

表 1. コーヒーと肝がんとの関連に関するコホート研究(エビデンステーブル)

Reference	Study period	Study population			Category	Number among cases	Relative risk (95%CI or p)	p for trend	Confounding variables considered	Comments	
		Number of subjects for analysis	Source of subjects	Event followed							
Inoue M J Natl Cancer Inst. 2005; 97: 293-300.	1990-2001	90,452 (M: 43,109; F: 47,343)	Inhabitants in 9 public health center areas	Incidence	For men 334 (M: 250; F: 84)	116	1.00	<0.001	Age, study area, smoking, drinking, green vegetable, green tea	HBsAg and anti-HCV were not tested.	
					Almost never	43	0.74 (0.52 - 1.05)				
					1-2 days/week	27	0.76 (0.50 - 1.16)				
					3-4 days/week	59	0.49 (0.35 - 0.69)				
					Almost everyday	45	0.55 (0.38 - 0.80)				
					1-2 cups/day	11	0.41 (0.21 - 0.77)				
					3-4 cups/day	3	0.27 (0.09 - 0.87)				
					>=5 cups/day						
					For women	45	1.00	<0.001		Age, study area, smoking, drinking, green vegetable, green tea	HBsAg and anti-HCV were not tested.
					Almost never	17	0.77 (0.43 - 1.37)				
			1-2 days/week	9	0.89 (0.43 - 1.84)						
			3-4 days/week	13	0.48 (0.25 - 0.92)						
			Almost everyday	9	0.43 (0.20 - 0.90)						
			1-2 cups/day	4	0.89 (0.31 - 2.59)						
			3-4 cups/day	0	-						
			>=5 cups/day								
Shimazu T Int J Cancer. 2005; 116: 150-4.	1984-1992 for Cohort 1, and 1990-1997 for Cohort 2	22,404 (M: 10,588; F: 11,816) in Cohort 1, and Cohort 2	Residents in 17 municipalities in Miyagi Prefecture	Incidence	70 (M: 50; F: 20) in Cohort 1, and 47 (M: 41; F: 6) in Cohort 2	41	1.00	0.024	Study cohort, age, history of liver disease, drinking, smoking	HBsAg and anti-HCV were not tested.	
					Never	46	0.71 (0.46 - 1.09)				
					Occasionally	30	0.58 (0.36 - 0.96)				
					>=1 cup/day						

Reference	Study period	Study population			Category	Number among cases	Relative risk (95%CI or p)	p for trend	Confounding variables considered	Comments	
		Number of subjects for analysis	Source of subjects	Event followed							Number of incident cases or deaths
Kurozawa Y Br J Cancer. 2005; 93: 607-10.	1988-1999	110,688 (M: 46,399; F: 64,289)	Residents in 45 areas throughout Japan	Death	401 (M: 287; F: 114)	For men				Age, education, HBsAg and anti-HCV were not tested.	
						Non-drinkers	1.00	0.007	history of diabetes and liver diseases, smoking, drinking		
						<1 cup/day	0.91 (0.57 - 1.45)				Adjustment for alcohol consumption only slightly changed the relative risks.
						>=1 cup/day	0.49 (0.28 - 0.85)				
						For women					
						Non-drinkers	1.00	0.14			
				<1 cup/day	0.64 (0.27 - 1.51)						
				>=1 cup/day	0.51 (0.20 - 1.31)						

表 2. コーヒーと肝がんとの関連に関するケースコントロール研究(エビデンステーブル)

Reference	Study period	Study subjects		Category	Relative risk (95%CI or p)	p for trend	Confounding variables considered	Comments
		Type and source	Definition					
Fukushima W (unpublished)	2001	Hospital-based (Osaka City University Hospital)	Cases: diagnosed as HCV(+) HCC initially at the hospital during the last 3 years  Controls: patients with HCV(+) chronic liver disease without HCC, attending the hospital	72	254	0.009	Matched for sex, age, and date of initial attendance  Adjusted for sex, age, date of initial attendance, years since diagnosis of liver disease, family history of liver disease, interferon therapy, ultrasonographic finding, ALT, platelet count, and fasting blood glucose	All subjects were anti-HCV-positive and HBsAg-negative.
Tanaka K (unpublished)	2001-2004	Hospital-based (Saga Medical School Hospital & Saga Prefectural Hospital)	Cases: histologically (28%), anigiographically (59%), or clinically (13%) confirmed as HCC  Controls: 1) randomly chosen residents of Saga City, 2) outpatients at the general outpatient clinic of Saga Medical School Hospital, and 3) patients with chronic	209 (M: 141; F: 68)	Community controls 1,308 (M: 656; F: 652), hospital controls 275 (M: 180; F: 95), CLLD patients 381 (M: 205; F: 176)	<0.001	Adjusted for sex, age, heavy drinking history, and smoking  Adjusted for sex, age, heavy drinking history, smoking, anti-HCV, and HBsAg	Anti-HCV and HBsAg were tested except for community controls.
				Based on community controls	1.00			
				None	0.33 (0.22 - 0.48)			
				<1 cup/day	0.27 (0.15 - 0.48)			
				1-2 cups/day	0.22 (0.11 - 0.42)			
				>3 cups/day				
				Based on hospital controls				
				None	1.00	0.47		
				<1 cup/day	0.99 (0.42 - 2.32)			
				1-2 cups/day	0.95 (0.31 - 2.89)			
				>3 cups/day	2.59 (0.58 - 11.56)			
				Based on CLLD patients				
				None	1.00	0.05		
				<1 cup/day	0.87 (0.56 - 1.36)			
				1-2 cups/day	0.63 (0.32 - 1.22)			
				>=3 cups/day	0.53 (0.25 - 1.12)			

表 3. 大豆食品と肝がんとの関連に関するコホート研究(エビデンステーブル)

Reference	Study period	Study population		Category	Number among cases	Relative risk (95%CI or p)	p for trend	Confounding variables considered	Comments
		Number of subjects for analysis	Source of subjects						
Hirayama T Cancer Chemother Pharmacol 1989; 23 Suppl: S114-7.	1966-1982	122,261 men	95% of the census population in 29 health-center-covered areas in 6 prefectures	Death	788 men (liver cancer) or 123 men (primary liver cancer)	Soy bean paste soup For liver cancer Not daily Daily Soy bean paste soup For primary liver cancer Not daily Daily	1.00 0.96 (NS)	Age	HBsAg and anti-HCV were not tested.
							1.00 0.56 (P < 0.01)		

表 4. 大豆食品と肝がんとの関連に関するケースコントロール研究(エビデンステーブル)

Reference	Study period	Study subjects		Category	Relative risk (95%CI or p)	Confounding variables considered	Comments
		Definition	Number of cases				
Fukuda K Jpn J Cancer Res 1993; 84: 708-14	1986-1992	Hospital-based (Kurume University Hospital) Cases: 77% were histologically confirmed as HCC Controls: inpatients without chronic hepatitis or cirrhosis in 2 general hospitals in Kurume	368 (M: 287; F: 81)	485 (M: 287; F: 198)	No significant difference between cases and controls in intake frequency of tofu	Matched (1:1 for males and 1:4 for females) for sex, age ( $\pm 5$ yrs), residence, and time of hospitalization	HBsAg status was determined, but not adjusted for. Anti-HCV status was the subjects, but not adjusted for.
Sharp GB Int J Cancer 2005; 115: 290-5	1965-1988	Nested case-control (atomic bomb survivors) Cases: diagnosed as HCC during an extensive pathology review Controls: autopsy cohort members who were determined not to have liver cancer	176	560	1.0 0.6 (0.16 - 2.27) 0.5 (0.14 - 1.55)	Matched for sex, city of residence, radiation exposure, attained age, and time period of death or liver cancer diagnosis	HBV and HCV status was determined from paraffin-embedded liver tissue.
				Miso soup <=1/week 2-4/week >=5/week Tofu <=1/week 2-4/week >=5/week	Not described Not described	Adjusted for sex, city of residence, radiation exposure, attained age, time period of death or liver cancer diagnosis, and HBV and HCV	

表 5. コーヒーと肝がんとの関連に関するコホート研究(サマリーテーブル)

Reference	Study population						Strength of association
	Study period	Sex	Number of subjects	Ranged age	Event	Number of incident cases or deaths	
Inoue M J Natl Cancer Inst. 2005; 97: 293-300.	1990-2001	Men	43,109	40-69 yr	Incidence	250	↓ ↓ ↓
		Women	47,343	40-69 yr	Incidence	84	↓ ↓ ↓
Shimazu T Int J Cancer. 2005; 116: 150-4.	1984-1997	Men and women	61,107	40+ yr	Incidence	117	↓ ↓
Kurozawa Y Br J Cancer. 2005; 93: 607-10.	1988-1999	Men	46,399	40-79 yr	Death	287	↓ ↓ ↓
		Women	64,289	40-79 yr	Death	114	↓ ↓

表 6. コーヒーと肝がんとの関連に関するケースコントロール研究(サマリーテーブル)

Reference	Study period	Study subjects			Number of controls	Strength of association
		Sex	Ranged age	Number of cases		
Fukushima W (unpublished)	2001	Men and women	Not specified	72	254	↓ ↓ ↓
Tanaka K (unpublished)	2001-2004	Men and women	40-79 yr	209	1,308 community controls	↓ ↓ ↓
					275 hospital controls	↑ ↑
					381 CLD patients	↓

表 7. 大豆食品と肝がんとの関連に関するコホート研究(サマリーテーブル)

Reference	Study population						Strength of association
	Study period	Sex	Number of subjects	Ranged age	Event	Number of incident cases or deaths	
Hirayama T Cancer Chemother Pharmacol 1989; 23 Suppl: S114-7	1966-1982	Men	122,261	>=40 yr	Death	788 (liver cancer) or 123 (primary liver cancer)	↓ ↓ (soy bean paste soup)

表 8. 大豆食品と肝がんとの関連に関するケースコントロール研究(サマリーテーブル)

Reference	Study subjects				Strength of association
	Study period	Sex	Ranged age	Number of cases	
Fukuda K Jpn J Cancer Res 1993; 84: 708-14	1986-1992	Men and women	40-69 yr	368	485 — (tofu)
Sharp GB Int J Cancer 2005; 115: 290-5	1965-1988	Men and women	Not specified	176	560 — (tofu) ↓ (miso soup)

表S-1 野菜と全がんととの関連に関するコホート研究(サマリーテーブル)

References		Study population						Strength of association
Author	Year (Ref. No.)	Study period	Sex	Number of subjects	Ranged age	Event	Number of incident cases or deaths (follow-up period)	
<i>Green-yellow vegetable</i> Hirayama T	1990 (1)	1965-1982	Men	122,261	40+	Death	8,794	↓
			Women	142,587	40+	Death	5,946	↓
Sauvaget C	2003 (2)	1980-1998	Men and women	38,540	34-103	Death	3,136	-



表S-2 果物と全がんとの関連に関するコホート研究(サマリナーテーブル)

References		Study population						Strength of association
Author	Year (Ref. No.)	Study period	Sex	Number of subjects	Ranged age	Event	Number of incident cases or deaths (follow-up period)	
<i>Fruit</i> Sauvaget C	2003 (1)	1980-1998	Men and women	38,540	34-103	Death	3,136	↓

表S-3 野菜と胃がんとの関連に関するコホート研究(サマリータブル)

Author	References		Study subjects					Strength of association		
	Year	(Ref. No.)	Study period	Sex	No. of subjects	Ranged age	Event		No. of incident cases or deaths	Category
Hirayama T	1990	(1)	1966-1982	Men Women	122,261 142,857	40+	Death	3,414 1,833	Green-yellow	↓ ↓ ↓ ↓
Kato I	1992	(2)	1985-1991	Men and women	9,753	40+ (men) 30+ (women)	Death	35 22	Green-yellow Pickles Other	↑ - -
Kato I	1992	(3)	1985-1989	Men and women	1,851 2,063	Not specified	Incidence	35 10	Green-yellow Raw Pickles	- - ↑
Inoue M	1996	(4)	1985-1995	Men and women	5,373	Not specified	Incidence	69	Green-yellow Raw Pickled	- - ↑ ↑
Fujino Y	2002	(5)	1988-1997	Men Women	18,746 26,184	18+	Death	261 118	Vegetables Pickles Vegetables Pickles	- - - -
Ngoan LT	2002	(6)	1986-1999	Men and women	13,250	15-96 yr	Death	116	Green Other	↓ ↓ -

References		Study subjects						Strength of association	
Author	Year (Ref. No.)	Study period	Sex	No. of subjects	Ranged age	Event	No. of incident cases or deaths	Category	
Kobayashi M	2002 (7)	1990-1999	Men and women	39,993	40-59 yr	Incidence	404	Green	—
								Yellow	↓ ↓
								White	↓
								Pickled	—
Sauvaget C	2003 (8)	1980-1998	Men and women	38,540	34-103 yr	Death	617	Green-yellow	—
Kahn MMH	2004 (9)	1984-2001	Men	1,524	40+	Death	36	Green-yellow	↓
								Raw	—
								Cooked	—
								White/pale	—
								Raw	—
								Cooked	—
								White/pale	—
								Raw	—
								Cooked	—
			Women	1,634			15	Green-yellow	↑
								Raw	—
								Cooked	—
								White/pale	—
								Raw	—
								Cooked	↓ ↓

表S-4 野菜と胃がんとの関連に関するケースコントロール研究(サマリテーブル)

Author	References		Study period			Study subjects			Category	Strength of association
	Year	(Ref. No.)	Study period	Sex	Ranged age	No. of cases	No. of controls			
Haenszel W	1976	(1)	1962-1965	Men and women	Not specified	783	1,566	Cerely Lettuce	↓ ↓ ↓ ↓	
Tajima K	1985	(2)	1981-1983	Men and women	40-70 yrs	93	186	Spinach Green pepper Carrot Pumpkin Tomato Radish Hakusai Onion Cabbage Lettuce Pickled hakusai Other pickles	↑ ↑ ↑ ↑ ↑ ↑ - ↑ ↑ ↑ - ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ - ↑ ↑ -	
Kono S	1988	(3)	1979-1982	Men and women	20-75 yrs	139	2,574	Green-yellow Raw Bran-paste pickles Pickled green Pickled raddish	- - - - -	
Kato I	1990	(4)	1985-1989	Men  Women	Not specified	289  138	1,247  1,767	Green-yellow Raw Pickled  Green-yellow Raw Pickled	- ↓ ↓ -  - - -	

References		Study period			Study subjects			Strength of association	
Author	Year (Ref. No.)	Sex	Ranged age	No. of cases	No. of controls	Category			
Hoshiyama Y	1992 (5)	Men and women	Not specified	294	202 (hospital controls)	Green-yellow Raw White Pickled	-	↓ ↓ ↓ - -	
Inoue M	1994 (6)	Men and women	Not specified	668	294 (general population controls)	Green-yellow Raw White Pickled	-	↓ ↓ ↓ ↓ ↓ ↓ - ↑	
Huang X	1999 (7)	Men and women	21-79 yrs	850	28,619	Green Fresh Carrots Pumpkin	-	↓ - - -	
Ito LS	2003 (8)	Women	30+	508	36,490	Raw Green Raw Carrots Pumpkin Cabbage Lettuce Pickled Salted	↓	↓ ↓ ↓ ↓ ↓ ↓ ↓ - - - - -	
Hara M	2003 (9)	Men and women	20-70 yrs	149	287	Total Cruciferous vegetables Cabbage Japanese white radish Komatsuna Broccoli Chinese cabbage	-	- - - - ↓ ↓ ↓	

表S-5 果物と胃がんとの関連に関するコホート研究(サマリーテーブル)

Author	References		Study subjects				Strength of association		
	Year	(Ref. No.)	Study period	Sex	No. of subjects	Ranged age		Event	No. of incident cases or deaths
Kato I	1992	(1)	1985-1991	Men and women	9,753	40+ (men) 30+ (women)	Death	57	↑ ↑
Kato I	1992	(2)	1985-1989	Men and women	3,914	Not specified	Incidence	45	↓
Inoue M	1996	(3)	1985-1995	Men and women	5,373	Not specified	Incidence	69	↓
Fujino Y	2002	(4)	1988-1997	Men	18,746	18+	Death	261	↓
				Women	26,184			118	↓
Ngoan LT	2002	(5)	1986-1999	Men and women	13,250	15-96 yr	Death	116	—
Kobayashi M	2002	(6)	1990-1999	Men and women	39,993	40-59 yr	Incidence	404	—
Sauvaget C	2003	(7)	1980-1998	Men and women	38,540	34-103 yr	Death	617	↓
Kahn MMH	2004	(8)	1984-2001	Men	1,524	40+	Death	36	—
				Women	1,634			15	Not Estimated

表S-6 果物と胃がんとの関連に関するケースコントロール研究(サマリーテーブル)

Author	References		Study period		Sex		Ranged age		Study subjects		No. of controls		Category	Strength of association
	Year	(Ref. No.)							No. of cases					
Haenszel W	1976	(1)	1962-1965		Men and women	Not specified			783		1,566	Japanese Pear Plum	↓ ↓	
Tajima K	1985	(2)	1981-1983		Men and women	40-70 yrs			93		186	Pineapple No. of high-use fruit	↓ ↓	
Kono S	1988	(3)	1979-1982		Men and women	20-75 yrs			139		2,574 (Hospital)	Mandarin Oranges Other	↓ ↓	
Kato I	1990	(4)	1985-1989		Men Women	Not specified			289 138		278 (General population)	Mandarin Oranges Other	↓ ↓	
Hoshiyama Y	1992	(5)	1984-1990		Men and women	Not specified			294		202 (hospital controls) 294 (general population controls)	Fruits	↓ ↓ ↓	
Inoue M	1994	(6)	1988-1991		Men and women	Not specified			668		668	Fruits	—	
Huang X	1999	(7)	1990-1995		Men and women	21-79 yrs			850		28,619	Fruits	↓	
Ito LS	2003	(8)	1988-1998		Women	30+			508		36,490	Fruits	↓	

表S-7 野菜と大腸がんとの関連に関するコホート研究(サマリーテーブル)

References				Study population				Strength of association			
Author	Year	(Ref. No.)	Study period	Sex	Number of subjects	Ranged age	Event	Number of incident cases or deaths	Colon	Rectum	Colorectum
Hirayama T	1990	(1)	1966-1981	Men Women	122,261 142,857	40+ yr 40+ yr	Death Death	564 551	— ↓	— ↑↑	NA NA
Sauveget C	2003	(2)	1980-1998	Men and	38,540	34-103 yr	Death	226	NA	NA	—
Khan MM	2004	(3)	1984-2002	Men Women	1,524 1,634	40+ yr 40+ yr	Death Death	15 14	NA	NA	—
Kojima M	2004	(4)	1988-1999	Men Women	45,181 62,643	40-79 yr 40-79 yr	Death Death	254 203	— —	↓↓ —	NA NA
Tsubono Y	2005	(5)	1990-1999	Men Women	42,525 46,133	40-69 yr 40-69 yr	Incidence Incidence	454 251	— —	— —	— —
Sato Y	2005	(6)	1990-1997	Men and	47,605	40-64 yr	Indicence	275	—	—	NA

NA, not available



表S-8 野菜と大腸がんとの関連に関するケースコントロール研究(サマリーテーブル)

Author	References		Study period			Study subjects			Strength of association		
	Year	(Ref. No.)	Sex	Ranged age	Number of cases	Number of controls	Colon	Rectum	Colorectum		
Watanabe Y	1984	(3)	Men and women	Not specified	203 (M:110, F:93)	203 (M:110, F:93)	—	↓↓	NA		
Kato I	1990	(5)	Men and women	Not specified	223	578	—	↓↓↓	NA		
Hoshiyama Y	1993	(6)	Men and women	40-69 yr	181 (M:98, F:83)	653 (M:343, F:310)	↓↓↓	—	NA		
Kotake K	1995	(7)	Men and women	Not specified	363 (M:214, F:149)	363 (M:214, F:149)	—	↓	NA		
Inoue M	1995	(8)	Men Women	24-86 yr 24-99 yr	257 175	8,621 23,161	↑ (distal) —	—	NA NA		
Nishi M	1997	(9)	Men and women	Not specified	330 (M:171, F:159)	660 (M:342, F:318)	—	—	NA		
Ping Y	1998	(10)	Men and women	40-84 yr	100 (M:77, F:23)	265 (NA)	—	—	NA		
Murata M	1999	(11)	Men	Not specified	267	395	—	—	NA		
Hara M	2003	(12)	Men and women	20-70 yr	115 (%males=63.5)	230 (%males=65.2)	NA	NA	↓↓↓		
Huang X	2004	(13)	Men and women	Not specified	1,228	48,250	NA	NA	↓		

注. 文献番号 (1) (2) (4) は各野菜品目ごとの解析のみであるため本表には掲載していない。

NA, not available

表S-9 果物と大腸がんとの関連に関するコホート研究(サマリーテーブル)

Author	Year (Ref. No.)	Study period	Sex	Number of subjects	Study population			Strength of association			
					Ranged age	Event	Number of incident cases or deaths	Colon	Rectum	Colorectum	
Sauveget C	2003 (1)	1980-1998	Men and	38,540	34-103 yr	Death	226	NA	NA	—	—
Khan MM	2004 (2)	1984-2002	Men	1,524	40 + yr	Death	15	NA	NA	↓ ↓	↓ ↓
			Women	1,634	40 + yr	Death	14	NA	NA	↓	↓
Kojima M	2004 (3)	1988-1999	Men	45,181	40-79 yr	Death	254	—	—	—	NA
			Women	62,643	40-79 yr	Death	203	↑ ↑	↓	—	NA
Tsubono Y	2005 (4)	1990-1999	Men	42,525	40-69 yr	Incidence	454	—	—	—	—
			Women	46,133	40-69 yr	Incidence	251	—	—	—	—
Sato Y	2005 (5)	1990-1997	Men and	47,605	40-64 yr	Indicence	275	—	—	—	NA

NA, not available

表S-10 果物と大腸がんとの関連に関するケースコントロール研究(サマリテーブル)

Author	References		Study period		Study subjects		Strength of association		
	Year	(Ref. No.)	Sex	Ranged age	Number of cases	Number of controls	Colon	Rectum	Colorectum
Kondo R	1975	(1)	Men and women	Not specified	393 (M:205, F:188)	582 (M:408, F:174)	↑ ↑ ↑	↑ ↑	NA
Watanabe Y	1984	(2)	Men and women	Not specified	203 (M:110, F:93)	203 (M:110, F:93)	↑	↓ ↓	NA
Tajima K	1985	(3)	Men	40-79 yr	52	111	—	—	NA
Kato I	1990	(4)	Men and women	Not specified	223	578	↑ ↑	—	NA
Hoshiyama Y	1993	(5)	Men and women	40-69 yr	181 (M:98, F:83)	653 (M:343, F:310)	↓	—	NA
Kotake K	1995	(6)	Men and women	Not specified	363 (M:214, F:149)	363 (M:214, F:149)	—	—	NA
Inoue M	1995	(7)	Men	24-86 yr	257	8,621	↓ ↓ ↓	—	NA
			Women	24-99 yr	175	23,161	(distal) —	—	NA
Nishi M	1997	(8)	Men and women	Not specified	330 (M:171, F:159)	660 (M:342, F:318)	—	—	NA
Ping Y	1998	(9)	Men and women	40-84 yr	100 (M:77, F:23)	265 (NA)	NA	NA	—
Murata M	1999	(10)	Men	Not specified	267	395	—	—	NA
Huang X	2004	(11)	Men and women	Not specified	1,228	48,250	NA	NA	—

NA, not available

表S-11 野菜と肺がんとの関連に関するコホート研究(サマリーテーブル)

References		Study population						Strength of association	
Author	Year	No.	Study period	Sex	Number of subjects	Age range	Event	Number of incident cases or deaths	
Hirayama T	1990	1	1966-1982	Men Women	122,261 142,857	40+ 40+	Death Death	1454 463	— —
Ozasa K	2001	2	1988-1997	Men Women	42,940 55,308	40-79 40-79	Death Death	446 126	↓ —
Takezaki T	2003	3	1985-1999	Men and women	5,885	30+	Incidence	51	—
Sauvaget C	2003	4	1980-1998	Men and women	38,540	34-103	Death	563	—
Liu Y	2004	5	1990-1999	Men and women	93,338	40-69	Incidence	428	—
Khan MMH	2004	6	1984-2002	Men Women	1,524 1,634	40-97 40-97	Death Death	41 10	— *

\* The number of cases was too small.