	15	5.8	11	4.3	9	3.5	4	1.6	39	3.8
	Total	26	4.9	18	3.5	13	2.5	10	1.9	67	3.2
Once a day	Male	48	17.6	36	13.6	19	7.6	13	4.9	116	11.0
	Female	44	17.0	22	8.7	15	5.8	15	5.9	96	9.3
	Total	92	17.3	58	11.2	34	6.7	28	5.4	212	10.2
2 to 3 times a day	Male	118	43.2	117	44.2	131	52.2	113	43.0	479	45.5
	Female	106	40.9	90	35.6	106	40.9	91	35.5	393	38.3
	Total	224	42.1	207	40.0	237	46.5	204	39.3	872	41.9
4 or more times a day	Male	49	17.9	69	26.0	74	29.5	104	39.5	296	28.1
	Female	54	20.8	103	40.7	112	43.2	117	45.7	386	37.6
	Total	103	19.4	172	33.2	186	36.5	221	42.6	682	32.8

Frequency of food intakes  
Oolong tea

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	29	10.6	31	11.7	47	18.7	88	33.5	195	18.5
	Female	28	10.8	32	12.6	39	15.1	66	25.8	165	16.1
	Total	57	10.7	63	12.2	86	16.9	154	29.7	360	17.3
Once a month	Male	22	8.1	20	7.5	15	6.0	18	6.8	75	7.1
	Female	20	7.7	13	5.1	22	8.5	20	7.8	75	7.3
	Total	42	7.9	33	6.4	37	7.3	38	7.3	150	7.2
2 to 3 times a month	Male	18	6.6	28	10.6	26	10.4	27	10.3	99	9.4
	Female	22	8.5	26	10.3	18	6.9	9	3.5	75	7.3
	Total	40	7.5	54	10.4	44	8.6	36	6.9	174	8.4
Once a week	Male	28	10.3	32	12.1	32	12.7	23	8.7	115	10.9
	Female	18	6.9	21	8.3	24	9.3	23	9.0	86	8.4
	Total	46	8.6	53	10.2	56	11.0	46	8.9	201	9.7
2 to 3 times a week	Male	40	14.7	35	13.2	37	14.7	24	9.1	136	12.9
	Female	34	13.1	33	13.0	36	13.9	39	15.2	142	13.8
	Total	74	13.9	68	13.1	73	14.3	63	12.1	278	13.4
4 to 6 times a week	Male	26	9.5	26	9.8	16	6.4	11	4.2	79	7.5
	Female	21	8.1	23	9.1	21	8.1	16	6.3	81	7.9
	Total	47	8.8	49	9.5	37	7.3	27	5.2	160	7.7
Once a day	Male	40	14.7	37	14.0	19	7.6	24	9.1	120	11.4
	Female	39	15.1	32	12.6	21	8.1	21	8.2	113	11.0
	Total	79	14.8	69	13.3	40	7.8	45	8.7	233	11.2
2 to 3 times a day	Male	54	19.8	39	14.7	44	17.5	37	14.1	174	16.5
	Female	52	20.1	58	22.9	60	23.2	33	12.9	203	19.8
	Total	106	19.9	97	18.7	104	20.4	70	13.5	377	18.1
4 or more times a day	Male	16	5.9	17	6.4	15	6.0	11	4.2	59	5.6
	Female	25	9.7	15	5.9	18	6.9	29	11.3	87	8.5
	Total	41	7.7	32	6.2	33	6.5	40	7.7	146	7.0

Frequency of food intakes  
Carbonated beverages (such as cola, soda, etc.)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	66	24.2	121	45.7	144	57.4	179	68.1	510	48.5
	Female	123	47.5	159	62.8	185	71.4	183	71.5	650	63.3
	Total	189	35.5	280	54.1	329	64.5	362	69.7	1160	55.8
Once a month	Male	66	24.2	42	15.8	40	15.9	32	12.2	180	17.1
	Female	63	24.3	49	19.4	40	15.4	31	12.1	183	17.8
	Total	129	24.2	91	17.6	80	15.7	63	12.1	363	17.5
2 to 3 times a month	Male	49	17.9	47	17.7	29	11.6	18	6.8	143	13.6
	Female	29	11.2	27	10.7	20	7.7	18	7.0	94	9.2
	Total	78	14.7	74	14.3	49	9.6	36	6.9	237	11.4
Once a week	Male	42	15.4	22	8.3	16	6.4	14	5.3	94	8.9
	Female	24	9.3	9	3.6	2	0.8	15	5.9	50	4.9
	Total	66	12.4	31	6.0	18	3.5	29	5.6	144	6.9
2 to 3 times a week	Male	34	12.5	20	7.5	14	5.6	14	5.3	82	7.8
	Female	11	4.2	5	2.0	4	1.5	6	2.3	26	2.5
	Total	45	8.5	25	4.8	18	3.5	20	3.9	108	5.2
4 to 6 times a week	Male	7	2.6	10	3.8	1	0.4	3	1.1	21	2.0
	Female	6	2.3	3	1.2	5	1.9	1	0.4	15	1.5
	Total	13	2.4	13	2.5	6	1.2	4	0.8	36	1.7
Once a day	Male	8	2.9	2	0.8	6	2.4	3	1.1	19	1.8
	Female	3	1.2	1	0.4	1	0.4	2	0.8	7	0.7
	Total	11	2.1	3	0.6	7	1.4	5	1.0	26	1.3
2 to 3 times a day	Male	1	0.4	1	0.4	1	0.4	0	0	3	0.3
	Female	0	0	0	0	2	0.8	0	0	2	0.2
	Total	1	0.2	1	0.2	3	0.6	0	0	5	0.2

Frequency of food intakes  
Isotonic drink

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	60	22.0	98	37.0	108	43.0	178	67.7	444	42.2
	Female	127	49.0	141	55.7	173	66.8	193	75.4	634	61.7
	Total	187	35.2	239	46.1	281	55.1	371	71.5	1078	51.9
Once a month	Male	56	20.5	60	22.6	39	15.5	27	10.3	182	17.3
	Female	49	18.9	50	19.8	41	15.8	25	9.8	165	16.1
	Total	105	19.7	110	21.2	80	15.7	52	10.0	347	16.7
2 to 3 times a month	Male	69	25.3	37	14.0	50	19.9	15	5.7	171	16.3
	Female	34	13.1	37	14.6	13	5.0	13	5.1	97	9.4
	Total	103	19.4	74	14.3	63	12.4	28	5.4	268	12.9
Once a week	Male	39	14.3	28	10.6	20	8.0	19	7.2	106	10.1
	Female	24	9.3	12	4.7	9	3.5	10	3.9	55	5.4
	Total	63	11.8	40	7.7	29	5.7	29	5.6	161	7.7
2 to 3 times a week	Male	31	11.4	27	10.2	15	6.0	11	4.2	84	8.0
	Female	19	7.3	9	3.6	11	4.2	8	3.1	47	4.6
	Total	50	9.4	36	6.9	26	5.1	19	3.7	131	6.3
4 to 6 times a week	Male	12	4.4	10	3.8	8	3.2	6	2.3	36	3.4
	Female	4	1.5	2	0.8	3	1.2	2	0.8	11	1.1
	Total	16	3.0	12	2.3	11	2.2	8	1.5	47	2.3
Once a day	Male	5	1.8	3	1.1	8	3.2	6	2.3	22	2.1
	Female	1	0.4	1	0.4	6	2.3	5	2.0	13	1.3
	Total	6	1.1	4	0.8	14	2.7	11	2.1	35	1.7
2 to 3 times a day	Male	1	0.4	2	0.8	3	1.2	1	0.4	7	0.7
	Female	1	0.4	1	0.4	3	1.2	0	0	5	0.5
	Total	2	0.4	3	0.6	6	1.2	1	0.2	12	0.6

2) Frequency of supplement intake

Usage of vitamin and mineral pills during last 1 year

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
No	Male	222	81.3	205	77.4	173	68.9	172	65.4	772	73.4
	Female	198	76.4	185	73.1	159	61.4	161	62.9	703	68.5
	Total	420	78.9	390	75.3	332	65.1	333	64.2	1475	70.9
Yes	Male	51	18.7	60	22.6	78	31.1	91	34.6	280	26.6
	Female	61	23.6	68	26.9	100	38.6	95	37.1	324	31.5
	Total	112	21.1	128	24.7	178	34.9	186	35.8	604	29.1

Frequency of vitamin and mineral pills intakes

Mixed vitamins

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	231	84.6	217	81.9	190	75.7	197	74.9	835	79.4
	Female	216	83.4	220	87.0	186	71.8	206	80.5	828	80.6
	Total	447	84.0	437	84.4	376	73.7	403	77.6	1663	80.0
1 to 2 a week	Male	17	6.2	20	7.5	25	10.0	17	6.5	79	7.5
	Female	18	6.9	12	4.7	16	6.2	15	5.9	61	5.9
	Total	35	6.6	32	6.2	41	8.0	32	6.2	140	6.7
4 to 6 times a week	Male	11	4.0	9	3.4	8	3.2	6	2.3	34	3.2
	Female	7	2.7	4	1.6	8	3.1	5	2.0	24	2.3
	Total	18	3.4	13	2.5	16	3.1	11	2.1	58	2.8
Once a day	Male	12	4.4	16	6.0	20	8.0	31	11.8	79	7.5
	Female	12	4.6	11	4.3	33	12.7	16	6.3	72	7.0
	Total	24	4.5	27	5.2	53	10.4	47	9.1	151	7.3
Twicer a day	Male	2	0.7	3	1.1	7	2.8	10	3.8	22	2.1
	Female	5	1.9	5	2.0	11	4.2	11	4.3	32	3.1
	Total	7	1.3	8	1.5	18	3.5	21	4.0	54	2.6
3 or more times a day	Male	0	0	0	0	1	0.4	2	0.8	3	0.3
	Female	1	0.4	1	0.4	5	1.9	3	1.2	10	1.0
	Total	1	0.2	1	0.2	6	1.2	5	1.0	13	0.6

Frequency of vitamin and mineral pills intakes  
 Prescribed drug including vitamins and minerals

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	272	99.6	263	99.2	240	95.6	235	89.4	1010	96.0
	Female	258	99.6	247	97.6	234	90.3	220	85.9	959	93.4
	Total	530	99.6	510	98.5	474	92.9	455	87.7	1969	94.7
1 to 2 a week	Male	0	0	0	0	1	0.4	1	0.4	2	0.2
	Female	0	0	1	0.4	1	0.4	0	0	2	0.2
	Total	0	0	1	0.2	2	0.4	1	0.2	4	0.2
4 to 6 times a week	Male	0	0	0	0	0	0	1	0.4	1	0.1
	Female	1	0.4	0	0	1	0.4	1	0.4	3	0.3
	Total	1	0.2	0	0	1	0.2	2	0.4	4	0.2
Once a day	Male	0	0	0	0	4	1.6	2	0.8	6	0.6
	Female	0	0	3	1.2	8	3.1	8	3.1	19	1.9
	Total	0	0	3	0.6	12	2.4	10	1.9	25	1.2
Twicer a day	Male	0	0	2	0.8	3	1.2	11	4.2	16	1.5
	Female	0	0	2	0.8	7	2.7	10	3.9	19	1.9
	Total	0	0	4	0.8	10	2.0	21	4.0	35	1.7
3 or more times a day	Male	1	0.4	0	0	3	1.2	13	4.9	17	1.6
	Female	0	0	0	0	8	3.1	17	6.6	25	2.4
	Total	1	0.2	0	0	11	2.2	30	5.8	42	2.0



Frequency of vitamin and mineral pills intakes  
Cod liver oil

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	271	99.3	264	99.6	250	99.6	262	99.6	1047	99.5
	Female	257	99.2	253	100.0	257	99.2	253	98.8	1020	99.3
	Total	528	99.2	517	99.8	507	99.4	515	99.2	2067	99.4
1 to 2 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	2	0.7	1	0.4	1	0.4	1	0.4	5	0.5
	Female	0	0	0	0	1	0.4	0	0	1	0.1
	Total	2	0.4	1	0.2	2	0.4	1	0.2	6	0.3
Twicer a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	0	0	1	0.4	1	0.1
	Total	0	0	0	0	0	0	1	0.2	1	0.0
3 or more times a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	1	0.4	0	0	1	0.4	1	0.4	3	0.3
	Total	1	0.2	0	0	1	0.2	1	0.2	3	0.1

Frequency of vitamin and mineral pills intakes  
Vitamin A

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	272	99.6	263	99.2	247	98.4	262	99.6	1044	99.2
	Female	254	98.1	250	98.8	254	98.1	252	98.4	1010	98.3
	Total	526	98.9	513	99.0	501	98.2	514	99.0	2054	98.8
1 to 2 a week	Male	0	0	0	0	2	0.8	0	0	2	0.2
	Female	2	0.8	1	0.4	1	0.4	0	0	4	0.4
	Total	2	0.4	1	0.2	3	0.6	0	0	6	0.3
4 to 6 times a week	Male	0	0	0	0	0	0	0	0	0	0
	Female	1	0.4	1	0.4	0	0	0	0	2	0.2
	Total	1	0.2	1	0.2	0	0	0	0	2	0.1
Once a day	Male	1	0.4	2	0.8	2	0.8	1	0.4	6	0.6
	Female	1	0.4	1	0.4	3	1.2	2	0.8	7	0.7
	Total	2	0.4	3	0.6	5	1.0	3	0.6	13	0.6
Twicer a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	0	0	1	0.4	2	0.8	3	0.3
	Total	0	0	0	0	1	0.2	2	0.4	3	0.1
3 or more times 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 vitamin and mineral pills intakes  
Beta carotin

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	272	99.6	263	99.2	248	98.8	263	100.0	1046	99.4
	Female	259	100.0	249	98.4	258	99.6	254	99.2	1020	99.3
	Total	531	99.8	512	98.8	506	99.2	517	99.6	2066	99.4
1 to 2 a week	Male	0	0	0	0	1	0.4	0	0	1	0.1
	Female	0	0	1	0.4	1	0.4	1	0.4	3	0.3
	Total	0	0	1	0.2	2	0.4	1	0.2	4	0.2
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
Once a day	Male	0	0	2	0.8	2	0.8	0	0	4	0.4
	Female	0	0	3	1.2	0	0	1	0.4	4	0.4
	Total	0	0	5	1.0	2	0.4	1	0.2	8	0.4

Frequency of vitamin and mineral pills intakes  
Vitamin C

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	264	96.7	254	95.8	245	97.6	258	98.1	1021	97.1
	Female	235	90.7	231	91.3	240	92.7	238	93.0	944	91.9
	Total	499	93.8	485	93.6	485	95.1	496	95.6	1965	94.5
1 to 2 a week	Male	8	2.9	2	0.8	3	1.2	3	1.1	16	1.5
	Female	9	3.5	5	2.0	7	2.7	2	0.8	23	2.2
	Total	17	3.2	7	1.4	10	2.0	5	1.0	39	1.9
4 to 6 times a week	Male	0	0	0	0	0	0	0	0	0	0
	Female	4	1.5	5	2.0	2	0.8	3	1.2	14	1.4
	Total	4	0.8	5	1.0	2	0.4	3	0.6	14	0.7
Once a day	Male	1	0.4	8	3.0	3	1.2	1	0.4	13	1.2
	Female	8	3.1	6	2.4	8	3.1	8	3.1	30	2.9
	Total	9	1.7	14	2.7	11	2.2	9	1.7	43	2.1
Twicer a day	Male	0	0	1	0.4	0	0	1	0.4	2	0.2
	Female	1	0.4	4	1.6	2	0.8	4	1.6	11	1.1
	Total	1	0.2	5	1.0	2	0.4	5	1.0	13	0.6
3 or more times a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	2	0.8	2	0.8	0	0	1	0.4	5	0.5
	Total	2	0.4	2	0.4	0	0	1	0.2	5	0.2

Frequency of vitamin and mineral pills intakes  
Calcium

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	269	98.5	258	97.4	247	98.4	258	98.1	1032	98.1
	Female	241	93.1	229	90.5	239	92.3	240	93.8	949	92.4
	Total	510	95.9	487	94.0	486	95.3	498	96.0	1981	95.3
1 to 2 a week	Male	2	0.7	2	0.8	1	0.4	2	0.8	7	0.7
	Female	9	3.5	6	2.4	3	1.2	2	0.8	20	1.9
	Total	11	2.1	8	1.5	4	0.8	4	0.8	27	1.3
4 to 6 times a week	Male	0	0	0	0	1	0.4	1	0.4	2	0.2
	Female	3	1.2	4	1.6	2	0.8	0	0	9	0.9
	Total	3	0.6	4	0.8	3	0.6	1	0.2	11	0.5
Once a day	Male	1	0.4	4	1.5	2	0.8	0	0	7	0.7
	Female	3	1.2	9	3.6	10	3.9	4	1.6	26	2.5
	Total	4	0.8	13	2.5	12	2.4	4	0.8	33	1.6
Twicer a day	Male	0	0	1	0.4	0	0	1	0.4	2	0.2
	Female	1	0.4	4	1.6	3	1.2	8	3.1	16	1.6
	Total	1	0.2	5	1.0	3	0.6	9	1.7	18	0.9
3 or more times a day	Male	1	0.4	0	0	0	0	1	0.4	2	0.2
	Female	2	0.8	1	0.4	2	0.8	2	0.8	7	0.7
	Total	3	0.6	1	0.2	2	0.4	3	0.6	9	0.4

Frequency of vitamin and mineral pills intakes  
Vitamin E

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	266	97.4	256	96.6	243	96.8	255	97.0	1020	97.0
	Female	241	93.1	230	90.9	240	92.7	237	92.6	948	92.3
	Total	507	95.3	486	93.8	483	94.7	492	94.8	1968	94.7
1 to 2 a week	Male	4	1.5	2	0.8	2	0.8	2	0.8	10	1.0
	Female	5	1.9	5	2.0	3	1.2	3	1.2	16	1.6
	Total	9	1.7	7	1.4	5	1.0	5	1.0	26	1.3
4 to 6 times a week	Male	0	0	1	0.4	1	0.4	1	0.4	3	0.3
	Female	3	1.2	2	0.8	0	0	0	0	5	0.5
	Total	3	0.6	3	0.6	1	0.2	1	0.2	8	0.4
Once a day	Male	3	1.1	5	1.9	4	1.6	2	0.8	14	1.3
	Female	9	3.5	11	4.3	10	3.9	8	3.1	38	3.7
	Total	12	2.3	16	3.1	14	2.7	10	1.9	52	2.5
Twicer a day	Male	0	0	1	0.4	1	0.4	3	1.1	5	0.5
	Female	0	0	2	0.8	4	1.5	8	3.1	14	1.4
	Total	0	0	3	0.6	5	1.0	11	2.1	19	0.9
3 or more times a day	Male	0	0	0	0	0	0	0	0	0	0
	Female	1	0.4	3	1.2	2	0.8	0	0	6	0.6
	Total	1	0.2	3	0.6	2	0.4	0	0	6	0.3

Duration of vitamin and mineral pills intakes  
Mixed vitamins

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Within 1 year	Male	12	28.6	12	25.0	8	13.1	12	18.2	44	20.3
	Female	16	37.2	6	18.2	17	23.3	9	18.0	48	24.1
	Total	28	32.9	18	22.2	25	18.7	21	18.1	92	22.1
2 to 4 years	Male	14	33.3	20	41.7	16	26.2	19	28.8	69	31.8
	Female	14	32.6	14	42.4	24	32.9	22	44.0	74	37.2
	Total	28	32.9	34	42.0	40	29.9	41	35.3	143	34.4
5 years or more	Male	16	38.1	16	33.3	37	60.7	35	53.0	104	47.9
	Female	13	30.2	13	39.4	32	43.8	19	38.0	77	38.7
	Total	29	34.1	29	35.8	69	51.5	54	46.6	181	43.5

Duration of vitamin and mineral pills intakes  
 Prescribed drug including vitamins and minerals

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Within 1 year	Male	1	100.0	0	0	5	45.5	7	25.0	13	31.0
	Female	1	100.0	2	33.3	8	32.0	13	36.1	24	35.3
	Total	2	100.0	2	25.0	13	36.1	20	31.3	37	33.6
2 to 4 years	Male	0	0	1	50.0	3	27.3	9	32.1	13	31.0
	Female	0	0	3	50.0	11	44.0	8	22.2	22	32.4
	Total	0	0	4	50.0	14	38.9	17	26.6	35	31.8
5 years or more	Male	0	0	1	50.0	3	27.3	12	42.9	16	38.1
	Female	0	0	1	16.7	6	24.0	15	41.7	22	32.4
	Total	0	0	2	25.0	9	25.0	27	42.2	38	34.5

Duration of vitamin and mineral pills intakes  
 Cod liver oil

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Within 1 year	Male	0	0	0	0	1	100.0	0	0	1	20.0
	Female	0	0	0	0	1	50.0	1	33.3	2	28.6
	Total	0	0	0	0	2	66.7	1	25.0	3	25.0
2 to 4 years	Male	0	0	1	100.0	0	0	0	0	1	20.0
	Female	2	100.0	0	0	1	50.0	0	0	3	42.9
	Total	2	50.0	1	100.0	1	33.3	0	0	4	33.3
5 years or more	Male	2	100.0	0	0	0	0	1	100.0	3	60.0
	Female	0	0	0	0	0	0	2	66.7	2	28.6
	Total	2	50.0	0	0	0	0	3	75.0	5	41.7

Duration of vitamin and mineral pills intakes  
Vitamin A

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Within 1 year	Male	0	0	1	50.0	2	50.0	0	0	3	37.5
	Female	3	60.0	0	0	2	40.0	2	50.0	7	41.2
	Total	3	50.0	1	20.0	4	44.4	2	40.0	10	40.0
2 to 4 years	Male	0	0	1	50.0	1	25.0	0	0	2	25.0
	Female	2	40.0	2	66.7	1	20.0	2	50.0	7	41.2
	Total	2	33.3	3	60.0	2	22.2	2	40.0	9	36.0
5 years or more	Male	1	100.0	0	0	1	25.0	1	100.0	3	37.5
	Female	0	0	1	33.3	2	40.0	0	0	3	17.6
	Total	1	16.7	1	20.0	3	33.3	1	20.0	6	24.0

Duration of vitamin and mineral pills intakes  
Beta carotin

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Within 1 year	Male	0	0	1	50.0	1	33.3	0	0	2	33.3
	Female	0	0	0	0	1	100.0	1	50.0	2	28.6
	Total	0	0	1	16.7	2	50.0	1	50.0	4	30.8
2 to 4 years	Male	1	100.0	1	50.0	2	66.7	0	0	4	66.7
	Female	0	0	2	50.0	0	0	1	50.0	3	42.9
	Total	1	100.0	3	50.0	2	50.0	1	50.0	7	53.8
5 years or more	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	2	50.0	0	0	0	0	2	28.6
	Total	0	0	2	33.3	0	0	0	0	2	15.4



Duration of vitamin and mineral pills intakes  
Vitamin C

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Within 1 year	Male	4	44.4	3	27.3	2	33.3	2	40.0	11	35.5
	Female	15	62.5	9	40.9	6	31.6	8	44.4	38	45.8
	Total	19	57.6	12	36.4	8	32.0	10	43.5	49	43.0
2 to 4 years	Male	4	44.4	6	54.5	3	50.0	0	0	13	41.9
	Female	5	20.8	5	22.7	7	36.8	8	44.4	25	30.1
	Total	9	27.3	11	33.3	10	40.0	8	34.8	38	33.3
5 years or more	Male	1	11.1	2	18.2	1	16.7	3	60.0	7	22.6
	Female	4	16.7	8	36.4	6	31.6	2	11.1	20	24.1
	Total	5	15.2	10	30.3	7	28.0	5	21.7	27	23.7

Duration of vitamin and mineral pills intakes  
Calcium

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Within 1 year	Male	4	100.0	3	42.9	1	25.0	1	20.0	9	45.0
	Female	8	44.4	9	37.5	8	40.0	5	31.3	30	38.5
	Total	12	54.5	12	38.7	9	37.5	6	28.6	39	39.8
2 to 4 years	Male	0	0	4	57.1	2	50.0	2	40.0	8	40.0
	Female	7	38.9	10	41.7	7	35.0	8	50.0	32	41.0
	Total	7	31.8	14	45.2	9	37.5	10	47.6	40	40.8
5 years or more	Male	0	0	0	0	1	25.0	2	40.0	3	15.0
	Female	3	16.7	5	20.8	5	25.0	3	18.8	16	20.5
	Total	3	13.6	5	16.1	6	25.0	5	23.8	19	19.4

Duration of vitamin and mineral pills intakes  
Vitamin E

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Within 1 year	Male	3	42.9	6	66.7	1	12.5	4	50.0	14	43.8
	Female	9	50.0	5	21.7	4	21.1	6	31.6	24	30.4
	Total	12	48.0	11	34.4	5	18.5	10	37.0	38	34.2
2 to 4 years	Male	2	28.6	2	22.2	6	75.0	3	37.5	13	40.6
	Female	6	33.3	11	47.8	9	47.4	11	57.9	37	46.8
	Total	8	32.0	13	40.6	15	55.6	14	51.9	50	45.0
5 years or more	Male	2	28.6	1	11.1	1	12.5	1	12.5	5	15.6
	Female	3	16.7	7	30.4	6	31.6	2	10.5	18	22.8
	Total	5	20.0	8	25.0	7	25.9	3	11.1	23	20.7

1) Monthly amount of food intake

Average food intakes per month  
Miso soup (miso-shiru) - cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	23.4	17.5	273	26.7	16.1	265	27.2	17.2	251	26.3	15.7	263	25.9	16.7	1052
Female	19.3	13.0	259	20.0	12.5	253	23.4	13.7	259	23.2	14.5	256	21.5	13.6	1027
Total	21.4	15.6	532	23.4	14.8	518	25.3	15.6	510	24.8	15.2	519	23.7	15.4	2079

Average food intakes per month  
Clear soup (sumashi-jiru) - cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.5	3.7	273	2.8	4.5	265	3.2	5.3	251	3.0	4.7	263	2.9	4.6	1052
Female	3.4	4.1	259	3.1	3.4	253	4.5	6.5	259	4.1	4.9	256	3.8	4.9	1027
Total	2.9	3.9	532	2.9	4.0	518	3.9	6.0	510	3.5	4.8	519	3.3	4.7	2079

Average food intakes per month  
Egg custard (chawanmushi) - cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.7	0.9	273	0.8	1.0	265	0.8	0.8	251	0.9	1.0	263	0.8	0.9	1052
Female	0.8	0.8	259	0.9	0.9	253	1.1	1.1	259	1.0	1.1	256	1.0	1.0	1027
Total	0.8	0.8	532	0.8	0.9	518	0.9	0.9	510	1.0	1.0	519	0.9	0.9	2079

Average food intakes per month  
Japanese chowder (kennchin, kasu-jiru) - cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.5	0.8	273	0.5	0.9	265	0.4	0.9	251	0.5	1.4	263	0.5	1.0	1052
Female	0.8	1.1	259	0.9	1.7	253	0.8	1.3	259	0.5	0.9	256	0.8	1.3	1027
Total	0.6	0.9	532	0.7	1.3	518	0.6	1.1	510	0.5	1.2	519	0.6	1.1	2079

Average food intakes per month  
Thick or creamy soup - cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.3	1.6	273	0.9	1.1	265	0.9	1.3	251	1.0	1.4	263	1.0	1.4	1052
Female	1.3	1.4	259	1.2	1.6	253	1.5	2.1	259	1.5	3.2	256	1.4	2.2	1027
Total	1.3	1.5	532	1.1	1.4	518	1.2	1.7	510	1.2	2.5	519	1.2	1.8	2079

Average food intakes per month  
Thin soup - cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.5	2.9	273	1.1	2.3	265	1.1	2.7	251	1.1	2.7	263	1.2	2.6	1052
Female	1.3	2.0	259	1.3	2.2	253	1.7	3.3	259	1.0	2.0	256	1.3	2.4	1027
Total	1.4	2.5	532	1.2	2.2	518	1.4	3.0	510	1.1	2.4	519	1.3	2.5	2079

Average food intakes per month  
Noodle topped tempura (tempura soba, tempura udon) - bowl/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.3	1.8	273	1.3	2.3	265	1.2	2.5	251	1.1	1.6	263	1.2	2.1	1052
Female	0.7	1.0	259	0.7	0.9	253	0.9	1.6	259	0.7	1.3	256	0.8	1.2	1027
Total	1.0	1.5	532	1.0	1.8	518	1.0	2.1	510	0.9	1.5	519	1.0	1.7	2079

Average food intakes per month  
Noodle served on bamboo work plate (zaru soba, zaru udon) - bowl/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.3	1.5	273	1.8	2.6	265	2.1	3.5	251	1.8	2.8	263	1.7	2.7	1052
Female	1.0	1.1	259	1.1	1.5	253	1.4	1.6	259	1.6	2.5	256	1.3	1.7	1027
Total	1.2	1.3	532	1.5	2.2	518	1.7	2.7	510	1.7	2.7	519	1.5	2.3	2079