

**S1 Table. Questionnaire contents of the FFQ and the Lifestyle Questionnaire****A. List of food included in the questionnaires**

Staple food
Rice
Bread (e.g. white bread, pastry)
Noodles (wheat e.g. Japanese noodle, Chinese noodle)
Soba (buckwheat noodle)
Food item
1 Margarine
2 Butter
3 Milk
4 Yogurt
5 Miso soup
6 Tofu (cold/boiled)
7 Natto (fermented soy food), soybean
8 Egg
9 Chicken
10 Beef, Pork
11 Liver
12 Ham, sausage, bacon, salami-sausage
13 Fish
14 Bone-edible small fish
15 Canned tuna
16 Squid, octopus, shrimp, crab
17 Shellfish (e.g. clam, oyster)
18 Fish roe (e.g. cod fish roe, salted salmon roe)
19 Processed fish food (e.g. kamaboko, chikuwa)
20 Fried soy product (e.g. ganmodoki, astu-age)
21 Potatoes (e.g. potato, sweet-potato, taro)
22 Pumpkin
23 Carrot
24 Broccoli
25 Green leafy vegetables (e.g. spinach, komatsuna)
26 Other carotenoid-rich vegetables (e.g. green pepper)
27 Cabbage
28 Japanese radish
29 Dried radish
30 Burdock, bamboo shoot
31 Other light vegetables (e.g. cucumber, onion, lettuce)
32 Mushrooms (e.g. shiitake, shimeji, enoki)
33 Seaweeds (e.g. hijiki, kombu)
34 Mayonnaise (including salad dressed with mayonnaise)
35 Deep fried food
36 Stir fried food
37 Mandarin, orange, grapefruit
38 Other fruits (e.g. strawberry, kiwi, apple, watermelon)
39 Peanuts, almond
40 Western confectioneries (e.g. cake, cream puff)
41 Japanese confectioneries (e.g. manju)
42 Green tea
43 Coffee
Alcohol
1 Beer
2 Sake
3 Shochu
4 Whisky
5 Wine
6 Others (e.g. plum wine, chuhai)

**B. Frequency and quantity**

Staple food (asked at breakfast, lunch and dinner)	
Never or seldom	Number of portions per serving
1-3 times per month	Number of portions per serving
1-2 times per week	Number of portions per serving
3-4 times per week	Number of portions per serving
5-6 times per week	Number of portions per serving
Everyday	Number of portions per serving
Food item	Weight
Never or seldom	0.05
1-3 times per month	0.1
1-2 times per week	0.2
3-4 times per week	0.5
5-6 times per week	0.8
Once per day	1
Twice per day	2
Three or more times per day	3
Alcohol	
Never	-
Number of days per month	Number of drinks per occasion
Number of days per week	Number of drinks per occasion

The questionnaires were created based on the semi-quantitative food frequency questionnaire developed by the Department of Health Promotion and Preventive Medicine, Graduate School of Medicine, Nagoya City University.

Ref.) Tokudome S, Got C, Imaeda N, Tokudome Y, Ikeda M, Maki S. Development of a data-based short food frequency questionnaire for assessing nutrient intake by middle-aged Japanese. *Asian Pacific journal of cancer prevention: APJCP*. 2004; 5(1):40-3.