

Before starting the questionnaire

The Epidemiology Research Group of the Ministry of Health, Labor and Welfare is working on research on “How can we prevent lifestyle diseases such as cancer, stroke, myocardial infarction, etc.?” In this context, we have carried out the “Health Promotion Questionnaire” twice, mainly in 1990 and 1995, targeting people who were born from 1930 through 1949 who live in cities, towns and villages.

Five years have passed since the survey in 1995, and we are carrying out this third questionnaire to find out whether there have been any changes in lifestyle or health status of people during this interval, and also about details of your diet. We would like to ask your cooperation now that you understand the background of this survey. For those of you who did not participate in the previous questionnaires, we certainly would like to ask your cooperation this time.

If you are willing to participate this time, please read the “Instructions on How to Fill in the Questionnaire” below and answer the questions beginning on the following page.

Instructions on How to Fill in the Questionnaire

1. As much as possible, please fill in this questionnaire by yourself.
2. Please fill in the given space (the oval circles) that apply with a black pencil, or enter a number or letter in the box.. If you choose “Other” in the multiple choice selections, please fill in specific details in the parentheses.
3. Please use an HB, B or H graphite pencil.
4. Please do not use a fountain pen or ballpoint pen.
5. If you have any corrections, please erase them entirely with an eraser.
6. Please do not fill in anything in the blank spaces.
(example for filling in the mark)

Good Example



Bad Example



For example, please fill it in as shown below if you currently smoke cigarettes, and if you started smoking at age 20.

Currently, do you smoke cigarettes?

I smoke I quit I do not smoke

At what age did you quit smoking cigarettes?
 years of age

From what age did you start smoking?
 years of age

From what age did you start smoking?
 years of age

Currently, is there a medicine that is prescribed by your healthcare provider and that you take periodically?

Yes No → To the Next Question

If "Yes," please mark all that apply.

- Hypertension Medicine Medicine to Lower Cholesterol
 Diabetes Medicine Gout Medicine Other

Fill in the name of the medicine

Mark Not Necessary

Is there any dietary health supplement that you have been taking with the frequency of once or more a week continually for one year or more?

Yes No

Please fill in the product name or type, frequency, time period for each dietary health supplement modeled after the example.

to the next page

Dietary health supplements here mean those non-food things taken in the form of tablets or powders, liquids, etc. like those written below.
 < Examples of Dietary Health Supplements >
 Vitamin agents:
 Multivitamins (alinamin A, etc.), vitamin B (chocola BB, etc.), vitamin C (Hi-C, etc.), vitamin E (juvelux, etc.), etc.
 Mineral agents:
 Calcium, iron, etc.
 Drink agents:
 Lipovitan D, Fibe-Mini, etc.
 Extracts from Food Products:
 Agaricus, propolis, turmeric, liver oil, etc.

(Example) If you have continually been taking "Hi-C S" once daily for 8 years, or "Lipovitan D" 1 - 2 times a week for 2 years, please fill it in as follows.

Whether Taken or Not	Product Name or Type	Frequency						Time Period					
		1 - 2 times a week	3 - 4 times a week	5 - 6 times a week	Once daily	2 - 3 times daily	4 times or more daily	1 - 2 years	3 - 4 years	5 - 9 years	10 - 19 years	20 years or more	
<input checked="" type="checkbox"/>	Hi-C S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>							
<input checked="" type="checkbox"/>	Lipovitan D	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Whether Taken or Not	Product Name or Type	Frequency						Time Period				
		1 - 2 times a week	3 - 4 times a week	5 - 6 times a week	Once daily	2 - 3 times daily	4 times or more daily	1 - 2 years	3 - 4 years	5 - 9 years	10 - 19 years	20 years or more
<input type="checkbox"/>		<input type="checkbox"/>										
<input type="checkbox"/>		<input type="checkbox"/>										
<input type="checkbox"/>		<input type="checkbox"/>										
<input type="checkbox"/>		<input type="checkbox"/>										
<input type="checkbox"/>		<input type="checkbox"/>										
<input type="checkbox"/>		<input type="checkbox"/>										

<p>About how tall are you currently?</p> <p>100 digit 10 digit 1 digit</p> <table border="1"> <tr> <td style="width: 33%; height: 20px;"></td> <td style="width: 33%; height: 20px;"></td> <td style="width: 33%; height: 20px;"></td> </tr> </table> <p>(round off the fractions) cm</p>				<p>About how much do you weigh currently?</p> <p>100 digit 10 digit 1 digit</p> <table border="1"> <tr> <td style="width: 33%; height: 20px;"></td> <td style="width: 33%; height: 20px;"></td> <td style="width: 33%; height: 20px;"></td> </tr> </table> <p>(round off the fractions) kg</p>			

<p>About how much did you weigh when you were around 20 years old?</p>	<p>100 digit 10 digit 1 digit</p> <table border="1"> <tr> <td style="width: 33%; height: 20px;"></td> <td style="width: 33%; height: 20px;"></td> <td style="width: 33%; height: 20px;"></td> </tr> </table> <p>(round off the fractions) kg</p>			

Do you currently smoke cigarettes?

<input type="radio"/> I smoke	<input type="radio"/> I quit	<input type="radio"/> I do not smoke
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From what age did you start smoking?

--	--	--

years of age

How many cigarettes do you smoke a day?

--	--	--

cigarettes

How old were you when you quit?

--	--	--

years of age

At what age did you start smoking?

--	--	--

years of age

How many cigarettes did you smoke a day?

--	--	--

cigarettes

Why is it that you do not smoke?
(Please mark one or more)

- Because I have not been so healthy
- Because it does not fit my own character
- Because it is not good for my future health
- Because it bothers the people around me
- Because of economic reasons
- Other

Would you like to quit smoking?
(Please mark one)

- I would
- I would like to reduce the number I smoke
- I would not

Why is it that you stopped smoking?
(Please mark one or more)

- Because it damaged my health
- Because it was not good for my future health
- Because it bothered the people around me
- Because there are more restrictions on where I can smoke in public
- Because of economic reasons
- Other

About how often did you have the opportunity to inhale second-hand smoke (one hour or more per day) at home, the work place, stores, etc?

At the age of 10	<input type="radio"/> hardly ever	<input type="radio"/> 1 - 3 days per month	<input type="radio"/> 1 - 4 days per week	<input type="radio"/> almost every day
At the age of 30	<input type="radio"/> hardly ever	<input type="radio"/> 1 - 3 days per month	<input type="radio"/> 1 - 4 days per week	<input type="radio"/> almost every day
Currently	<input type="radio"/> hardly ever	<input type="radio"/> 1 - 3 days per month	<input type="radio"/> 1 - 4 days per week	<input type="radio"/> almost every day

Do not fill in

Questions about Your Dietary Life

Now some questions about your diet will follow.

Recalling your diet over the past one year, please answer with average frequencies and amounts.

If you answer all the items, a detailed nutritional calculation of your normal dietary life can be made, so we will be able to report to each of you individually at a later date whether you have a nutritional balance, or whether your vitamins are enough, etc.

There are a lot of questions, and this may be difficult for you, but we ask you to please complete it to the end.

We are going to ask you about "rice (cooked rice)."
About what size rice bowl do you eat with? <input type="radio"/> Small rice bowl <input type="radio"/> Normal rice bowl (female) <input type="radio"/> Normal rice bowl (for male) <input type="radio"/> Donburi/large rice bowl
About how many bowls do you eat <u>in 1 day</u> , combining breakfast, lunch and dinner? <input type="radio"/> Less than 1 bowl <input type="radio"/> 1 bowl <input type="radio"/> 2 bowls <input type="radio"/> 3 bowls <input type="radio"/> 4 bowls <input type="radio"/> 5 bowls <input type="radio"/> 6 bowls <input type="radio"/> 7 - 9 bowls <input type="radio"/> 10 bowls or more
Do you eat vitamin-enriched rice? <input type="radio"/> No <input type="radio"/> I rarely eat it <input type="radio"/> I sometimes eat it <input type="radio"/> I often eat it <input type="radio"/> I always eat it
Do you mix in wheat? <input type="radio"/> I do not mix it in <input type="radio"/> I rarely mix it in <input type="radio"/> I sometimes mix it in <input type="radio"/> I often mix it in <input type="radio"/> I always mix it in
Do you mix in millet or Japanese hie? <input type="radio"/> I do not mix it in <input type="radio"/> I rarely mix it in <input type="radio"/> I sometimes mix it in <input type="radio"/> I often mix it in <input type="radio"/> I always mix it in

We are going to ask you about "miso soup."
How frequently do you eat it? <input type="radio"/> I hardly ever eat it <input type="radio"/> 1 - 3 days a month <input type="radio"/> 1 - 2 days a week <input type="radio"/> 3 - 4 days a week <input type="radio"/> 5 - 6 days a week <input type="radio"/> I eat it every day
About how many cups do you eat <u>in 1 day</u> , combining breakfast, lunch and dinner? <input type="radio"/> Less than 1 cup <input type="radio"/> 1 cup <input type="radio"/> 2 cups <input type="radio"/> 3 cups <input type="radio"/> 4 cups <input type="radio"/> 5 cups <input type="radio"/> 6 cups <input type="radio"/> 7 - 9 cups <input type="radio"/> 10 cups or more
How do you season it? <input type="radio"/> Fairly diluted <input type="radio"/> Somewhat diluted <input type="radio"/> Normal <input type="radio"/> Somewhat thick <input type="radio"/> Fairly thick

Do not fill in ●

Recalling your diet over the past one year, please fill in average frequencies and amounts.

Example of how to fill it in

If you eat beef steak about 2 times a month, and the amount you eat per time is about half a slice, then fill it in as follows.

Name of Food Item		Less than once a month	1 - 3 times a month	1 - 2 times a week	3 - 4 times a week	5 - 6 times a week	Once daily	2 - 3 times daily	4 - 6 times daily	7 times or more daily	Estimated Amount Per Time	Estimated Amount Per Time		
												Less (half or less) than the estimated amount	Same as the estimated amount	More (1.5 time or more) than the estimated amount
Beef	Steak Grilled (grilled meat, etc.)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	1 steak slice (about 150g) 5 thin slices (about 100g)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>						

If you hardly ever eat beef steak (less than once a month), fill it in as follows.

Name of Food Item		Less than once a month	1 - 3 times a month	1 - 2 times a week	3 - 4 times a week	5 - 6 times a week	Once daily	2 - 3 times daily	4 - 6 times daily	7 times or more daily	Estimated Amount Per Time	Estimated Amount Per Time		
												Less (half or less) than the estimated amount	Same as the estimated amount	More (1.5 time or more) than the estimated amount
Beef	Steak Grilled (grilled meat, etc.)	<input checked="" type="radio"/>	<input type="radio"/>	1 steak slice (about 150g) 5 thin slices (about 100g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>							

Do not fill in anything in the estimated amount.

Name of Food Item		Less than once a month	1 - 3 times a month	1 - 2 times a week	3 - 4 times a week	5 - 6 times a week	Once daily	2 - 3 times daily	4 - 6 times daily	7 times or more daily	Estimated Amount Per Time	Estimated Amount Per Time		
												Less (half or less) than the estimated amount	Same as the estimated amount	More (1.5 time or more) than the estimated amount
Beef	Steak Grilled (grilled meat, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 steak slice (about 150g) 5 thin slices (about 100g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Stir-Fried (vegetable stir-fry, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3 thin slices (about 60g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Stewed (curry or stew, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3 pieces 2 - 3cm-diced (about 50g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			<input type="radio"/>		<input type="radio"/>	<input type="radio"/>								
Pork	Stir-Fried (vegetable stir-fry, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3 thin slices (about 60g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Fried (port cutlet, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 pork cutlet (about 100g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Stewed (curry or stew, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3 pieces 2 - 3cm-diced (about 50g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Boiled (boiled kakuni or Okinawan name: rafty, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices (about 60g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Soups (pork soup or Okinawan name: chumi soup, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 thin slices (about 40g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Pork liver (Nirareba stir-fry, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices (about 40g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Recalling your diet over the past one year, please fill in average frequencies and amounts.

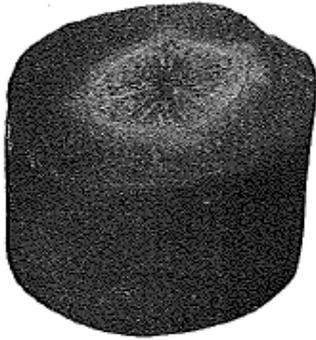
Name of Food Item		Less than once a month	1 - 3 times a month	1 - 2 times a week	3 - 4 times a week	5 - 6 times a week	Once every day	2 - 3 times every day	4 - 6 times every day	Estimated Amount Per Time	Estimated Amount Per Time		
											Less (half or less) than the estimated amount	Same as the estimated amount	More (1.5 time or more) than the estimated amount
Chicken	Grilled (yakitori, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 skewers of yakitori (about 70g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Stir-Fried (vegetable stir-fry, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5 slices (about 60g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Boiled	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2-3cm dices (about 50g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Fried (karaage, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3 pieces (about 50g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Chicken liver (yakitori, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 skewer of yakitori (about 30g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Roast Ham		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 normal slice (about 15g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wieners and Sausages		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 pieces (about 30g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bacon		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 strip (about 20g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Canned Luncheon Meet		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/8 can (about 40g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Milk	Low-fat milk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 200cc-glass	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Normal milk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 200cc-glass	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eggs		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium (about 50g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cheese		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 slice of sliced cheese (about 20g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yogurt		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 container (about 120g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salted cod, salted mackerel, salted salmon		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 slice of fish meat (about 70g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dried fish (open dried flavor)		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 piece (about 50g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Canned tuna (sea chicken flakes)		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/4 can (about 20g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salmon or trout		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 slice of fish meat (about 70g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bonito or tuna		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 raw slices (about 60g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yellowtail or kingfish		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 raw slices (about 60g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cod or flounder		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 slice (about 40g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bream (Red Sea bream, Okinawan name: gurkun, Okinawan name: machi, etc.)		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 slice (about 70g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Horse mackerel or sardines		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 fish (about 80g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pike or mackerel		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 fish (about 80g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dried whitebait		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 tablespoonfuls (about 10g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cod roe or salmon roe		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/4 sac (about 20g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eel		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 fish (about 50g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Squid		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3 raw slices (about 50g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Octopus		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/3 tentacle (about 50g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shrimp		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 Taisho shrimp (about 40g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Clams or freshwater clams		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	10 shucked pieces of meat (about 20g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Snails		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	10 shucked pieces of meat (about 20g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fish cake		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/6 tube (about 20g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fish paste		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices (about 20g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Do not fill in

Estimated Amount of Vegetables (full size)

If the amount you eat per time is about the same as in the photograph, please fill in "Same." If it is more than what is in the photograph (1.5 times or more), please fill in "More," and if less (less than half), please fill in "Less."

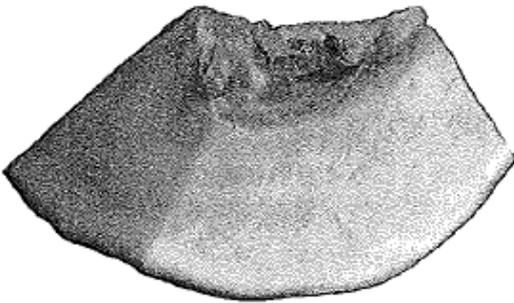
(a) Carrot, 1/4 carrot
(about 50g)



(b) Spinach, 2 bunches
(about 50g)



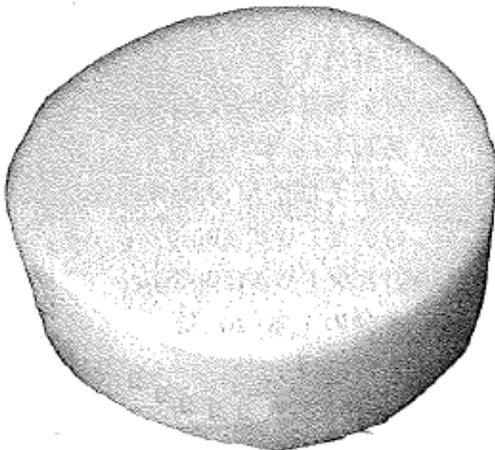
(c) Pumpkin, 4 - 5cm cube
(about 40g)



(d) Cabbage, 1/2 medium-sized leaf
(about 30g)



(e) Radish, 2-cm-thick round slice
(about 80g)



For the following vegetables, please refer to the photographs on the page on the left, and fill in the frequency or amount you eat in the season when they are available on the market.

Name of Food Item	Less than once a month	1 - 3 times a month	1 - 2 times a week	3 - 4 times a week	5 - 6 times a week	Once daily	2 - 3 times daily	4 - 6 times daily	Estimated Amount Per Time	Estimated Amount Per Time		
										Less (half or less) than the estimated amount	Same as the estimated amount	More (1.5 time or more) than the estimated amount
Carrot	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Refer to photograph (a)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spinach	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Refer to photograph (b)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pumpkin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Refer to photograph (c)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cabbage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Refer to photograph (d)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Radish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Refer to photograph (e)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

For the following vegetables and fruits, please fill in the frequency or amount you eat in the season when they are available on the market.

Tsukemono Pickles	Takuwan	<input type="radio"/>	3 slices (about 30g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>						
	Green-leafed tsukemono (Nozawana, leaf mustard)	<input type="radio"/>	1 small tsukemono plate (about 30g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>						
	Dried plums	<input type="radio"/>	1 medium plum (about 8g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>						
	Chinese cabbage	<input type="radio"/>	1 small tsukemono plate (about 30g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>						
	Cucumbers	<input type="radio"/>	1 small tsukemono plate (about 30g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>						
	Eggplant	<input type="radio"/>	1 small tsukemono plate (about 30g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>						
Green peppers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 pepper (about 30g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tomatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	¼ tomato (about 50g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Green onions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	¼ stalk (about 20g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Leeks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 leeks (about 20g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Edible chrysanthemums	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/3 bunch (about 30g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rape	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 stalk (about 20g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Broccoli	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3 stalks (about 30g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Onions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	¼ onion (about 50g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cucumbers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/3 cucumber (about 30g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eggplant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 eggplant (about 60g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chinese cabbage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/3 medium leaf (about 30g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Burdock root	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	¼ root (about 40g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bean sprouts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	¼ bag (about 25g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Haricot verts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6 beans (about 30g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lettuces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium leaf (about 10g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chingensai (Okinawan name: pak-choi)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 stalk (about 70g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Leaf mustard (Okinawan name: shimana)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 stalks (about 70g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Do not fill in

For the following vegetables and fruits, please fill in the frequency or amount you eat in the season when they are available on the market.

Name of Food Item	Less than once a month	1 - 3 times a month	1 - 2 times a week	3 - 4 times a week	5 - 6 times a week	Once daily	2 - 3 times daily	4 - 6 times daily	Estimated Amount Per Time	Estimated Amount Per Time		
										Less (half or less) than the estimated amount	Same as the estimated amount	More (1.5 time or more) than the estimated amount
Bitter melon (Okinawan name: goya)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 melon (about 100g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Swiss chard (Okinawan name: nsubana)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 stalks (about 100g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sponge gourd (Okinawan name: nabera)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 gourd (about 100g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mugwort (Okinawan name: fuchiba)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 head (about 10g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Papaya	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/4 papaya (about 50g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mandarin oranges	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 oranges (about 140g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other citrus types (Hassaku, iyokan, oranges)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 of one (about 75g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Apples	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 apple (about 85g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Persimmons	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 persimmon (about 80g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strawberries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5 berries (about 75g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grapes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	10 large grapes (about 100g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Melons	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/4 prince melon (about 60g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Watermelon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/8 melon (about 1200g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peaches	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 peach (about 65g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nashi pears	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 pear (about 80g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kiwi fruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 kiwi (about 50g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pineapple	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/8 pineapple (about 130g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Banana	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 banana (about 75g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mango	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 mango (about 75g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Recalling your diet over the past one year, please fill in average frequencies and amounts.

Bread types (including pastries also)	<input type="radio"/>	1 piece of 6 slices (about 60g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>							
Udon	<input type="radio"/>	1 donburi bowlful (about 250g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>							
Soba	<input type="radio"/>	1 donburi bowlful (about 200g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>							
Okinawa soba	<input type="radio"/>	1 donburi bowlful (about 200g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>							
Ramen	<input type="radio"/>	1 donburi bowlful (about 220g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>							
Mochi cakes	<input type="radio"/>	1 commercially marketed cake (about 50g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>							
Japanese confections (Daifuku, manju)	<input type="radio"/>	1 confection (about 70g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>							
Cakes	<input type="radio"/>	1 slice small cake (about 70g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>							
Biscuits and Cookies	<input type="radio"/>	2 cookies (about 25g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>							
Chocolate	<input type="radio"/>	1/2 chocolate bar (about 25g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>							
Peanuts	<input type="radio"/>	20 peanuts (about 20g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>							

Recalling your diet over the past one year, please fill in average frequencies and amounts.

Name of Food Item	Less than once a month	1 - 3 times a month	1 - 2 times a week	3 - 4 times a week	5 - 6 times a week	Once daily	2 - 3 times daily	4 - 6 times daily	Estimated Amount Per Time	Estimated Amount Per Time		
										Less (half or less) than the estimated amount	Same as the estimated amount	More (1.5 time or more) than the estimated amount
Tofu (ingredient of miso soup)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5 cubes (about 20g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tofu (fried tofu, or cold or cut into cubes)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/4 tofu cake (about 75g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yushi dofu	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 soup bowlful (about 150g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Freeze-dried Takano tofu or shimi tofu	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 slice (about 60g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Deep-fried tofu or thick-fried tofu	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 slice (about 60g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fried auburaage tofu	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 miso soup bowlful (about 2g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Natto	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 small cup (about 50g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Satsuma sweet potatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/6 potato (about 40g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Potatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/3 potato (about 50g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Taro	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 taro (about 30g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Konnyaku pressed vegetables, shirataki konnyaku noodles	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	about 2 oden pieces (about 50g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shiitake mushrooms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 mushroom (about 20g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Enoki mushrooms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/4 stalk (about 20g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shimeji mushrooms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/4 stalk (about 20g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wakame seaweed or kelp	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 small bowlful (about 20g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hijiki sea vegetable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 small bowlful (about 20g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nori dried seaweed (roasted seaweed or flavored seaweed)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5 sheets of flavored nori (about 2g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please answer with average frequencies and amounts of what you use at the dining table.

Butter to put on bread	<input type="radio"/>	amount to spread on 1 piece of bread (about 8g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>							
Margarine to put on bread	<input type="radio"/>	amount to spread on 1 piece of bread (about 8g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>							
Jam or marmalade to put on bread	<input type="radio"/>	amount to spread on 1 piece of bread (about 8g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>							
Dressing	<input type="radio"/>	1 tablespoonful (about 10g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>							
Mayonnaise	<input type="radio"/>	1/2 tablespoonful (about 7g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>							
Sauce	<input type="radio"/>	1 teaspoonful (5g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>							
Ketchup	<input type="radio"/>	1 teaspoonful (6g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>							

Do not fill in

How frequently do you drink the following beverages?

Beverage Name	Less than once a week	1 - 2 times a week	3 - 4 times a week	5 - 6 times a week	A cup or glass daily	2 - 3 cups or glasses daily	4 - 6 cups or glasses daily	7 - 9 cups or glasses daily	10 cups or glasses or more daily
Soybean milk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>					
Japanese tea (green sencha tea)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>					
Japanese tea (coarse bancha tea or brown-rice genmaicha tea)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>					
Oolong tea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>					
Black tea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>					
Coffee (other than canned coffee)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>					
Canned coffee	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>					
Soup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>					
Lactic acid beverages (Yakult, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>					
100% fruit-juice orange juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>					
100% fruit-juice apple juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>					
Tomato juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>					
Soft drinks (colas, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>					
Drink tonics (Lipovitan D, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>					
Drinking water (tap water or well water)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>					
Drinking water (marketed or water purifier)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>					

For people who drink black tea or coffee, do you add sugar or milk?

		I do not add them	Half spoonful	1 spoonful	2 spoonfuls	3 or more spoonfuls
Black tea	Sugar	<input type="radio"/>				
	Milk	<input type="radio"/>				
Coffee	Sugar	<input type="radio"/>				
	Milk	<input type="radio"/>				

How frequently do you eat breakfast?

- Less than once a month
 1 - 3 times a month
 1 - 2 times a week
 3 - 4 times a week
 5 - 6 times a week
 I eat it everyday

How frequently do you eat out? (Count bento boxed lunches and onigiri bought at stores as eating out)

- Less than once a month
 1 - 3 times a month
 1 - 2 times a week
 3 - 4 times a week
 5 - 6 times a week
 I eat it everyday

How frequently do you eat instant foods? (ramen, cup noodles, packaged foods, etc.)

Less than once a month 1 - 3 times a month 1 - 2 times a week 3 - 4 times a week 5 - 6 times a week I eat it everyday

How frequently do you eat stir-fried foods (stir-fried vegetables, etc.) cooked in oil?

Less than once a month 1 - 3 times a month 1 - 2 times a week 3 - 4 times a week 5 - 6 times a week I eat it everyday

How frequently do you eat "deep-fat fried foods (fries, tempura, etc.)" cooked in oil?

Less than once a month 1 - 3 times a month 1 - 2 times a week 3 - 4 times a week 5 - 6 times a week I eat it everyday

How much fat on the meat do you eat?

I eat hardly any of it I eat about 1/3 of it I eat about half of it I eat about 2/3 of it I eat almost all of it

How much soup of the ramen, udon or soba do you eat?

I eat hardly any of it I eat about 1/3 of it I eat about half of it I eat about 2/3 of it I eat almost all of it

Do you usually put salt on your food at the dining table?

I do not I rarely put it on I sometimes put it on I generally put it on I always put it on

Do you usually put soy sauce on your food at the dining table?

I do not I rarely put it on I sometimes put it on I generally put it on I always put it on

Please choose the oil you use most and mark only one.

Vegetable oil (prepared oil) Safflower oil (benibana oil) Corn oil Soybean oil Rapeseed oil or canola oil

Olive oil Other

Do not fill in

Please mark only one as the preparation method you use most often.

	Raw	Boiled	Grilled	Deep-Fat Fried	Stir-Fried	Other
For meats?	<input type="radio"/>					
For fish?	<input type="radio"/>					
For vegetables?	<input type="radio"/>					

How do you most often eat steaks and grilled meats?

Close to raw (rare)
 Somewhat close to raw
 Medium
 Somewhat well grilled
 Well grilled (well done)

How frequently do you eat grilled fish?

I hardly ever eat it
 1 - 3 times a month
 1 - 2 times a week
 3 - 4 times a week
 5 - 6 times a week
 I eat it everyday

When you eat grilled fish, do you eat the burned parts?

I hardly ever eat them
 I eat about 1/3 of them
 I eat about half of them
 I eat about 2/3 of them
 I eat almost all of them

Currently, whom do you live with? Please mark all of the people that you live with.

Spouse
 Child
 Parents
 Other
 I live alone

Has your work changed in the last 5 years?

It has not changed
 I changed jobs
 I retired and currently do not work

What is your current work? If it changes because you work more than one job or seasonally, please mark all that apply.

Agricultural industry
 Forestry industry
 Fishing industry
 Office work
 Self-employed
 Specialty work
 Housewife
 Unemployed
 Other

We are going to ask you about how you moved your body during the last one year.

Compared to other one-year time periods such as a busy farming season, etc., has there been a particularly busy time period in which the way you moved your body during work time greatly changed? If there has been, please answer about that time period.

No such period
 Less than 1 month
 1 month or more to less than 2 months
 2 months or more to less than 3 months
 3 months or more to less than 4 months
 4 months or more to less than 5 months
 5 months or more to less than 6 months

How many hours do you work in a day? Please answer including time for commuting and housework. For persons who had a particularly busy time period, please answer for that time period also.

	Less than 1 hour	1 hour or more and less than 3 hours	3 hours or more and less than 5 hours	5 hours or more and less than 7 hours	7 hours or more and less than 9 hours	9 hours or more and less than 11 hours	11 hours or more
Normal time period	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Busy time period	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please tell us about the breakdown of your work time for a normal 1 day period within the last 1 year. Please answer including time for commuting and housework.

Breakdown of work time	None	Less than 1 hour	1 hour or more and less than 3 hours	3 hours or more and less than 5 hours	5 hours or more and less than 7 hours	7 hours or more and less than 9 hours	9 hours or more and less than 11 hours	11 hours or more
Sitting time during commute, work, housework, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Standing time during commute, work, housework, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walking time during commute, work, housework, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Time when doing physical work that need strength	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

We are going to ask you about how you moved your body during your free time. Last year, when you did the following things, how frequently did you do them and for how much time per occasion?

How you moved your body during free time	Frequency					Time per occasion					
	Less than once a month	1 - 3 times a month	1 - 2 times a week	3 - 4 times a week	Almost every day	Less than 30 minutes	30 - 59 minutes	1 to less than 2 hours	2 to less than 3 hours	3 to less than 4 hours	4 hours or more
Walking leisurely on a stroll, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walking briskly such as a power walk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Light- or medium-degree exercise like golf, croquet, puttering around the garden, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Intense exercise like tennis, jogging, aerobics, swimming, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Do not fill in

During the last 1 year, how much sleep have you normally been getting?

5 hours or less
 6 hours
 7 hours
 8 hours
 9 hours
 10 hours or more

How frequently do you have a bowel movement?

Less than 3 times a week
 3 - 4 times a week
 5 - 6 times a week
 Once daily
 2 or more times daily

What kind of stool do you usually have?

Diarrhea
 Soft stool
 Normal stool
 Hard stool
 Particularly hard stool
 I repeatedly have diarrhea and constipation

Are you regular in your everyday life? I am regular I am not regular

It is known that psychological and social factors are related to promoting health maintenance and the onset and passage of illnesses. Below we will ask you about some matters thought to be related to health status. Please do not over-think them and mark respectively only one that applies to you.

How do you handle various problems and events that you experience daily? Please answer about those respective frequencies.

How you handle them	Hardly ever	Infrequently	Sometimes	Fairly often	Extremely often
Make a plan to resolve them and carry it out	<input type="radio"/>				
Consult with someone	<input type="radio"/>				
Hope or fantasize about being able to change it	<input type="radio"/>				
Endeavor to find the positive side of the situation	<input type="radio"/>				
Blame and criticize yourself	<input type="radio"/>				
Avoid those things and do something else	<input type="radio"/>				

Normally, how much do you lead your life suppressing feelings of anger and sadness and the actions that accompany them?

	Hardly ever	Infrequently	Sometimes	Fairly often	Extremely often
Please answer about the frequency with which you suppress feelings and actions	<input type="radio"/>				
Please answer about how much you do this for these reasons (1) because it fits the situation and surrounding feelings, common sense and customs (2) because I do not understand my own feelings and expressing them is difficult	<input type="radio"/>				
	<input type="radio"/>				
How often does it become painful for you to suppress your feelings and actions?	<input type="radio"/>				

How frequently do you talk with people on a daily basis?

- Less than once a month
 1 - 3 times a month
 1 - 4 times a week
 Almost every day
 Everyday with several people
 Everyday with many people

Do you have the following kind of confidence about your life?

	I do not think this at all	I think this a bit	I generally think so	I completely think so
I think that my own life has good prospects to some degree.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think that in life whatever happens, it will work out.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Life is worth living meaningfully.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How long does it take for you to fall asleep after you get into bed?

- Less than 10 minutes
 10 - 29 minutes
 30 - 59 minutes
 1 hour or more and less than 2 hours
 2 hours or more

When you are asleep at night, do you ever fully wake up?

- Less than once a month
 1 - 3 times a month
 1 - 4 times a week
 Almost everyday
 Several times a day

Do you ever wake up early in the morning and cannot get back to sleep?

- Less than once a month
 1 - 3 times a month
 1 - 4 times a week
 Almost everyday

Do not fill in

If you have had any tests in the past one year, please mark all of them.

<input type="radio"/> Blood pressure measurement	<input type="radio"/> Blood test	<input type="radio"/> Electro-cardiogram	<input type="radio"/> Fundoscopy	<input type="radio"/> Chest X-ray
<input type="radio"/> Sputum cytological examination	<input type="radio"/> Stomach X-ray	<input type="radio"/> Gastric endoscopy	<input type="radio"/> Occult blood test	<input type="radio"/> Intestinal X-ray
<input type="radio"/> Intestinal endoscopy	<input type="radio"/> Breast X-ray	<input type="radio"/> Uterine cytological examination		

If you have had your blood pressure or blood cholesterol measured in the past one year, please fill in the values at that time (if there were multiple times, the most recent values).

Upper blood pressure number			Lower blood pressure number			Cholesterol number		
100 digit	10 digit	1 digit	100 digit	10 digit	1 digit	100 digit	10 digit	1 digit

How is the current state of your daily life? Please choose 1 from among the following 9 multiple choices that you think best applies and mark it.

I do not particularly have any physical disability → 1

<You have some physical disability, but you can lead your daily life pretty much by yourself and get out on your own efforts>

I go out using transportation facilities → 2

I go out only in the neighborhood → 3

<You can lead your life indoors generally by yourself, but do not get out without assistance>

I get out with assistance, and during the day I mostly lead my life away from bed → 4

Getting out is infrequent, and even during the day I lead my life going to sleep and getting up → 5

<You need some kind of assistance to lead your life indoors, and even during the day you mainly lead your life in bed, but you can maintain a sitting position>

I get into my wheelchair by myself, and I have my meals and toilet activities away from bed → 6

I get into my wheelchair with assistance → 7

<I spend the day in bed, and I need assistance in my toilet activities, meals, and changing clothes>

I turn over in bed on my own strength → 8

I do not even turn over in bed on my own strength → 9

We are asking these only of women.

Currently, do you take female hormone medications? No Yes

Currently, do you have menses (menstruation)?

Yes I have had menopause naturally I have had menopause surgically, etc.

For persons who have had menopause, at what age did you have menopause?

Age 39 or under Age 40 - 44 Age 45 - 49 Age 50 - 54 Age 55 - 59 Age 60 or over

Who filled this in? Self Representative

This is the end. We would appreciate it if you would check once more that you have not omitted anything. Thank you very much for your cooperation spending a long time on this.