

Average food intakes per month
Other beans and peas - plate/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	0.6	0.9	273	0.9	2.2	265	1.1	1.6	251	1.7	3.1	263	1.1	2.1	1052
Female	0.7	1.0	259	1.1	1.7	253	1.6	2.6	259	2.0	2.8	256	1.4	2.2	1027
Total	0.6	1.0	532	1.0	2.0	518	1.4	2.2	510	1.8	2.9	519	1.2	2.2	2079

Average food intakes per month
Mushroom (such as shiitake, shimeji, hackiberry, matsutake, mushroom etc.) - plate/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	1.7	2.0	273	1.9	2.0	265	2.5	2.7	251	2.2	2.7	263	2.1	2.4	1052
Female	2.7	2.6	259	3.0	2.8	253	3.2	3.4	259	3.0	3.3	256	3.0	3.1	1027
Total	2.2	2.4	532	2.4	2.5	518	2.9	3.1	510	2.6	3.0	519	2.5	2.8	2079

Average food intakes per month
Seaweeds (such as wakameseaweed, tangle, brown algae, etc.) - plate/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	2.4	2.5	273	3.3	3.2	265	3.8	3.8	251	3.8	3.4	263	3.3	3.3	1052
Female	3.4	3.6	259	3.6	3.0	253	4.4	4.1	259	4.4	3.6	256	4.0	3.6	1027
Total	2.9	3.2	532	3.4	3.1	518	4.1	3.9	510	4.1	3.6	519	3.6	3.5	2079

Average food intakes per month
Tangle or laver boiled down in soy - tea spoon/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	6.6	9.5	273	9.3	13.0	265	11.1	14.9	251	11.3	17.8	263	9.5	14.2	1052
Female	8.0	13.2	259	9.3	12.2	253	14.3	19.0	259	13.9	16.7	256	11.4	15.7	1027
Total	7.3	11.5	532	9.3	12.6	518	12.7	17.2	510	12.6	17.3	519	10.4	15.0	2079

Average food intakes per month
Orange - orange/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	1.3	2.2	273	1.6	3.0	265	1.5	3.0	251	1.4	2.9	263	1.4	2.8	1052
Female	1.4	2.1	259	2.4	6.0	253	2.1	4.4	259	1.9	3.6	256	2.0	4.3	1027
Total	1.3	2.1	532	2.0	4.7	518	1.8	3.8	510	1.7	3.3	519	1.7	3.6	2079

Average food intakes per month
Mandarin orange - mandarin orange/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	8.1	9.5	273	9.9	11.6	265	10.3	8.6	251	11.2	12.1	263	9.8	10.6	1052
Female	10.0	10.1	259	14.6	13.9	253	16.5	17.0	259	14.6	15.4	256	13.9	14.5	1027
Total	9.0	9.9	532	12.2	13.0	518	13.4	13.9	510	12.9	13.9	519	11.9	12.9	2079

Average food intakes per month
Grapefruit - grapefruit/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	0.4	0.7	273	0.6	1.0	265	0.7	1.8	251	0.7	1.7	263	0.6	1.4	1052
Female	0.7	1.7	259	1.2	2.8	253	1.5	3.5	259	0.9	1.9	256	1.1	2.6	1027
Total	0.6	1.3	532	0.9	2.1	518	1.1	2.8	510	0.8	1.8	519	0.8	2.1	2079

Average food intakes per month
Peach - peach/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	0.4	0.6	273	0.6	1.2	265	0.6	0.9	251	0.7	1.0	263	0.5	1.0	1052
Female	0.6	0.7	259	0.7	1.1	253	1.0	2.6	259	0.9	2.1	256	0.8	1.8	1027
Total	0.5	0.7	532	0.6	1.2	518	0.8	1.9	510	0.8	1.7	519	0.7	1.4	2079

Average food intakes per month
Melon - slice/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	1.0	1.3	273	1.2	2.0	265	1.3	1.8	251	1.4	2.6	263	1.2	2.0	1052
Female	1.2	1.5	259	1.6	2.3	253	1.5	2.2	259	1.2	1.6	256	1.4	1.9	1027
Total	1.1	1.4	532	1.4	2.2	518	1.4	2.0	510	1.3	2.1	519	1.3	1.9	2079

Average food intakes per month
Water melon - slice/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	1.7	2.4	273	1.8	2.6	265	2.2	5.0	251	2.4	5.5	263	2.0	4.1	1052
Female	1.9	2.4	259	2.7	4.2	253	2.5	3.5	259	2.6	3.5	256	2.4	3.5	1027
Total	1.8	2.4	532	2.2	3.5	518	2.3	4.3	510	2.5	4.6	519	2.2	3.8	2079

Average food intakes per month
Apple - apple/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	1.7	1.9	273	2.7	4.0	265	4.1	5.8	251	4.3	5.9	263	3.2	4.8	1052
Female	2.5	3.7	259	4.4	5.1	253	4.7	5.4	259	4.0	4.7	256	3.9	4.8	1027
Total	2.1	2.9	532	3.5	4.6	518	4.4	5.6	510	4.1	5.3	519	3.5	4.8	2079

Average food intakes per month
Pear - pear/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	0.8	0.8	273	0.9	1.1	265	1.0	1.3	251	0.9	2.0	263	0.9	1.4	1052
Female	1.0	1.2	259	1.3	1.8	253	1.1	1.3	259	1.0	1.5	256	1.1	1.5	1027
Total	0.9	1.0	532	1.1	1.5	518	1.0	1.3	510	0.9	1.8	519	1.0	1.4	2079

Average food intakes per month
Banana - banana/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	3.5	4.7	273	3.9	5.8	265	7.2	8.2	251	7.2	11.2	263	5.4	8.0	1052
Female	4.0	4.8	259	6.5	10.1	253	6.9	7.4	259	8.1	9.0	256	6.4	8.2	1027
Total	3.7	4.8	532	5.2	8.3	518	7.1	7.8	510	7.7	10.2	519	5.9	8.1	2079

Average food intakes per month
Persimmon (include dried persimmon) - persimmon/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	1.0	1.5	273	1.6	2.6	265	2.1	5.9	251	2.1	3.4	263	1.7	3.7	1052
Female	1.4	1.9	259	2.6	3.7	253	2.7	3.8	259	3.1	6.5	256	2.5	4.3	1027
Total	1.2	1.7	532	2.0	3.2	518	2.4	5.0	510	2.6	5.2	519	2.1	4.0	2079

Average food intakes per month
Strawberries - strawberry/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	9.2	8.6	273	10.9	12.1	265	12.8	17.2	251	14.1	19.9	263	11.7	15.1	1052
Female	12.3	14.0	259	15.0	19.2	253	15.8	19.7	259	15.7	23.8	256	14.7	19.5	1027
Total	10.7	11.7	532	12.9	16.0	518	14.3	18.6	510	14.9	21.9	519	13.2	17.5	2079

Average food intakes per month
Kiwi fruit - slice/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	3.7	11.9	273	3.6	10.1	265	5.8	13.3	251	3.2	6.2	263	4.1	10.7	1052
Female	4.8	8.2	259	8.0	12.4	253	10.5	23.0	259	6.0	12.0	256	7.3	15.1	1027
Total	4.3	10.3	532	5.7	11.5	518	8.2	19.0	510	4.6	9.6	519	5.7	13.2	2079

Average food intakes per month
Grapefruit or orange juices or drinks - cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	2.0	3.9	273	2.0	8.5	265	1.2	2.8	251	1.0	2.1	263	1.6	5.0	1052
Female	1.8	3.5	259	1.7	3.9	253	1.9	5.7	259	1.1	3.1	256	1.6	4.2	1027
Total	1.9	3.7	532	1.8	6.7	518	1.6	4.5	510	1.0	2.6	519	1.6	4.6	2079

Average food intakes per month
Tomato or vegetable juices - cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	1.9	4.8	273	2.7	7.6	265	2.3	5.3	251	2.3	5.5	263	2.3	5.9	1052
Female	1.3	4.2	259	2.1	4.7	253	2.9	6.6	259	2.1	6.0	256	2.1	5.5	1027
Total	1.6	4.5	532	2.4	6.4	518	2.6	6.0	510	2.2	5.8	519	2.2	5.7	2079

Average food intakes per month
Other fruits juices and drinks - cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	2.8	7.2	273	2.3	9.7	265	1.5	4.1	251	0.9	2.8	263	1.9	6.6	1052
Female	2.2	6.1	259	1.8	5.8	253	1.5	5.1	259	1.2	5.9	256	1.7	5.7	1027
Total	2.5	6.7	532	2.1	8.0	518	1.5	4.6	510	1.1	4.6	519	1.8	6.2	2079

Average food intakes per month
White bread - slice/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	12.8	13.1	273	11.3	13.6	265	14.3	16.2	251	12.9	14.7	263	12.8	14.4	1052
Female	14.2	13.8	259	14.3	14.1	253	11.2	12.6	259	11.9	13.2	256	12.9	13.5	1027
Total	13.5	13.4	532	12.8	13.9	518	12.7	14.5	510	12.4	13.9	519	12.9	13.9	2079

Average food intakes per month
Whole wheat or rye breads - slice/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	0.3	1.6	273	0.4	2.6	265	0.2	0.9	251	0.5	2.5	263	0.3	2.0	1052
Female	0.3	1.3	259	0.6	2.6	253	0.5	2.6	259	0.4	1.7	256	0.5	2.2	1027
Total	0.3	1.5	532	0.5	2.6	518	0.4	2.0	510	0.5	2.1	519	0.4	2.1	2079

Average food intakes per month
Rolles, french rolles - piece/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	2.8	4.9	273	1.5	3.3	265	1.8	6.8	251	1.8	5.7	263	2.0	5.3	1052
Female	3.9	6.0	259	2.9	6.0	253	2.4	6.1	259	1.9	4.5	256	2.8	5.7	1027
Total	3.3	5.5	532	2.2	4.8	518	2.1	6.5	510	1.8	5.2	519	2.4	5.5	2079

Average food intakes per month
Doughnuts (agepan) - piece/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	1.9	3.6	273	1.1	2.7	265	1.0	2.6	251	0.9	3.4	263	1.2	3.1	1052
Female	1.7	2.5	259	1.2	2.8	253	0.9	2.9	259	0.5	1.2	256	1.1	2.5	1027
Total	1.8	3.1	532	1.1	2.8	518	1.0	2.8	510	0.7	2.6	519	1.2	2.8	2079

Average food intakes per month
Sweet rolles - piece/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	4.1	6.0	273	2.3	3.7	265	3.2	7.3	251	3.4	7.2	263	3.2	6.2	1052
Female	5.3	9.8	259	5.7	11.8	253	3.6	8.0	259	3.0	5.3	256	4.4	9.1	1027
Total	4.6	8.1	532	3.9	8.8	518	3.4	7.6	510	3.2	6.3	519	3.8	7.8	2079

Average food intakes per month
Pancakes, waffles and french toast - slice/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	1.1	2.1	273	0.6	1.2	265	0.8	2.5	251	0.6	1.6	263	0.8	1.9	1052
Female	1.2	1.6	259	1.0	1.8	253	1.0	2.0	259	0.8	1.6	256	1.0	1.8	1027
Total	1.1	1.9	532	0.8	1.5	518	0.9	2.2	510	0.7	1.6	519	0.9	1.8	2079

Average food intakes per month
Whole milk (as beverage or added to cereal) - cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	17.2	26.5	273	16.3	22.6	265	20.2	26.5	251	20.1	24.9	263	18.4	25.2	1052
Female	20.8	28.8	259	18.9	24.8	253	19.9	24.4	259	20.3	21.9	256	20.0	25.1	1027
Total	19.0	27.7	532	17.6	23.7	518	20.0	25.4	510	20.2	23.4	519	19.2	25.1	2079

Average food intakes per month
Low fat milk or yogurt (as beverage or added to cereal) - cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	5.0	11.9	273	4.8	9.4	265	7.2	13.3	251	6.2	12.9	263	5.8	12.0	1052
Female	7.5	14.6	259	10.5	19.6	253	9.7	12.8	259	7.8	12.1	256	8.9	15.1	1027
Total	6.3	13.3	532	7.6	15.5	518	8.4	13.1	510	7.0	12.6	519	7.3	13.7	2079

Average food intakes per month
Skim milk (as beverage or added to cereal) - 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	0.0	0.3	273	0.1	0.7	265	0.4	4.0	251	0.3	1.7	263	0.2	2.1	1052
Female	0.2	1.9	259	0.3	1.6	253	1.4	11.7	259	0.5	2.7	256	0.6	6.2	1027
Total	0.1	1.4	532	0.2	1.2	518	0.9	8.8	510	0.4	2.2	519	0.4	4.6	2079

Average food intakes per month
Cocoa - cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	1.0	3.7	273	0.3	1.0	265	0.9	2.5	251	1.4	4.6	263	0.9	3.3	1052
Female	1.5	4.1	259	1.4	3.6	253	2.4	7.7	259	2.2	5.6	256	1.9	5.5	1027
Total	1.2	3.9	532	0.8	2.6	518	1.7	5.8	510	1.8	5.1	519	1.4	4.5	2079

Average food intakes per month
Lactic acid beverage - cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	2.2	4.3	273	2.2	4.9	265	2.0	4.8	251	3.2	6.3	263	2.4	5.2	1052
Female	1.7	3.6	259	2.0	4.2	253	3.7	7.5	259	3.2	5.4	256	2.7	5.4	1027
Total	1.9	4.0	532	2.1	4.5	518	2.9	6.4	510	3.2	5.9	519	2.5	5.3	2079

Average food intakes per month
Soybean milk - cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	0.3	1.3	273	0.1	0.5	265	0.2	0.7	251	0.4	2.2	263	0.2	1.3	1052
Female	0.3	1.4	259	0.8	4.0	253	1.3	4.4	259	0.6	2.7	256	0.8	3.4	1027
Total	0.3	1.4	532	0.5	2.8	518	0.7	3.2	510	0.5	2.4	519	0.5	2.6	2079

Average food intakes per month
Cheese - slice/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	3.4	8.1	273	3.8	7.7	265	4.5	10.8	251	4.9	11.4	263	4.1	9.6	1052
Female	3.8	6.9	259	4.1	8.6	253	5.3	11.3	259	4.4	9.5	256	4.4	9.2	1027
Total	3.6	7.5	532	3.9	8.1	518	4.9	11.1	510	4.7	10.5	519	4.3	9.4	2079

Average food intakes per month
Ice cream - cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	2.3	3.2	273	2.1	3.5	265	1.8	2.8	251	1.3	2.2	263	1.9	3.0	1052
Female	2.7	5.0	259	2.4	4.5	253	1.7	2.7	259	1.7	4.4	256	2.1	4.3	1027
Total	2.5	4.1	532	2.2	4.0	518	1.8	2.8	510	1.5	3.5	519	2.0	3.7	2079

Average food intakes per month
Ice milk or sherbet - cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	1.2	1.8	273	1.0	2.0	265	0.8	1.5	251	0.8	2.3	263	0.9	1.9	1052
Female	1.0	1.4	259	1.0	1.6	253	1.0	2.0	259	0.9	2.6	256	1.0	2.0	1027
Total	1.1	1.6	532	1.0	1.8	518	0.9	1.8	510	0.8	2.4	519	0.9	1.9	2079

Average food intakes per month
Cookies- piece/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	7.3	11.6	273	5.9	11.2	265	6.0	12.2	251	5.9	10.4	263	6.3	11.4	1052
Female	10.6	14.9	259	8.2	13.4	253	7.5	13.1	259	9.7	19.9	256	9.0	15.6	1027
Total	8.9	13.4	532	7.0	12.4	518	6.8	12.7	510	7.8	15.9	519	7.6	13.7	2079

Average food intakes per month
Cake - piece/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	1.2	1.7	273	0.9	1.5	265	0.8	1.0	251	0.9	1.5	263	1.0	1.5	1052
Female	1.7	1.9	259	1.4	1.4	253	1.1	1.2	259	0.8	0.9	256	1.2	1.5	1027
Total	1.5	1.8	532	1.1	1.5	518	0.9	1.1	510	0.8	1.3	519	1.1	1.5	2079

Average food intakes per month
Apple or other fruit pies - slice/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	0.4	0.8	273	0.3	0.8	265	0.2	0.6	251	0.4	3.7	263	0.3	2.0	1052
Female	0.9	1.2	259	0.7	1.4	253	0.4	0.8	259	0.3	0.7	256	0.6	1.1	1027
Total	0.6	1.0	532	0.5	1.1	518	0.3	0.7	510	0.4	2.7	519	0.5	1.6	2079

Average food intakes per month
Pudding - pudding/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	1.2	2.8	273	1.0	2.0	265	1.2	2.7	251	1.0	2.2	263	1.1	2.5	1052
Female	1.5	1.7	259	1.4	2.6	253	1.8	4.6	259	2.0	3.3	256	1.7	3.2	1027
Total	1.3	2.3	532	1.2	2.3	518	1.5	3.8	510	1.5	2.8	519	1.4	2.9	2079

Average food intakes per month
Chocolate - peace/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	6.9	12.5	273	3.7	8.7	265	4.8	22.0	251	5.2	15.6	263	5.2	15.4	1052
Female	9.9	16.1	259	5.2	8.3	253	4.0	7.9	259	4.2	7.8	256	5.8	10.9	1027
Total	8.3	14.4	532	4.4	8.5	518	4.4	16.4	510	4.7	12.4	519	5.5	13.4	2079

Average food intakes per month
Japanese style confectioneries (man-ju, yo-kan) - piece/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	3.0	4.4	273	3.6	5.9	265	5.3	8.9	251	5.5	7.3	263	4.3	6.9	1052
Female	4.5	5.4	259	6.4	8.2	253	8.6	11.5	259	6.2	7.6	256	6.4	8.6	1027
Total	3.7	5.0	532	5.0	7.2	518	7.0	10.4	510	5.9	7.4	519	5.4	7.8	2079

Average food intakes per month
Cracker, Rice cracker, Snack cake (arare, sen-bei) - piece/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	9.8	14.3	273	9.5	14.9	265	11.7	16.5	251	11.9	14.0	263	10.7	14.9	1052
Female	17.0	21.3	259	13.7	17.6	253	17.9	22.2	259	16.9	19.4	256	16.4	20.2	1027
Total	13.3	18.4	532	11.5	16.4	518	14.9	19.8	510	14.4	17.0	519	13.5	18.0	2079

Average food intakes per month
Rice dumpling (dango) - stick/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	1.6	2.0	273	1.4	3.1	265	1.9	2.7	251	1.6	2.3	263	1.6	2.5	1052
Female	1.9	2.2	259	1.7	2.4	253	2.2	3.3	259	1.6	2.2	256	1.9	2.6	1027
Total	1.7	2.1	532	1.6	2.8	518	2.0	3.0	510	1.6	2.2	519	1.7	2.6	2079

Average food intakes per month
Nuts (peanuts, other nuts) - cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	0.7	1.3	273	0.8	2.5	265	0.6	2.1	251	0.5	1.1	263	0.6	1.8	1052
Female	0.3	0.5	259	0.5	1.0	253	0.6	1.1	259	0.5	1.1	256	0.5	1.0	1027
Total	0.5	1.0	532	0.7	1.9	518	0.6	1.7	510	0.5	1.1	519	0.6	1.5	2079

Average food intakes per month
Potato, corn or other chips - cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	1.1	1.9	273	0.4	1.0	265	0.5	2.1	251	0.4	1.3	263	0.6	1.7	1052
Female	1.0	3.2	259	0.3	0.8	253	0.2	0.6	259	0.3	0.9	256	0.5	1.8	1027
Total	1.0	2.6	532	0.4	0.9	518	0.4	1.5	510	0.3	1.1	519	0.5	1.7	2079

Average food intakes per month
Pop corn - cup/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	0.7	1.4	273	0.3	0.9	265	0.7	3.7	251	0.4	1.4	263	0.5	2.1	1052
Female	0.5	1.1	259	0.4	1.1	253	0.5	3.8	259	0.5	1.6	256	0.5	2.2	1027
Total	0.6	1.3	532	0.3	1.0	518	0.6	3.8	510	0.4	1.5	519	0.5	2.2	2079

Average food intakes per month
Japanese sake - ethanol ml/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	196.8	451.6	273	313.6	566.1	265	266.5	507.7	251	239.7	461.6	263	253.6	499.5	1052
Female	16.2	117.3	259	30.0	137.7	253	35.4	191.0	259	37.1	159.6	256	29.6	153.9	1027
Total	108.9	345.5	532	175.1	439.3	518	149.1	398.1	510	139.7	361.4	519	142.9	387.9	2079

Average food intakes per month
Japanese distilled alcoholic beverages (Shochu) - ethanol ml/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	338.1	852.1	273	334.5	806.2	265	298.3	795.4	251	160.9	525.9	263	283.4	758.8	1052
Female	44.2	254.4	259	20.6	130.8	253	36.0	336.5	259	9.1	109.3	256	27.5	228.3	1027
Total	195.0	651.9	532	181.2	604.1	518	165.1	620.8	510	86.0	389.3	519	157.0	577.4	2079

Average food intakes per month
Regular or draft beer - ethanol ml/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	366.5	475.2	273	362.8	408.4	265	223.4	357.3	251	141.4	210.9	263	275.1	388.6	1052
Female	102.3	241.6	259	75.0	159.6	253	73.7	245.4	259	31.1	94.6	256	70.6	197.4	1027
Total	237.9	401.9	532	222.2	344.0	518	147.4	314.4	510	87.0	173.1	519	174.1	325.7	2079

Average food intakes per month
Light beer - ethanol ml/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	27.8	110.3	273	8.5	40.5	265	5.3	29.5	251	3.3	22.3	263	11.4	63.1	1052
Female	15.0	81.2	259	6.3	41.5	253	2.0	13.7	259	0.6	5.4	256	6.0	46.6	1027
Total	21.6	97.4	532	7.4	41.0	518	3.6	22.9	510	1.9	16.3	519	8.7	55.6	2079

Average food intakes per month
Wine - ethanol ml/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	26.3	71.6	273	32.7	92.9	265	17.6	47.1	251	16.5	57.3	263	23.4	69.9	1052
Female	24.2	80.2	259	17.7	49.1	253	27.7	85.0	259	17.5	62.8	256	21.8	70.9	1027
Total	25.2	75.8	532	25.4	75.1	518	22.7	69.1	510	17.0	60.0	519	22.6	70.4	2079

Average food intakes per month
Hard liquor - ethanol ml/month

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	49.1	152.1	273	60.9	167.2	265	33.3	120.4	251	35.0	143.4	263	44.8	147.3	1052
Female	9.5	46.4	259	3.7	28.1	253	7.9	55.3	259	0.3	3.8	256	5.4	39.0	1027
Total	29.8	115.3	532	33.0	124.4	518	20.4	94.0	510	17.9	103.5	519	25.3	110.1	2079

4) Daily nutrition intake

Average nutrition intakes per day
Energy - kcal/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	2378.8	680.0	273	2321.9	605.9	265	2278.6	681.7	251	2131.5	591.6	263	2278.7	646.7	1052
Female	2025.2	587.7	259	2013.5	522.3	253	2090.3	653.6	259	1945.2	570.9	256	2018.8	587.3	1027
Total	2206.7	660.3	532	2171.3	586.7	518	2183.0	673.6	510	2039.6	588.3	519	2150.3	631.4	2079

Average nutrition intakes per day
Water - ml/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	1619.8	565.4	273	1655.4	519.8	265	1586.0	599.1	251	1433.4	520.1	263	1574.1	557.3	1052
Female	1407.3	534.8	259	1455.0	519.2	253	1514.5	586.3	259	1356.4	504.8	256	1433.4	539.7	1027
Total	1516.3	560.4	532	1557.5	528.6	518	1549.7	593.1	510	1395.4	513.5	519	1504.6	553.1	2079

Average nutrition intakes per day
Animal protein - g/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	45.1	18.0	273	45.2	17.6	265	43.6	19.0	251	40.9	16.4	263	43.7	17.8	1052
Female	42.7	16.9	259	42.4	17.3	253	42.6	17.9	259	38.6	16.5	256	41.6	17.2	1027
Total	43.9	17.5	532	43.8	17.5	518	43.1	18.5	510	39.8	16.5	519	42.7	17.6	2079

Average nutrition intakes per day
Vegetable protein - g/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	42.0	11.3	273	43.8	13.2	265	44.9	13.3	251	43.7	13.4	263	43.5	12.8	1052
Female	39.1	11.4	259	41.4	11.1	253	44.3	15.1	259	42.3	13.6	256	41.8	13.0	1027
Total	40.6	11.5	532	42.6	12.2	518	44.6	14.3	510	43.0	13.5	519	42.7	13.0	2079

Average nutrition intakes per day
Total protein - g/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	86.9	26.2	273	88.9	27.1	265	88.3	29.4	251	84.4	26.6	263	87.1	27.3	1052
Female	81.4	25.7	259	83.6	24.6	253	86.6	30.3	259	80.6	27.1	256	83.1	27.1	1027
Total	84.2	26.1	532	86.3	26.0	518	87.4	29.8	510	82.5	26.9	519	85.1	27.3	2079

Average nutrition intakes per day
Animal fat - g/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	26.9	12.9	273	23.8	10.8	265	23.6	12.4	251	21.7	10.1	263	24.0	11.8	1052
Female	25.6	11.9	259	23.5	11.9	253	23.4	10.3	259	21.4	10.2	256	23.5	11.2	1027
Total	26.2	12.4	532	23.7	11.3	518	23.5	11.4	510	21.6	10.1	519	23.8	11.5	2079

Average nutrition intakes per day
Fish fat - g/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	4.4	2.3	273	5.3	3.0	265	4.8	2.7	251	4.7	2.6	263	4.8	2.7	1052
Female	4.2	2.3	259	4.6	2.6	253	4.5	2.8	259	4.0	2.5	256	4.3	2.5	1027
Total	4.3	2.3	532	4.9	2.8	518	4.7	2.8	510	4.4	2.5	519	4.6	2.6	2079

Average nutrition intakes per day
Vegetable fat - g/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	33.0	11.4	273	31.0	11.6	265	30.7	12.3	251	29.4	11.6	263	31.0	11.8	1052
Female	31.1	11.2	259	29.5	9.4	253	29.9	11.1	259	28.4	11.2	256	29.7	10.8	1027
Total	32.1	11.3	532	30.3	10.6	518	30.3	11.7	510	28.9	11.4	519	30.4	11.3	2079

Average nutrition intakes per day
Total fat - g/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	63.9	22.6	273	59.9	20.9	265	58.9	23.1	251	55.6	20.8	263	59.6	22.0	1052
Female	60.7	21.9	259	57.3	19.4	253	57.5	20.5	259	53.4	20.2	256	57.2	20.7	1027
Total	62.3	22.3	532	58.7	20.2	518	58.2	21.8	510	54.5	20.5	519	58.5	21.4	2079

Average nutrition intakes per day
Carbohydrate- g/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	309.6	89.6	273	297.2	82.8	265	302.4	87.6	251	288.4	83.0	263	299.5	86.0	1052
Female	273.5	78.3	259	279.4	72.5	253	293.3	89.7	259	276.1	77.4	256	280.6	80.0	1027
Total	292.0	86.2	532	288.5	78.4	518	297.8	88.7	510	282.3	80.4	519	290.1	83.6	2079

Average nutrition intakes per day
Crude fiber - g/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	4.5	1.5	273	5.1	2.3	265	5.6	2.3	251	5.6	2.5	263	5.2	2.2	1052
Female	4.8	1.9	259	5.5	2.0	253	6.3	2.8	259	6.0	2.7	256	5.7	2.5	1027
Total	4.6	1.7	532	5.3	2.2	518	5.9	2.6	510	5.8	2.6	519	5.4	2.4	2079

Average nutrition intakes per day
Ash - g/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	22.8	6.9	273	24.2	7.3	265	25.1	8.8	251	24.3	8.2	263	24.1	7.8	1052
Female	22.5	7.6	259	23.7	7.0	253	25.9	9.2	259	24.2	8.3	256	24.1	8.2	1027
Total	22.7	7.2	532	24.0	7.1	518	25.5	9.0	510	24.3	8.3	519	24.1	8.0	2079

Average nutrition intakes per day
Calcium - mg/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	658.8	346.7	273	701.6	286.6	265	773.7	377.9	251	761.9	340.9	263	722.7	341.8	1052
Female	725.0	368.2	259	782.7	382.9	253	849.1	384.2	259	791.4	332.4	256	787.1	369.6	1027
Total	691.0	358.5	532	741.2	339.2	518	812.0	382.6	510	776.4	336.7	519	754.5	357.2	2079

Average nutrition intakes per day
Phosphorus - mg/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	1358.5	448.7	273	1395.1	426.5	265	1425.8	504.2	251	1372.6	451.0	263	1387.3	457.8	1052
Female	1303.2	462.7	259	1358.1	443.0	253	1436.2	511.2	259	1339.3	453.1	256	1359.3	470.3	1027
Total	1331.6	456.0	532	1377.1	434.6	518	1431.1	507.3	510	1356.1	451.9	519	1373.5	464.1	2079

Average nutrition intakes per day
Iron - mg/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	12.0	3.7	273	13.1	4.6	265	13.5	4.8	251	13.2	4.8	263	13.0	4.5	1052
Female	11.8	4.1	259	12.7	4.1	253	13.9	5.5	259	13.4	5.1	256	13.0	4.8	1027
Total	11.9	3.9	532	12.9	4.3	518	13.7	5.2	510	13.3	5.0	519	13.0	4.7	2079

Average nutrition intakes per day
Sodium - mg/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	5013.6	1554.8	273	5240.5	1582.2	265	5354.7	1878.6	251	5178.7	1762.4	263	5193.4	1698.1	1052
Female	4782.6	1590.5	259	4871.6	1443.3	253	5377.6	1949.5	259	4988.8	1712.8	256	5006.0	1698.4	1027
Total	4901.1	1575.0	532	5060.3	1525.7	518	5366.3	1913.1	510	5085.1	1739.0	519	5100.8	1700.4	2079

Average nutrition intakes per day
Potadium - mg/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	3235.1	1031.9	273	3548.7	1283.1	265	3726.7	1437.8	251	3628.0	1433.9	263	3529.6	1314.4	1052
Female	3338.3	1277.4	259	3677.8	1281.0	253	4014.3	1641.0	259	3794.7	1552.3	256	3706.2	1466.2	1027
Total	3285.3	1158.0	532	3611.8	1282.4	518	3872.8	1549.5	510	3710.2	1494.4	519	3616.8	1393.9	2079

Average nutrition intakes per day
Retinol - μ g/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	377.1	348.0	273	410.1	315.0	265	484.3	535.3	251	432.0	415.4	263	424.7	411.0	1052
Female	345.0	245.8	259	386.0	380.2	253	434.0	450.5	259	437.4	466.3	256	400.6	396.5	1027
Total	361.5	302.7	532	398.3	348.2	518	458.8	494.2	510	434.7	440.8	519	412.8	404.0	2079

Average nutrition intakes per day
Carotene - μ g/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	3607.7	1792.9	273	4299.1	2646.3	265	4417.3	2333.2	251	4335.8	2451.0	263	4157.1	2343.3	1052
Female	4254.4	2459.9	259	4921.3	2599.1	253	5423.4	3437.3	259	5113.2	3128.9	256	4927.6	2961.5	1027
Total	3922.6	2166.0	532	4603.0	2639.2	518	4928.3	2986.0	510	4719.3	2830.1	519	4537.7	2693.7	2079

Average nutrition intakes per day
Vitamin A - IU/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	2956.3	1457.0	273	3400.5	1765.6	265	3693.2	2077.8	251	3489.9	1909.3	263	3377.4	1827.9	1052
Female	3236.2	1646.9	259	3689.7	1833.8	253	4088.6	2462.1	259	3928.2	2349.3	256	3735.4	2123.3	1027
Total	3092.6	1557.2	532	3541.8	1803.3	518	3894.0	2287.4	510	3706.1	2146.8	519	3554.3	1986.9	2079

Average nutrition intakes per day
Vitamin B1 - mg/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	1.010	0.306	273	1.040	0.369	265	1.050	0.367	251	1.014	0.351	263	1.028	0.349	1052
Female	0.974	0.323	259	1.021	0.311	253	1.092	0.405	259	1.024	0.380	256	1.028	0.359	1027
Total	0.992	0.315	532	1.030	0.342	518	1.071	0.387	510	1.019	0.366	519	1.028	0.354	2079

Average nutrition intakes per day
Vitamin B2 - mg/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	1.367	0.545	273	1.421	0.510	265	1.505	0.644	251	1.425	0.552	263	1.428	0.565	1052
Female	1.382	0.594	259	1.465	0.602	253	1.560	0.629	259	1.453	0.571	256	1.465	0.602	1027
Total	1.374	0.569	532	1.442	0.556	518	1.533	0.636	510	1.439	0.561	519	1.446	0.584	2079

Average nutrition intakes per day
Niacin - mg/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	18.2	5.7	273	18.7	6.1	265	17.6	6.1	251	16.3	5.6	263	17.7	5.9	1052
Female	15.7	5.2	259	16.1	5.0	253	16.7	6.4	259	15.3	5.8	256	16.0	5.6	1027
Total	17.0	5.6	532	17.4	5.7	518	17.1	6.3	510	15.8	5.7	519	16.8	5.9	2079

Average nutrition intakes per day
Vitamin C - mg/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	109.3	47.7	273	129.7	69.8	265	145.4	81.0	251	135.5	85.5	263	129.6	73.3	1052
Female	120.7	62.5	259	148.1	78.0	253	167.1	92.7	259	153.5	84.2	256	147.3	81.8	1027
Total	114.8	55.6	532	138.7	74.4	518	156.4	87.7	510	144.4	85.3	519	138.4	78.1	2079

Average nutrition intakes per day
Vitamin D - IU/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	245.6	121.9	273	289.9	162.0	265	266.9	143.9	251	253.4	129.6	263	263.8	140.9	1052
Female	239.3	120.5	259	256.5	134.6	253	249.2	140.4	259	220.2	119.6	256	241.3	129.6	1027
Total	242.5	121.1	532	273.6	150.0	518	257.9	142.3	510	237.0	125.7	519	252.7	135.8	2079

Average nutrition intakes per day
Vitamin E - mg/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	7.790	2.419	273	8.356	3.108	265	8.635	3.273	251	8.339	3.245	263	8.272	3.035	1052
Female	7.694	2.626	259	8.393	2.747	253	9.044	3.687	259	8.475	3.427	256	8.401	3.187	1027
Total	7.744	2.520	532	8.374	2.934	518	8.843	3.492	510	8.406	3.334	519	8.336	3.111	2079

Average nutrition intakes per day
Salt - g/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	12.5	3.9	273	13.0	4.0	265	13.3	4.7	251	12.9	4.4	263	12.9	4.2	1052
Female	11.9	4.0	259	12.1	3.6	253	13.4	4.9	259	12.4	4.3	256	12.4	4.2	1027
Total	12.2	3.9	532	12.6	3.8	518	13.3	4.8	510	12.6	4.3	519	12.7	4.2	2079

Average nutrition intakes per day
Cholesterol - mg/day

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	336.1	143.4	273	329.5	139.6	265	336.6	158.2	251	312.3	128.9	263	328.6	142.9	1052
Female	312.5	124.5	259	308.9	135.5	253	312.7	128.8	259	289.9	137.2	256	306.0	131.7	1027
Total	324.6	134.9	532	319.5	137.9	518	324.5	144.4	510	301.2	133.4	519	317.5	137.9	2079