

Frequency of intakes
Satsuma mandarin (Mikan)

		40 - 49yr		50 - 59yr		60 - 69yr		70 - 79yr		80yr -		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	33	17.8	16	10.3	15	9.3	12	7.1	5	9.6	81	11.2
	Once a month	11	5.9	8	5.1	5	3.1	2	1.2	2	3.8	28	3.9
	2 to 3 times a mo.	19	10.3	7	4.5	4	2.5	1	0.6	1	1.9	32	4.4
	Once a week	30	16.2	19	12.2	11	6.8	10	5.9	4	7.7	74	10.2
	2 to 3 times a week	42	22.7	44	28.2	47	29.0	31	18.2	7	13.5	171	23.6
	4 to 6 times a week	13	7.0	4	2.6	6	3.7	16	9.4	6	11.5	45	6.2
	Once a day or more	37	20.0	58	37.2	74	45.7	98	57.6	27	51.9	294	40.6
Female	Never	20	10.3	8	5.4	7	4.4	7	4.2	3	5.7	45	6.2
	Once a month	7	3.6	4	2.7	0	0.0	2	1.2	0	0.0	13	1.8
	2 to 3 times a mo.	13	6.7	3	2.0	5	3.1	1	0.6	1	1.9	23	3.2
	Once a week	19	9.7	13	8.8	9	5.7	4	2.4	5	9.4	50	6.9
	2 to 3 times a week	53	27.2	33	22.3	20	12.6	21	12.6	7	13.2	134	18.6
	4 to 6 times a week	8	4.1	13	8.8	8	5.0	13	7.8	5	9.4	47	6.5
	Once a day or more	75	38.5	74	50.0	110	69.2	119	71.3	32	60.4	410	56.8
Total	Never	53	13.9	24	7.9	22	6.9	19	5.6	8	7.6	126	8.7
	Once a month	18	4.7	12	3.9	5	1.6	4	1.2	2	1.9	41	2.8
	2 to 3 times a mo.	32	8.4	10	3.3	9	2.8	2	0.6	2	1.9	55	3.8
	Once a week	49	12.9	32	10.5	20	6.2	14	4.2	9	8.6	124	8.6
	2 to 3 times a week	95	25.0	77	25.3	67	20.9	52	15.4	14	13.3	305	21.1
	4 to 6 times a week	21	5.5	17	5.6	14	4.4	29	8.6	11	10.5	92	6.4
	Once a day or more	112	29.5	132	43.4	184	57.3	217	64.4	59	56.2	704	48.7

Frequency of intakes
Citrus fruit

		40 - 49yr		50 - 59yr		60 - 69yr		70 - 79yr		80yr -		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	99	53.5	68	43.6	67	41.4	69	40.6	25	48.1	328	45.2
	Once a month	26	14.1	17	10.9	14	8.6	11	6.5	5	9.6	73	10.1
	2 to 3 times a mo.	18	9.7	22	14.1	15	9.3	14	8.2	2	3.8	71	9.8
	Once a week	17	9.2	26	16.7	26	16.0	18	10.6	10	19.2	97	13.4
	2 to 3 times a week	17	9.2	13	8.3	25	15.4	26	15.3	5	9.6	86	11.9
	4 to 6 times a week	3	1.6	3	1.9	6	3.7	2	1.2	2	3.8	16	2.2
	Once a day or more	5	2.7	7	4.5	9	5.6	30	17.6	3	5.8	54	7.4
Female	Never	68	34.9	46	31.1	34	21.4	34	20.4	13	24.5	195	27.0
	Once a month	26	13.3	11	7.4	4	2.5	9	5.4	2	3.8	52	7.2
	2 to 3 times a mo.	38	19.5	24	16.2	19	11.9	17	10.2	10	18.9	108	15.0
	Once a week	27	13.8	27	18.2	17	10.7	25	15.0	6	11.3	102	14.1
	2 to 3 times a week	22	11.3	20	13.5	47	29.6	35	21.0	7	13.2	131	18.1
	4 to 6 times a week	7	3.6	6	4.1	3	1.9	5	3.0	1	1.9	22	3.0
	Once a day or more	7	3.6	14	9.5	35	22.0	42	25.1	14	26.4	112	15.5
Total	Never	167	43.9	114	37.5	101	31.5	103	30.6	38	36.2	523	36.1
	Once a month	52	13.7	28	9.2	18	5.6	20	5.9	7	6.7	125	8.6
	2 to 3 times a mo.	56	14.7	46	15.1	34	10.6	31	9.2	12	11.4	179	12.4
	Once a week	44	11.6	53	17.4	43	13.4	43	12.8	16	15.2	199	13.8
	2 to 3 times a week	39	10.3	33	10.9	72	22.4	61	18.1	12	11.4	217	15.0
	4 to 6 times a week	10	2.6	9	3.0	9	2.8	7	2.1	3	2.9	38	2.6
	Once a day or more	12	3.2	21	6.9	44	13.7	72	21.4	17	16.2	166	11.5

Frequency of intakes
Orange juice

		40 - 49yr		50 - 59yr		60 - 69yr		70 - 79yr		80yr -		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	98	53.0	110	70.5	137	84.6	139	81.8	47	90.4	531	73.2
	Once a month	37	20.0	11	7.1	8	4.9	9	5.3	2	3.8	67	9.2
	2 to 3 times a mo.	28	15.1	11	7.1	6	3.7	6	3.5	1	1.9	52	7.2
	Once a week	7	3.8	14	9.0	5	3.1	6	3.5	1	1.9	33	4.6
	2 to 3 times a week	8	4.3	6	3.8	4	2.5	5	2.9	0	0.0	23	3.2
	4 to 6 times a week	1	0.5	2	1.3	1	0.6	1	0.6	0	0.0	5	0.7
	Once a day or more	6	3.2	2	1.3	1	0.6	4	2.4	1	1.9	14	1.9
Female	Never	131	67.2	108	73.0	135	84.9	143	85.6	46	86.8	563	78.0
	Once a month	29	14.9	16	10.8	6	3.8	7	4.2	4	7.5	62	8.6
	2 to 3 times a mo.	19	9.7	7	4.7	4	2.5	6	3.6	2	3.8	38	5.3
	Once a week	7	3.6	10	6.8	4	2.5	3	1.8	0	0.0	24	3.3
	2 to 3 times a week	6	3.1	4	2.7	10	6.3	8	4.8	1	1.9	29	4.0
	4 to 6 times a week	2	1.0	0	0.0	0	0.0	0	0.0	0	0.0	2	0.3
	Once a day or more	1	0.5	3	2.0	0	0.0	0	0.0	0	0.0	4	0.6
Total	Never	229	60.3	218	71.7	272	84.7	282	83.7	93	88.6	1094	75.6
	Once a month	66	17.4	27	8.9	14	4.4	16	4.7	6	5.7	129	8.9
	2 to 3 times a mo.	47	12.4	18	5.9	10	3.1	12	3.6	3	2.9	90	6.2
	Once a week	14	3.7	24	7.9	9	2.8	9	2.7	1	1.0	57	3.9
	2 to 3 times a week	14	3.7	10	3.3	14	4.4	13	3.9	1	1.0	52	3.6
	4 to 6 times a week	3	0.8	2	0.7	1	0.3	1	0.3	0	0.0	7	0.5
	Once a day or more	7	1.8	5	1.6	1	0.3	4	1.2	1	1.0	18	1.2

Average ethanol intakes per day (ml/day)
Japanese sake

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.9	6.9	185	4.5	12.3	156	5.0	12.1	162	5.2	11.8	168	8.4	14.3	52	4.4	11.3	723
Female	0.3	1.6	195	0.1	0.4	148	0.2	1.4	159	0.3	1.4	167	0.0	0.3	53	0.2	1.3	722
Total	1.1	5.0	380	2.3	9.1	304	2.6	9.0	321	2.7	8.8	335	4.2	10.9	105	2.3	8.3	1445

Average ethanol intakes per day (ml/day)
Japanese distilled alcoholic beverages (Shochu)

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	10.3	21.4	185	16.9	32.3	154	13.6	24.7	160	7.8	18.2	167	2.0	8.4	52	11.3	24.0	718
Female	1.0	4.1	195	1.6	8.1	148	0.5	3.5	159	0.8	5.0	166	0.0	0.1	53	0.9	5.2	721
Total	5.5	15.9	380	9.4	24.9	302	7.1	18.9	319	4.3	13.8	333	1.0	6.0	105	6.1	18.1	1439

Average ethanol intakes per day (ml/day)
shochu-based beverage (Chuhai)

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.1	3.2	185	0.2	0.9	156	0.2	1.2	162	0.3	1.9	170	0.4	1.4	52	0.5	2.0	725
Female	0.6	1.6	195	0.2	0.9	148	0.1	0.8	159	0.1	0.6	167	0.1	0.6	53	0.3	1.1	722
Total	0.8	2.5	380	0.2	0.9	304	0.1	1.0	321	0.2	1.4	337	0.3	1.1	105	0.4	1.6	1447

Average ethanol intakes per day (ml/day)
Regular or draft beer

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.0	11.8	184	11.7	14.8	153	8.1	13.0	159	4.2	8.0	168	2.9	7.6	52	7.8	12.1	716
Female	2.7	6.9	195	2.3	6.6	146	1.2	3.7	159	1.0	4.7	167	1.0	3.2	53	1.8	5.6	720
Total	5.8	10.1	379	7.1	12.5	299	4.6	10.2	318	2.6	6.7	335	1.9	5.9	105	4.8	9.9	1436

Average ethanol intakes per day (ml/day)
Wine

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.7	3.8	185	0.7	3.6	156	0.4	1.2	162	0.1	0.3	170	0.2	0.9	52	0.4	2.6	725
Female	0.5	3.9	195	0.6	2.4	148	0.1	0.6	159	0.2	1.6	167	0.0	0.0	53	0.3	2.4	722
Total	0.6	3.8	380	0.7	3.1	304	0.2	1.0	321	0.1	1.2	337	0.1	0.6	105	0.4	2.5	1447

Average ethanol intakes per day (ml/day)
Hard liquor (such as whisky, brandy, gin, vodka, rum, cocktails, etc.)

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.0	5.9	185	0.6	4.2	156	1.5	11.8	162	1.7	10.9	169	0.6	2.9	52	1.2	8.5	724
Female	0.0	0.2	195	0.1	0.4	148	0.3	3.7	159	0.1	0.8	167	0.1	0.7	53	0.1	1.8	722
Total	0.5	4.2	380	0.3	3.0	304	0.9	8.7	321	0.9	7.8	336	0.3	2.1	105	0.6	6.2	1446

Average ethanol intakes per day (ml/day)
Total alcohol

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	15.0	24.6	185	23.0	34.7	154	20.8	29.5	160	15.2	23.4	165	11.6	18.4	52	17.8	27.8	716
Female	2.4	7.1	195	2.6	8.9	148	1.2	5.3	159	1.4	5.9	166	0.3	1.0	53	1.8	6.7	721
Total	8.5	18.9	380	13.0	27.5	302	11.0	23.4	319	8.3	18.4	331	5.9	14.1	105	9.8	21.7	1437

Average intakes per day (ml/day)
Coffee

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	363.7	300.6	184	342.7	268.5	156	254.9	222.7	162	185.8	226.0	170	126.7	120.2	52	276.1	262.5	724
Female	325.5	278.1	195	271.3	235.5	148	211.8	227.7	159	124.4	142.0	167	104.2	121.8	53	226.6	236.3	722
Total	344.1	289.5	379	308.0	255.1	304	233.6	225.9	321	155.4	191.3	337	115.4	121.0	105	251.4	250.9	1446

Average intakes per day (ml/day)
Black tea

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	19.8	62.9	185	16.8	70.8	155	10.3	44.4	162	14.4	48.8	170	15.0	83.4	52	15.4	59.8	724
Female	39.8	94.9	195	28.8	64.0	148	25.6	72.6	159	18.4	47.2	167	20.4	49.9	53	28.1	71.9	722
Total	30.1	81.5	380	22.7	67.7	303	17.9	60.4	321	16.4	48.0	337	17.7	68.3	105	21.7	66.4	1446

Average intakes per day (ml/day)
Green tea

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	341.1	323.2	184	441.8	518.3	154	570.8	444.4	158	641.7	451.6	170	651.1	370.9	51	506.7	447.0	717
Female	309.9	359.8	195	483.4	427.9	146	697.0	416.0	159	757.3	504.4	167	715.4	378.7	53	564.2	460.6	720
Total	325.0	342.4	379	462.1	476.1	300	634.1	434.3	317	699.0	481.3	337	683.9	374.5	104	535.5	454.6	1437

Average intakes per day (ml/day)
Oolong tea

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	98.9	223.1	185	106.6	196.5	155	86.8	231.3	162	55.6	176.9	170	16.8	75.9	52	81.8	203.0	724
Female	96.4	247.2	195	106.1	256.7	147	68.0	188.4	159	36.0	135.7	167	12.8	63.2	53	72.0	207.6	721
Total	97.6	235.5	380	106.3	227.4	302	77.5	211.0	321	45.9	157.9	337	14.8	69.5	105	76.9	205.3	1445

Average intakes per day (piece/day)
Satsuma mandarin (Mikan)

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.7	1.2	185	1.3	2.3	156	1.5	1.9	162	1.9	2.1	170	1.5	1.6	52	1.3	1.9	725
Female	1.0	1.2	195	1.7	2.0	148	2.3	2.2	159	2.4	2.5	167	1.6	1.3	53	1.8	2.0	722
Total	0.9	1.2	380	1.5	2.2	304	1.9	2.1	321	2.2	2.3	337	1.5	1.5	105	1.6	2.0	1447

Average intakes per day (piece/day)
Citrus fruit

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.1	0.2	185	0.1	0.2	156	0.1	0.2	161	0.2	0.4	169	0.1	0.2	52	0.1	0.3	723
Female	0.1	0.2	195	0.2	0.4	148	0.4	0.9	158	0.4	0.6	166	0.3	0.6	53	0.3	0.6	720
Total	0.1	0.2	380	0.1	0.3	304	0.3	0.6	319	0.3	0.5	335	0.2	0.5	105	0.2	0.5	1443

Average intakes per day (ml/day)
Orange juice

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	15.2	54.4	185	10.5	30.5	155	3.9	15.3	162	6.1	21.0	170	4.6	27.1	52	8.8	34.3	724
Female	7.2	21.3	195	7.4	25.1	148	4.1	12.5	158	3.5	11.6	167	1.9	7.7	53	5.3	18.0	721
Total	11.1	41.1	380	9.0	28.0	303	4.0	13.9	320	4.8	17.0	337	3.2	19.8	105	7.0	27.5	1445