

Outline for the Results of the National Health and Nutrition Survey Japan, 2004

This report was prepared by National Institute of Health and Nutrition as a summary English report of the National Health and Nutrition Survey conducted by Ministry of Health, Labour and Welfare in 2004.

Outline of the Survey

1. Purpose of the Survey

This survey, based on the Health Promotion Law (Law No. 103, enacted in 2002), aims to ascertain the actual state of health, food intake, nutritional intake, and lifestyles of the Japanese people and to obtain basic data for implementing effective measures for health improvement, etc.

2. Survey Subjects

The survey was conducted on members of households aged one year and over (as of November 1, 2004) within the selected district, based on “Comprehensive Survey of Living Conditions of the people on Health and Welfare (2004)”.

Subjects of the survey are approximately 15,000 members of about 5,000 households within 300 districts. Subjects were selected by stratified random sampling out of the selected districts, based on “Comprehensive Survey of Living Conditions of the people on Health and Welfare (2004).

However, the survey could not be conducted in 2 of the 300 districts because of the Niigata Prefecture Chuetsu Earthquake (Mid Niigata Prefecture Earthquake) that occurred in October 2004.

3. Grouping of Subjects

Grouping by Regional Block

The whole nation is classified into 12 regional blocks as shown in the following table.

Regional Block	Name of Prefecture
Hokkaido	Hokkaido
Tohoku	Aomori, Iwate, Miyagi, Akita, Yamagata, Fukushima
Kanto	Saitama, Chiba, Tokyo, Kanagawa
Kanto	Ibaragi, Tochigi, Gunma, Yamanashi, Nagano
Hokuriku	Niigata, Toyama, Ishikawa, Fukui
Tokai	Gifu, Aichi, Mie, Shizuoka
Kinki	Kyoto, Osaka, Hyogo
Kinki	Nara, Wakayama, Shiga
Tyugoku	Tottori, Shimane, Okayama, Hiroshima, Yamaguchi
Shikoku	Tokushima, Kagawa, Ehime, Kochi
Kita (Northern) Kyushu	Fukuoka, Saga, Nagasaki, Ooita
Minami (Southern) Kyushu	Kumamoto, Miyazaki, Kagoshima, Okinawa.

4. Outline of the Survey Subjects

A. Number of Households Surveyed

A total of 3,421 households in the randomly selected 300 survey district units participated in the survey.

B. Number of the Subjects by Age Group

(Unit: persons)

	Total	1 – 6	7 – 14	15 – 19	20 – 29	30 – 39	40 – 49	50 – 59	60 – 69	70 and over
Physical Examination	7,689	467	664	370	663	950	894	1,217	1,267	1,197
Blood Test	3,932	-	-	-	308	527	519	773	940	865
Dietary Intake Survey	8,762	520	770	435	803	1,124	1,045	1,374	1,368	1,323
Lifestyle Questionnaire	9,345	555	807	476	876	1,203	1,120	1,484	1,427	1,397

Male	Total	1 – 6	7 – 14	15 – 19	20 – 29	30 – 39	40 – 49	50 – 59	60 – 69	70 and over
Physical Examination	3,556	242	365	200	298	420	390	544	572	525
Blood Test	1,549	-	-	-	118	176	170	284	406	395
Dietary Intake Survey	4,135	263	419	239	353	525	480	649	631	576
Lifestyle Questionnaire	4,428	286	432	256	395	560	520	707	664	608

Female	Total	1 – 6	7 – 14	15 – 19	20 – 29	30 – 39	40 – 49	50 – 59	60 – 69	70 and over
Physical Examination	4,133	225	299	170	365	530	504	673	695	672
Blood Test	2,383	-	-	-	190	351	349	489	534	470
Dietary Intake Survey	4,627	257	351	196	450	599	565	725	737	747
Lifestyle Questionnaire	4,917	269	375	220	481	643	600	777	763	789

C. Number of the Subjects by Regional Block (Subjects for a dietary intake survey)

(Unit: persons)

Total Number	Hokkaido	Tohoku	Kanto I	Kanto II	Hokuriku	Tokai	Kinki I	Kinki II	Chugoku	Shikoku	Kita-Kyushu	Minami-Kyushu
8,762	343	663	2,273	721	291	1,188	1,262	310	671	285	480	275

D. Number of the Subjects by Occupation (Subjects for a dietary intake survey)

(Unit: persons)

	Total Number	Professional / Technician	Management	Clerk	Sales	Services	Security Services	Agriculture
National Total	8,762	757	338	738	486	533	52	282
Male	4,135	400	300	259	250	164	50	161
Female	4,627	357	38	479	236	369	2	121

	Forestry	Fisheries	Transportation / Communications	Manufacture	Housekeeper or Domestic Helper	Other (Unemployed)	Day-care Center Infant	Kindergarten Child
National Total	8	8	164	864	1,529	1,164	148	151
Male	8	5	158	651	32	714	81	70
Female	0	3	6	213	1,497	450	67	81

	Other Child	Elementary School Student, 1st – 2nd Grade	Elementary School Student, 3rd – 4th Grade	Elementary School Student, 5th – 6th Grade	Junior High School Student	Other Student	Unknown
National Total	186	167	214	211	251	502	9
Male	92	86	125	110	136	278	5
Female	94	81	89	101	115	224	4

5. Items Checked and the Dates of the Survey

A. Items Checked

The Survey 2004 consisted of a physical examination, a dietary intake survey and a lifestyle questionnaire, in which the following items were included:

A. Physical Examination

- (a) Height (subjects aged one year and over)
- (b) Body weight (subjects aged one year and over)
- (c) Abdominal circumference (subjects aged 15 years and over)
- (d) Blood pressure: Systolic (maximum) blood pressure and diastolic (minimum) blood pressure (subjects aged 15 years and over) [Duplicated Measurements]
- (e) Blood Test (subjects aged 20 years and over)
- (f) Daily Physical Activity <Number of Steps Taken in a Day> (subjects aged 15 years and over)
- (g) Examination by Interview on the use of medication and exercise habit:
 - Whether the subject is taking drug for lowering blood pressure (subjects aged 20 years and over)
 - Whether the subject is taking antiarrhythmic drug (subjects aged 20 years and over)
 - Whether the subject is taking insulin injection or drug for lowering blood glucose (subjects aged 20 years and over)
 - Whether the subject is taking drug for lowering cholesterol levels (subjects aged 20 years and over)
 - Whether the subject has regular exercise habit, and, if yes, the number of days on which the subject exercises each week, the average duration of exercise each day, and the exercise intensity (subjects aged 20 years and over)

B. Dietary Intake Survey (subjects aged 1 years and over)

- (a) Characteristics of a household member (name, sex, year and month of birth, pregnancy (if yes, how many weeks), lactation, occupation, and physical activity level)
- (b) Food intake on the day of the survey (meals eaten outside the home, cooked meals, meals provided at school/workplace etc, meals cooked at home, others).
- (c) Food records (names of dishes, names and amounts of foodstuffs used, amounts thrown away, and proportion for dish or food taken by individual family member)

C. Lifestyle Questionnaire (subjects aged 1 year and over)

A questionnaire survey was conducted to grasp overall lifestyle behavior in general, such as eating habits, physical activity, exercise, resting (sleep), alcohol intake, smoking, and dental health, with the focuses on “dental health” and the “Mid-term Evaluation Items of Health Japan 21” in the 2004 survey. The survey on subjects aged 1-14 years consisted of items related to “dental health” only.

B. Date of the Survey

- a. Physical Examination: one day in November 2004
- b. Dietary Intake Survey: one day in November 2004 (excluding Sundays and public holidays).
- c. Lifestyle Questionnaire: one day in November 2004, on the same day as the Dietary Intake Survey was conducted.

6. Survey Procedure Details and Requirements

A. Composition of the Survey Staff

The Survey Team was composed of physicians, registered dietitians, public health nurses, clinical laboratory technicians and clerks. The registered dietitians and dietitians were in charge of the dietary intake survey, and the physicians, the public health nurses and the clinical laboratory technicians were responsible for the physical examination.

B. Survey Method

The Organization and flow of data collection procedures are shown on page 7.

C. Forms used for the Survey and Questionnaires

- (a) Physical Examination Sheet and Questionnaire: (See Page 22)
- (b) Dietary Intake Survey: (See Page 23)
- (c) Lifestyle Questionnaire: (See Page 27)

D. Survey Methods

A. Physical Examination

The physical checkup was conducted on all the subjects of the households within the selected districts. They were required to gather in a place convenient for them.

The methods and procedures are as follows:

- (A) Height: Height was measured in the following way. The subject took off their socks, placed their heels closely together, stood upright so that his/her back, buttocks, and both heels were in touch with the pillar of the height measuring device, let both upper arms hang down alongside the body, and the head was held in its normal position. When measuring the height of an infant younger than three years old, the infantometer (length measuring scale) was used. This entailed having the subject lie down in the face-up position, with his /her head held firmly by an assistant, and then extending the legs as much as possible, with the shortest distance between the head and the soles of the feet then being measured.
- (B) Body weight: Subjects were requested to wear minimum cloths only and then stand still on the center of platform of the scales. It is preferable to weigh the subject completely naked, but this is not practically difficult. When a subject was weighed with clothes, the staff asked them to weigh the clothes at home in advance, and the weight of the clothes was subtracted from the measured value shown by the scales.
- (C) Abdominal Circumference: Subjects were requested to stand upright, put their feet together, and let both arms hang down alongside the body to keep their abdominal wall relaxed. Then, abdominal circumference was measured at the level of the navel. Measurement immediately after eating was avoided as much as possible. The measuring staff stood in front of the subject and put a measuring tape (a Japanese Industrial Standards (JIS) plastic tape, with minimal measurement error by stretching) directly around the abdomen. After confirming that the measuring tape was properly placed around the abdomen horizontally, the measuring staff read the tape to the nearest 0.5 cm at the end of the exhalation of a normal breath. It is preferable for subjects not to wear underwear for an accurate measurement, but this is practically difficult. Subjects were, therefore, allowed to wear underwear if they preferred.
- (D) Blood Pressure: The Riva-Rocci mercurial sphygmomanometer, as the measuring instrument, and the JIS manchette (blood pressure cuff) were used.

Blood pressure was measured by the following procedures:

Conditions for the Blood Pressure Measurement

- (a) Instructions were given to the subjects that activities that might affect blood pressure, such as physical exercise, eating, smoking, exposure to cold, etc., should be avoided before measurement.
- (b) After having the subject urinate in advance and take a rest quietly and calmly for 5 minutes or longer before the measurement, the blood pressure was measured.
- (c) Blood pressure was measured while the subject was seated (on a chair preferably with a backrest).
- (d) The blood pressure was measured with the right upper arm. When it was impossible to conduct measurements at this site, the blood pressure was measured with the left arm.
- (e) Any clothes constricting the upper arm were taken off before the manchette was placed around the arm.

Procedures for the First Measurement

- (a) The staff placed the mercurial sphygmomanometer in the vertical position.
- (b) The staff squeezed all the air out from the manchette, placed the rubber bladder of the manchette carefully around the right upper arm of the subject to cover the brachial artery in such a way that the manchette would not touch the bladder when the diaphragm of the stethoscope is placed on the

inner part of the elbow. The manchette was placed around the arm loosely enough to allow one or two fingers to be placed under it, so that the lower edge of the manchette would come to about 2 to 3cm above the bend in the elbow.

- (c) The subject was instructed to straighten the arm so that the center of the manchette would be on the same level as the heart of the subject.
- (d) The staff estimated the systolic blood pressure by the palpation method, then dropped the pressure in the manchette to zero (0) for a short while by deflating it, then got the pressure up again to a level more than 30mm Hg higher than the blood pressure estimated by the palpation method (= targeted pressure), and finally measured the systolic blood pressure and the diastolic blood pressure with the aid of a stethoscope.
- (e) If Korotkov's sound was already heard at the targeted pressure, the pressure was immediately reduced, and the following procedures were followed.
- (f) The speed at which the mercury was going down was set at one graduation (2mmHg) per second.
- (g) The point at which the Korotkov's sound was first heard was regarded as the systolic blood pressure, and the point at which the Korotkov's sound disappeared, was the diastolic blood pressure value. If the diastolic blood pressure value was determined to be the midpoint between markings, the value of the first marking after the sound was last heard was regarded as the diastolic blood pressure.
- (h) The staff's eyes were kept level with the value displayed on the manometer.
- (i) The minimum reading unit of the graduation was required to be an even number, and when it was in-between two numbers, the nearest value was adopted.

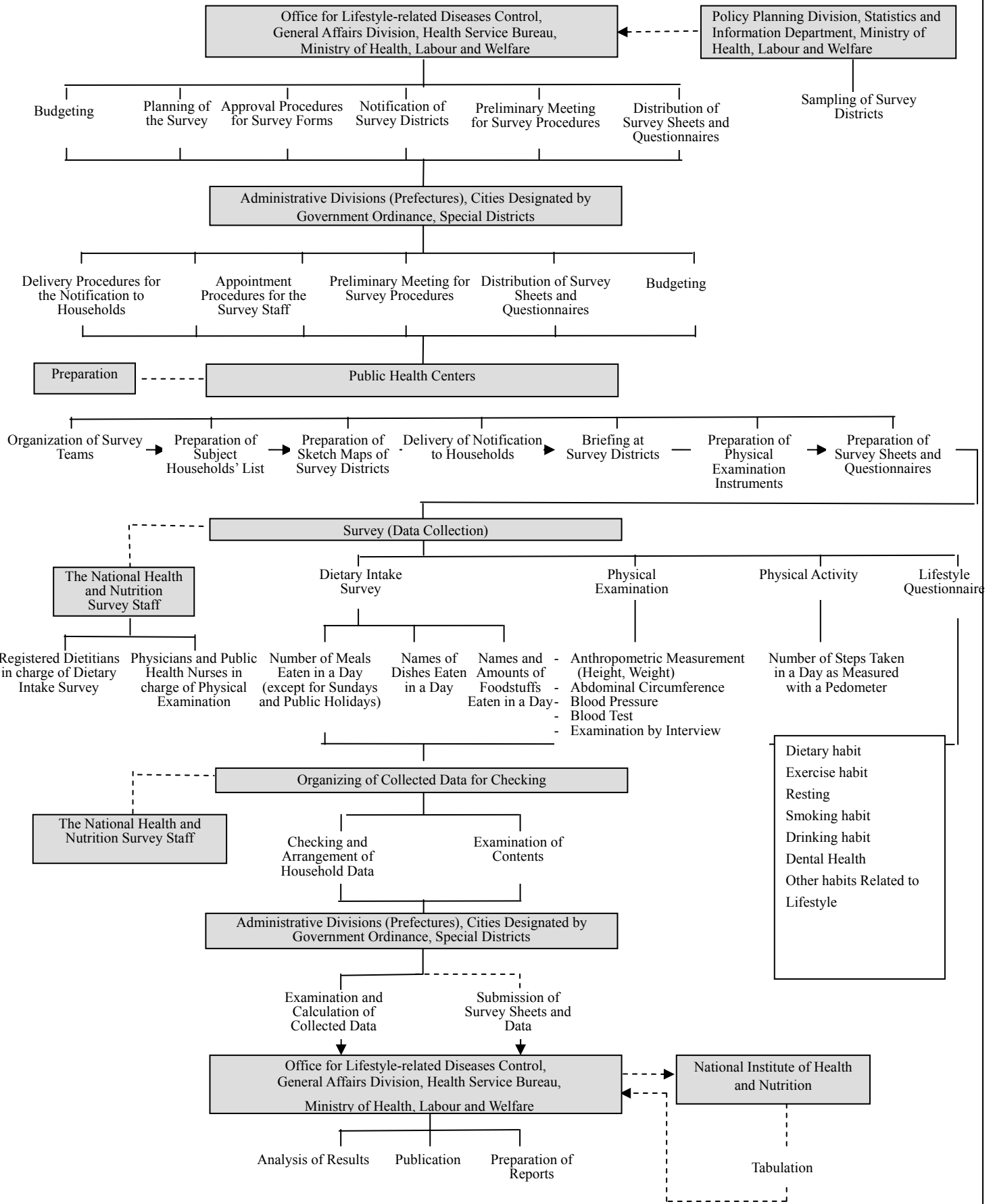
Procedures for the Second Measurement

- (a) After the first measurement, the manchette around the subject's arm was removed for a short while, and the air in the manchette was completely removed.
- (b) After one or two minutes, the staff placed the manchette around the subject's arm again, and then measured the blood pressure for the second time, following the steps b) to i) given in the above .
- (c) The following two points were especially noted for the second measurement:
 - i) Do not use the palpation method.
 - ii) Do not allow the subject to breathe deeply between the first measurement and the second one.
- (E) Blood Test: Blood was drawn from an elbow vein using a tourniquet after more than three hours of the last meal. For blood test items and methods, refer to page 8.
- (F) Physical Activity in a Day: The number of steps taken in a day was measured by a pedometer (Arnes200S, AS200). Each subject set the device firmly on his/her belt or another suitable place with the clip as soon as s/he got up in the morning, and continued measuring steps taken until s/he went to bed.
- (G) Interview:

Medication: Whether the subject was taking it on a doctor's advice or not, any subject who was actually taking drug for lowering blood pressure, antiarrhythmic drug, insulin injection, drug for lowering blood glucose or cholesterol level at the time of the survey was considered as taking medication.

Regular exercise habit: A subject was considered as a regular exerciser if all the following three conditions were met:

- a) Frequency of exercise: at least twice a week
- b) Time of exercise each time: 30 minutes or longer
- c) Duration which exercise has been practiced: one year or longer



(as of November 2004)

Blood Test Methods

Item to be Checked	Method of Measurement	Measuring Instrument	Reagent	Standard Reference Material
Total protein	Biuret method	H7170	Total protein-HR	Protein standard serum
Total cholesterol	Enzyme method	H7170	L-type Wako CHO - H	Ortho-abnormal
Triglyceride	Enzyme method	H7170	L-type Wako TG · H	Triglyceride normal solution
HDL-cholesterol	Direct method	H7170	Choles-test-NHDL	Choles-test Calibrator
Blood glucose	Enzyme method	H7170	Shikarikid GLU	Glucose normal solution
Red blood corpuscles (RBC)	Electro-resistance detection method (Automatic method)	SE - 9000	Cellpack	—
White blood corpuscles (WBC)	Sheath flow DC detection method	XE - 2100	SE Sheath ()	—
	Flow cytometry method (Automatic method)	SE - 9000	Stromatolyser FB ()	
Platelet (PLT)	Sheath flow DC detection method (Automatic method)	XE - 2100	Stromatolyser 4DS	—
		SE - 9000	Stromatolyser 4DL	
		XE - 2100	Cellpack	
Hemoglobin (Hb)	SLS-Hb method (Automatic method)	SE - 9000	Cellpack	—
		XE - 2100	Sulfolizer	
Hematocrit	Red blood corpuscle pulse peak detection method (Automatic method)	SE - 9000	Cellpack	—
		XE - 2100	SE Sheath ()	
Hemoglobin A _{1c}	Latex agglutination nephelometry method	BM - 9030	Rapidia Auto HbA _{1c}	Rapidia Auto HbA _{1c}
Ferritin	EIA method	Full automatic chemiluminescent enzyme immunoassay system BCS600	LS Reagent Eiken Ferritin	LS Standard Ferritin Eiken
Albumin	BCG method	H7170	Albumin-HR	Protein standard serum

B. Dietary Intake Survey

The survey was undertaken on the days when people would take normal diets, with excluding the public holidays or ceremonial days when special meals could be taken. Before implementation of the survey, the objectives and other major points of the survey were explained to the subjects to obtain their positive cooperation. After the questionnaire for Dietary Intake Survey was distributed to each household, the subjected were explained how to fill out the questionnaire and how to weigh the food they used with scales during the survey. If the amount of food used was too small to weigh, an estimated quantity was recorded.

In addition, the survey staff (registered dietitian etc.) visited each target household in person to ensure that subjects had filled out the questionnaire properly and to make necessary correction/instruction.

C. Lifestyle Questionnaire

This survey was conducted at the same time as the Dietary Intake Survey. The questionnaire was distributed to each target household and left there for a period so that the household members could fill it out. At each household, data were collected on all household members aged 1 year old and over. For household members aged 1 to 14 years, their parents (or other guardians) filled out the questionnaire for them.

E. Confidentiality

Since some questions in this survey might be perceived intrusive, all possible measures and special care were taken to ensure protection and management of personal information, so that the subjects would not feel anxious on this matter.

7. Organizations Involved in the Survey

1. The Ministry of Health, Labour and Welfare established the Committee for the Planning and Analysis of the National Health and Nutrition Survey in Japan, 2004, which provided opinions on the design and analysis of this survey from technical standpoints.
2. The survey was planned by the Ministry of Health, Labour and Welfare and conducted by the public health centers in charge of the survey districts, under the control of the health departments/offices of the prefectures, government ordinance-designated cities, and special wards.
3. Each public health center organized the National Health and Nutrition Survey Team, for which the Director of the public health center served as the team leader. The survey was implemented by the survey staff composed of physicians, registered dietitians, public health nurses, clinical laboratory technicians, clerks, etc.
4. National Institute of Health and Nutrition entered, calculated and tabulated the data on survey sheets which had been submitted to the Ministry of Health, Labour and Welfare.

8. Notes

1. Calculation of Nutrient Intakes

As a rule, the "Standard Tables of Food Composition in Japan, Fifth Revised Edition" (hereinafter, the "Composition Tables, Fifth Revised Edition") completed by the Resources Council of the Science and Technology Agency (currently, the Office for Resources of the Ministry of Education, Culture, Sports, Science and Technology) was used to calculate nutrient intakes.

The values after cooking (boiling, frying, etc.) were used, if they were available in the "Composition Tables, Fifth Revised Edition". For other food items, nutrient intakes were calculated using the "rate of change in weight" by cooking provided in the "Composition Tables, Fifth Revised Edition".

2. Classification of Food Groups

The classification of food groups for tabulation is shown in Table 1 on Pages 10-15. Please note: "Butter (small classification 76)" and "animal oils and fats (small classification 79)" are handled as "animal food" in this report. There have been several changes from the National Nutrition Survey, 2001, as below:

Classification

Classification of "jams" was changed from "sugars" to "fruits", that of "miso" was changed from "pulses" to "seasonings and spices", and that of "mayonnaise" was changed from "fats and oilsts" to "seasonings and spices".

Weight

The weights of food items were the ones after cooking. For example, the rice of "rice/rice products" was calculated as "cooked paddy rice", "paddy rice gruels", "dried buckwheat noodles (dry form, raw)" of "other cereals/other cereal products" was calculated as "dried buckwheat noodles (dry form, boiled)", "wakame (dried products)" of "algae" was calculated as "wakame (dried, soaked in water)" and "tea leaves" of "beverages" was calculated as "tea infusions".

Table 1 Food Groups Used for the National Health and Nutrition Survey

Large Classification	Large Classification Number	Medium Classification	Medium Classification Number	Small Classification	Small Classification Number	Name of Foodstuffs
Cereals	1	Rice/ Rice products	1	Rice	1	<Paddy rice grain> Brown rice, Half-milled rice, Under-milled rice, Well-milled rice, Well-milled rice with embryo <Cooked paddy rice> Brown rice, Half-milled rice, Under-milled rice, Well-milled rice, Well-milled rice with embryo <Paddy rice gruels> Brown rice, Half-milled rice, Under-milled rice, Well-milled rice (rice:water = 1:5 in volume) <Paddy rice diluted gruels> Brown rice, Half-milled rice, Under-milled rice, Well-milled rice <Paddy rice thin gruels> Brown rice, Half-milled rice, Under-milled rice, Well-milled rice <Upland rice grain> Brown rice, Half-milled rice, Under-milled rice, Well-milled rice <Cooked upland rice> Brown rice, Half-milled rice, Under-milled rice, Well-milled rice
				Rice products	2	Quick-cooking rice, <i>Onigiri</i> (rice ball), <i>Yaki-Onigiri</i> (grilled rice ball), <i>Kiritampo</i> rice cake, Powdered ordinary non-glutinous rice, Rice vermicelli, Rice malt, Rice cake, <i>Sekihan</i> (Glutinous rice steamed together with red beans), <i>Akumaki</i> , <i>Shiratamako</i> (powdered glutinous rice), <i>Domyojiko</i> (Domyo-ji style rice flour)
		Wheat/ Wheat products	2	Flour	3	Soft flour, Soft flour for school lunch, Medium flour, Hard flour, Hard flour for school lunch, Whole wheat flour, Premixed flour for pancake, Premixed flour for Tempura
				Bread (except Japanese buns)	4	White table bread, White table bread for school lunch, Bread type rolls, read type rolls for school lunch, Hardtack, French bread, Rye bread, Raisin bread, Soft roll, Croissant, English muffins, Nan
				Japanese buns	5	Bean jam bun, Custard cream bun, Jam bun, Cornet with chocolate cream
				Udon (Japanese noodles)/ Chinese noodles	6	<i>Udon</i> (Japanese noodles, wet form, raw), <i>Udon</i> (Japanese noodles, wet form, boiled), <i>Udon</i> (Japanese noodles, dry form, raw), <i>Udon</i> (Japanese noodles, dry form, boiled), <i>Hoshi-udon</i> (Japanese noodles, dry form, raw), <i>Hoshi-udon</i> (Japanese noodles, dry form, boiled), <i>Somen and Hiyanugi</i> (Japanese noodles, dry form, raw), <i>Somen and Hiyanugi</i> (Japanese noodles, dry form, boiled), <i>Tenobe-somen and Tenobe-hiyanugi</i> (Japanese noodles, dry form, raw), <i>Tenobe-somen and Tenobe-hiyanugi</i> (Japanese noodles, dry form, boiled), Chinese noodles (wet form, raw), Chinese noodles (wet form, boiled), Steamed Chinese noodles, Dried Chinese noodles, Dried Chinese noodles (boiled), <i>Okinawa</i> noodles (wet form, raw), <i>Okinawa</i> noodles (wet form, boiled), Dried <i>Okinawa</i> noodles (wet form, raw), Dried <i>Okinawa</i> noodles (wet form, boiled)
				Precooked Chinese Noodles	7	Precooked Chinese noodles (dried by frying, seasoned), Precooked Chinese noodles (dried by frying), Precooked Chinese noodles (dried by hot air), Chinese style instant cup noodles (dried by frying), Instant cup fried noodles (dried by frying), Chinese style instant cup noodles (dried by hot air), Japanese style instant cup noodles (dried by frying)
				Pasta	8	Macaroni, Spaghetti, Macaroni (dry form, boiled), Spaghetti (dry form, boiled)
		Other cereals/ Other cereals products	3	Buckwheat/ buckwheat products	10	Buckwheat flour (whole grain, including the hull), Buckwheat flour (inner layer), Buckwheat flour (middle layer), Buckwheat flour (outer layer), Parboiled grain, Buckwheat noodles (wet form, raw), Buckwheat noodles (wet form, boiled), Dried buckwheat noodles (dry form, raw), Dried buckwheat noodles (dry form, boiled)
				Corn/ Corn products	11	Corn (whole grain, raw), Cultivar: Cuzco (oil-roasted and salted), Popcorn, Corn flakes
				Others	12	Amaranth, Foxtail millet (<i>Awa</i>), Glutinous cake, Oatmeal, Under-milled pressed grain, Pressed grain, Splited grain, Noodles (dry form, raw), Noodles (dry form, boiled), Roasted flour, Proso millet (<i>Kibi</i>), Glutinous millet, Job's tears, Japanese barnyard millet (<i>Hie</i>), Sorghum (milled grain), Whole grain rye flour, Rye flour
				Sweet potatoes/ Sweet potato products	13	Sweet potatoes, Sweet potatoes (steamed), Sweet potatoes (baked), Sweet potatoes (dried)
Potatoes and Starches	2	Potatoes/ Potato products	4	14	Potatoes, Potatoes (steamed), Potatoes (boiled), Mashed potatoes (dried)	
			Others	15	Jerusalem-artichoke, Konjac (fine powder), Konjac (block), Konjac (made from corn), Konjac noodles, Taro, Taro (boiled), Taro (frozen), <i>Mizuimo</i> , <i>Mizuimo</i> (boiled), <i>Yatsugashira</i> , <i>Yatsugashira</i> (boiled), <i>Ichoimo</i> , <i>Nagaimo</i> , <i>Nagaimo</i> (boiled), <i>Yamatoimo</i> , Japanese yam, White yam	
		Starch / Starch products	5	16	Tapioca (Cassava starch), Kudzu starch, Rice starch, Wheat starch, sweet potato starch, Potato starch, Corn starch, Kudzu starch noodle (dried), Kudzu starch noodle (boiled), Tapioca pearls, <i>Ryokuto-harusame</i> (mung bean starch vermicelli), <i>Harusame</i> (bean-starch vermicelli)	
Sugar and Sweetener	3	Sugar and Sweetener	6	17	Brown sugar lumb, <i>Wasanbonto</i> , Soft sugar (white), Soft sugar (yellow), Granulated sugar, Coarse crystal (superior), Coarse crystal (medium), Cubes, Crystal candy sugar, Candy sugar for coffee, Powdered sugar, Glucose syrup, Honey, <u>Maple syrup</u>	
Pulses	4	Soybean and, Soybean products	7	Soybeans (whole beans and its products)	18	Soybeans (domestic, dried, raw), Soybeans (domestic, dried, boiled), Soybeans (U.S.A., dried, raw), Soybeans (China, dried, raw), Soybeans (Brazil, dried, raw), Soybeans canned in water, <i>Kinako</i> (soybean flour, whole bean type), <i>Kinako</i> (soybean flour, hulled bean type), <i>Budo-mame</i> Sweet (boiled)
				Tofu (Bean curd)	19	<i>Momen-tofu</i> , <i>Kinugoshi-tofu</i> , Soft-tofu, Packed Tofu, <i>Okinawa-tofu</i> , <i>Yushi-tofu</i> , <i>Yaki-tofu</i> , <i>Kori-tofu</i> , <i>Tofu-yo</i> , <i>Tofu-chikuwa</i> (steamed), <i>Tofu-chikuwa</i> (baked)
				Age (Fried Tofu)	20	<i>Nama-age</i> (deep-fried thick bean curd), <i>Abura-age</i> (deep-fried thin bean curd), <i>Ganmodoki</i> (fried bean curd cake with vegetables and other ingredients in it)
				Natto (Fermented soybeans)	21	<i>Itohiki-natto</i> , <i>Hikiwari-natto</i> , <i>Goto-natto</i> , <i>Tera-natto</i> (<i>Shiokara-natto</i> , <i>Hama-natto</i>)
		Other soybean products	22	<i>Okara</i> (tofu refuse, traditional product), <i>Okara</i> (tofu refuse, modern product), Soy milk, Soy milk (reconstituted type), Soy milk (drink type, coffee flavored), <i>Yuba</i> (wet type), <i>Yuba</i> (dried type), <i>Kinzanji-miso</i> , <i>Hishio-miso</i>		
Other pulses and its products	8	23	Dried <i>Adzuki</i> beans (dried red beans, raw), Dried <i>Adzuk</i> beans (dried red beans, boiled), Boiled <i>Adzuki</i> beans canned in syrup, <i>An</i> : Bean paste (<i>Koshi-an</i> , <i>Sarashi-an</i> , <i>Tsubushi-an</i> , Kidney beans (dried, raw), Kidney beans (dried, boiled), <i>Uzura-mame</i> (boiled beans), <i>Koshi-an</i> made from kidney beans, <i>Mame-kinton</i> , Peas (dried, raw), Peas (dried, boiled), Peas (oil-roasted and salted), <i>Shio-mame</i> , <i>Uguisu-mame</i> , Cowpeas (dried, raw), Cowpeas (dried, boiled), Broad beans (dried, raw), Broad beans (oil-roasted and salted), <i>Ofafuku-mame</i> , <i>Fuki-mame</i> , Rice beans (dried, raw), Broad beans (dried, raw), Chickpeas (dried, boiled), Chickpeas (oil-roasted and salted), Scarlet runner beans (dried, raw), Scarlet runner beans (dried, boiled), Lima beans (dried, raw), Mung beans (dried, raw), Mung beans (dried, boiled), Lentils (dried, raw)			

Nuts and Seeds	5	Nuts and Seeds	9	Nuts and Seeds	24	Almonds, Almonds (oil-roasted and salted), Hempseeds, Perilla seeds, Cashew nuts (oil-roasted and salted), Pumpkin seeds (roasted and salted), Japanese torreyia seeds (roasted), Ginkgo nuts, Ginkgo nuts (boiled), Japanese chestnuts, Japanese chestnuts (boiled), Japanese chestnuts (<i>kanroni</i>), Roasted Chinese chestnuts, Walnuts (roasted), Poppy seed, Coconut powder, Sesame seeds (dried), Sesame seeds (roasted), Sesame seeds (hulled), Sweet acorn, Watermelon seeds (roasted and salted), Japanese horse chestnuts (steamed), Lotus seeds (raw), Lotus seeds (dried), Water chestnuts (raw), Pistachio nuts (roasted and salted), Sunflower seeds (oil-roasted and salted), Brazil nuts (oil-roasted and salted), Hazelnuts (oil-roasted and salted), Pecan nuts (oil-roasted and salted), Macadamia nuts (roasted and salted), Pine nuts, Pine nuts (roasted), Peanuts (dried), Peanuts (roasted), Peanuts (oil-roasted and salted), Peanut butter, Peanuts, Peanuts (boiled)
Vegetables	6	Green and yellow vegetables	10	Tomatoes	25	Tomatoes, Cherry tomatoes, Tomatoes (canned products, whole)
				Carrot	26	<i>Ha-ninjin</i> , Carrot, Carrot (boiled), Carrot (without skin), Carrot (without skin, boiled), Carrot (frozen), <i>Kintoki</i> (Kyo-ninjin), <i>Kintoki</i> (boiled), <i>Kintoki</i> (without skin), <i>Kintoki</i> (without skin, boiled), <i>Mini-kyrotto</i>
				Spinach	27	Spinach, Spinach (boiled), Spinach (frozen)
				Sweet peppers	28	Green sweet pepper, Green sweet pepper (sautéed), Red sweet pepper, Red sweet pepper (sautéed), Yellow sweet pepper, Yellow sweet pepper (sautéed), <i>Tomapi</i>
		Others	29	<i>Asatsuki</i> (chives), <i>Asatsuki</i> (chives, boiled), <i>Ashitaba</i> , <i>Ashitaba</i> (boiled), Green asparagus, Green asparagus (boiled), Asparagus canned in brine, Asparagus (white), <i>Sayaingen</i> (kidney beans), <i>Sayaingen</i> (kidney beans, boiled) Endive, Domiao, <i>Sayaendo</i> (field pea), <i>Sayaendo</i> (field pea, boiled), <i>Osaka-shirona</i> , <i>Osaka-shirona</i> (boiled), Saltwort, Saltwort (boiled), Okra, Okra (boiled), Turnip leaves, Turnip leaves (boiled), Japanese pumpkin, Japanese pumpkin (boiled), Buttercup squash, Buttercup squash (boiled), Buttercup squash (frozen), Spaghetti squash, Leaf mustard, <i>Gyoja-ninniku</i> , <i>Kyona</i> , <i>Kyona</i> (boiled), Qin cai, Qin cai (boiled), Watercress, Kale, <i>Kogomi</i> , <i>Komatsuna</i> , <i>Komatsuna</i> (boiled), Shandong cai, Shandong cai (boiled), Sweet pepper, Perilla leaves, Perilla seeds, Yard beans, Yard beans (boiled), Garland chrysanthemum, Garland chrysanthemum (boiled), Water shield bottled in water, <i>Sugukina</i> (leaves), Water dropwort, Water dropwort (boiled), Ta cai, Ta cai (boiled), <i>Kaiware-daikon</i> (white radish shoots), <i>Ha-daikon</i> , Japanese white radish leaves, Japanese white radish leaves (boiled), <i>Tsumamina</i> , Taisai, <i>Takana</i> (broad leaf mustard), Japanese angelica-tree, Japanese angelica-tree (boiled), Qing gin cai, Qing gin cai (boiled), Field horsetail, Field horsetail (boiled), New Zealand spinach, Malabar nightshade, Malabar nightshade (boiled), Red peppers leaves, Red peppers leaves (sautéed), Red peppers, Red peppers (dried), Summer cypress seeds (boiled), <i>Nagasaki-hakusai</i> , <i>Nagasaki-hakusai</i> (boiled), Shepherds' purse, Rape (flower buds and stems), Rape (flower buds and stems, boiled), Rape (stems and leaves), Rape (stems and leaves, boiled), Chinese chive, Chinese chive (boiled), <i>Hana-nira</i> , <i>Ki-nira</i> , <i>Kuki-ninniku</i> , <i>Kuki-ninniku</i> (boiled), <i>Nebuka-negi</i> , <i>Ha-negi</i> (welsh onion), <i>Konegi</i> , <i>Nozawana</i> , Red garlic, Bai cai, Basil, Parsley, <i>Hinona</i> , <i>Hiroshimana</i> , Swiss chard, Swiss chard (boiled), Broccoli, Broccoli (boiled), <i>Mizukakena</i> , <i>Kiri-mitsuba</i> , <i>Kiri-mitsuba</i> (boiled), <i>Ne-mitsuba</i> , <i>Ne-mitsuba</i> (boiled), <i>Ito-mitsuba</i> , <i>Ito-mitsuba</i> (boiled), Brussels sprouts, Brussels sprouts (boiled), Water pepper spouts, Tossa jute, Tossa jute (boiled), Water convolvulus, Water convolvulus (boiled), <i>Yomena</i> , Mugwort, Mugwort (boiled), Leek, Leek (boiled), Head lettuce (butter type), Leaf lettuce, Red-tip leaf lettuce, Rocket salad, Turfed stone leeks, Turfed stone leeks (boiled)		
		Cabbage	30	Cabbage, Cabbage (boiled), Green ball, Red cabbage		
		Cucumber	31	Cucumber		
		<i>Daikon</i> (Japanese white radish)	32	Japanese white radish, Japanese white radish (boiled), Japanese white radish (without skin), Japanese white radish (without skin, boiled), <i>Kiriboshi-daikon</i>		
		Onion	33	Onion, Onion (leached in water), Onion (boiled), Red onion		
		Chinese Cabbage	34	Chinese cabbage, Chinese cabbage (boiled)		
		Other vegetables	11	Others	35	Artichoke, Artichoke (boiled), <i>Udo</i> , <i>Yama-udo</i> , <i>Edamame</i> (young soybeans in the pod), <i>Edamame</i> (young soybeans in the pod, boiled), <i>Edamame</i> (young soybeans in the pod, frozen), Snap peas, Green peas, Green peas (boiled), Green peas (frozen), Green peas canned in water, Turnip, Turnip (boiled), Turnip without skin, Turnip without skin (boiled), Cauliflower, Cauliflower (boiled), <i>Kanpyo</i> (raw), <i>Kanpyo</i> (boiled), Chrysanthemum, Chrysanthemum (boiled), <i>Kikunori</i> , Arrowhead, Arrowhead (boiled), Kohlrabi, Kohlrabi (boiled), Edible burdock, Edible burdock (boiled), Winged beans, <i>Ha-shoga</i> , Ginger, Oriental pickling melon, <i>Zuiki</i> (aroid, raw), <i>Zuiki</i> (aroid, boiled), Dried <i>Zuiki</i> (raw), Dried <i>Zuiki</i> (boiled), <i>Sugukina</i> (root), Zucchini, Celery, Royal fern, Royal fern (boiled), Royal fern (dried), Royal fern (dried, boiled), Broad beans, Broad beans (boiled), Bamboo shoots, Bamboo shoots (boiled), Bamboo sprout (canned in water), Chicory, Japanese silverleaf, Japanese silverleaf (boiled), Wax gourd, Wax gourd (boiled), Sweet corn, Sweet corn (boiled), Sweet corn (immature kernels on cob, frozen), Sweet corn (immature kernels, frozen), Sweet corn (canned products, cream style), Sweet corn (canned products, whole kernel style), Young sweet corn, Red chicory, Eggplant, Eggplant (boiled), Eggplant (Western type), Eggplant (Western type, fried), Bitter gourd, Bitter gourd (sautéed), Garlic, Radish, Chayote, Table beet, Table beet (boiled), Japanese butterbur, Japanese butterbur (boiled), <i>Fukinoto</i> (butterbur sprout), <i>Fukinoto</i> (butterbur sprout, boiled), Hyacinth beans, Sponge gourd, Sponge gourd (boiled), Horseradish, Manchurian wild rice, <i>Myoga</i> (Japanese ginger), <i>Myoga-take</i> , <i>Mukago</i> , Alfalfa sprouts, Soybean sprouts, Soybean sprouts (boiled), Black gram sprouts, Black gram sprouts (boiled), Mung bean sprouts, Mung bean sprouts (boiled), Lily bulb, Lily bulb (boiled), <i>Esharotto</i> , Rhubarb, Rhubarb (boiled), Head lettuce (crisp type), Cos lettuce, East Indian lotus root, East Indian lotus root (boiled), <i>Wasabi</i> (raw), Bracken (raw), Bracken (boiled), Bracken (dried)
Vegetable juices	12	Vegetable juices	36	Canned tomato juice, Canned tomato juice cocktail, Canned carrot juice		
Pickles	13	Leaf vegetables	37	<i>Osaka-shirona</i> (salted pickles), Turnip leaves (salted pickles), Turnip leaves (<i>Nukamiso-zuke</i>), Leaf mustard (salted pickles), <i>Kyona</i> (salted pickles), Shandong cai (salted pickles), Taisai (salted pickles), <i>Takana</i> (broad leaf mustard, salted pickles), <i>Nozawana</i> (salted pickles), <i>Nozawana</i> (pickles, seasoned), Chinese cabbage (salted pickles), <i>Kim chee</i> , <i>Hinona</i> (pickles, sweetened), <i>Hiroshimana</i> (salted pickles), <i>Mizukakena</i> (salted pickles)		
		Japanese white radish and others	38	Turnip (salted pickles), Turnip without skin (salted pickles), Turnip without skin (<i>Nukamiso-zuke</i>), Cucumber (salted pickles), Cucumber (pickled in soy sauce), Cucumber (<i>Nukamiso-zuke</i>), Sweet type pickles, Sour type pickles, <i>Zha Cai</i> , Ginger (pickles), Ginger (pickles, sweetened), Oriental pickling melon (salted pickles), Oriental pickling melon (<i>Nara-zuke</i>), <i>Sugukina</i> (pickles), Japanese white radish (<i>Nukamiso-zuke</i>), <i>Shiooshidaikon</i> (<i>Takuan-zuke</i>), <i>Hoshidaikon</i> (<i>Takuan-zuke</i>), <i>Moriguchi-zuke</i> , Japanese white radish (<i>Bettara-zuke</i>), Japanese white radish (<i>Miso-zuke</i>), <i>Fukujin-zuke</i> , Shinachiku (desalted), Eggplant (salted pickles), Eggplant (<i>Nukamiso-zuke</i>), Eggplant (<i>Koji-zuke</i>), Eggplant (<i>Karashi-zuke</i>), Eggplant (<i>Shiba-zuke</i>), Chayote (salted pickles), <i>Yamagobo</i> (<i>Miso-zuke</i>), Scallion (raw), Scallion (pickles, sweetened), <i>Wasabi-zuke</i> , <i>Ume-zuke</i> (salted pickles), <i>Ume-zuke</i> (pickles, seasoned), <i>Umeboshi</i> , <i>Umeboshi</i> (pickles, seasoned), <i>Umebishio</i> , Pickled olives (green olives), Pickled olives (ripe olives), Pickled olives (stuffed olives)		
Fruits	7	Fruits	14	Strawberry	39	Strawberry

				Citrus fruits	40	<i>Iyokan</i> , Mandarin orange (early ripening type), Satsuma mandarin, Mandarin orange (early ripening type , juice sacs), Satsuma mandarin (juice sacs), Mandarin orange canned in light syrup (solids), Navel, Valencia, Oroblanco, Kumquat, Grapefruit, Grapefruit canned in light syrup, <i>Sanbokan</i> , Sudachi (skin), Tangors, Tangelos, <i>Natsumikan</i> , <i>Natsumikan</i> canned in heavy syrup, <i>Hassaku</i> , <i>Hyuganatsu</i> , <i>Hyuganatsu</i> (juice sacs), Pummelo, Pummelo (candied peel), <i>Ponkan</i> , Yuzu (peel), Lemon (whole)
				Banana	41	Banana, Banana (dried)
				Apple	42	Apples, Apples canned in heavy syrup
				Others	43	Akebia (flesh), Akebia (skin), Acerola, Atemoya, Avocado, Apricot, Dried Apricot, Apricot canned in heavy syrup, Fig, Dried fig, Fig canned in heavy syrup, <i>Ume</i> (Japanese apricot), Japanese persimmon (nonastringent), Japanese persimmon (astringency removed), Japanese persimmon (dried), Chinese quince, Kiwifruit, Kiwano, Guava, Gooseberry, Oleaster, Coconut milk, Starfruit, Cherry, Cherry (U.S.A.), Cherry canned in heavy syrup, Pomegranate, Watermelon, Japanese plum, European plum (raw), European plum (dried), Cherimoya, Durian, Japanese Pear, Pear canned in heavy syrup, Chinese pear, European pear, European pear canned in heavy syrup, Jujube (dried), Date (dried), Pineapple, Pineapple canned in heavy syrup, Pineapple (candied), Blue-berried honeysuckle, Papaya, Papaya (unripe), Pitaya, Loquat, Loquat canned in heavy syrup, Grape, Raisin, Grapes canned in heavy syrup, Blueberry, White sapote, Oriental melon, Quince, Mango, Mangosteen, Melon (greenhouse culture), Melon (open culture), Peach, Peach canned in heavy syrup (solids), Nectarine, Chinese bayberry, Lychee, Raspberry, Longan (dried)
			Jams	Jams	44	Apricot jam (heavily sweetened), Apricot jam (lightly sweetened), Strawberry jam (heavily sweetened), Strawberry jam (lightly sweetened), Marmalade (heavily sweetened), Marmalade (lightly sweetened), Grape jam, Blueberry jam, Apple jam
		Fresh Fruit / fruit juice beverages		Fresh Fruit/ fruit juice beverages	45	10% Acerola juice beverage, 20% <i>Ume</i> juice beverage, Straight mandarin juice (natural juice), Reconstituted mandarin juice, Mandarin juice with juice sacs, 50% mandarin juice beverage, 20% mandarin juice beverage, Mandarin canned in light syrup (liquid), Straight orange juice (natural juice) , Reconstituted orange juice, 50% orange juice beverage, 30% orange juice beverage, <i>Kabosu</i> juice, 20% guava juice beverage (nectar), 10% guava juice beverage, Straight grapefruit juice (natural juice) , Reconstituted grapefruit juice, 50% grapefruit juice beverage, 20% grapefruit juice beverage, <i>Shiikuwasha</i> juice, 10% <i>Shiikuwasha</i> juice beverage, <i>Sudachi</i> juice, Sour orange juice, Straight pineapple juice (natural juice) , Reconstituted pineapple juice, 50% pineapple juice beverage, 10% pineapple juice beverage, Passion fruit juice, Straight grape juice(natural juice) , Reconstituted grape juice, 70% grape juice beverage, 10% grape juice beverage, 30% peach juice beverage (nectar), Peach canned in light syrup (liquid), <i>Yuzu</i> juice, Lime juice, Straight apple juice(natural juice) , Reconstituted apple juice, 50% apple juice beverage, 30% apple juice beverage, Lemon juice
Mushrooms	8	Mushrooms	17	Mushrooms	46	Winter mushroom, Winter mushroom (boiled), Winter mushroom (bottled in seasoning), <i>Kuro-kikurage</i> (dried, grayish brown), <i>Kuro-kikurage</i> (dried, , boiled), <i>Shiro-kikurage</i> (dried), <i>Shiro-kikurage</i> (dried, boiled), <i>Kuroawabitate</i> , <i>Shiitake</i> (raw), <i>Shiitake</i> (raw, boiled), <i>Shiitake</i> (dried), <i>Shiitake</i> (dried, boiled), <i>Hatake-shimeji</i> , <i>Bunashimeji</i> , <i>Bunashimeji</i> (boiled), <i>Honshimeji</i> , <i>Tamogitake</i> , <i>Nameko</i> , <i>Nameko</i> (boiled), <i>Nameko</i> (canned in brine), <i>Numerisugitake</i> , Thin oyster mushroom, Eringii, Oyster mushroom, Oyster mushroom (boiled), <i>Maitake</i> , <i>Maitake</i> (boiled), <i>Maitake</i> (dried), Common mushroom , Common mushroom (boiled), Common mushroom (canned in brine, solids), <i>Matsutake</i> , <i>Matsutake</i> (canned in brine, solids), <i>Yanagimatsutake</i>
Algae	9	Algae	18	Algae	47	Sea lettuce (dried), Green laver, Laver (dried purple laver), Toasted purple laver/Unknown type of laver, Seasoned and toasted purple laver, <i>Arame</i> (steamed and dried), <i>Iwa-nori</i> (mixed with water, screened, and dried), <i>Ego-nori</i> (dried), <i>Okuyato</i> , <i>Ogo-nori</i> (salted, desalted), <i>Kawa-nori</i> (dried), <i>Umibudou</i> , <i>Rausu-konbu</i> , <i>Gagome-konbu</i> (dried), <i>Naga-konbu</i> , <i>Matsumae-konbu</i> , <i>Ma-konbu</i> (dried) /Unknown type of konbu (dried), <i>Hidaka-konbu</i> , <i>Rishiri-konbu</i> , <i>Kizami-konbu</i> , <i>Kezuri-konbu</i> , <i>Shio-konbu</i> , Konbu-tsukudani, <i>Suizenji-nori</i> (dried, soaked in water), <i>Tengusa</i> (dried), <i>Tokoroten</i> , Agar-agar, Agar jelly, <i>Tosaka-nori</i> (red, salted, desalted), <i>Tosaka-nori</i> (green, salted, desalted), <i>Hijiki</i> (boiled and dried), <i>Hitoegusa</i> (dried), <i>Nori-tsukudani</i> , <i>Fu-nori</i> , <i>Matsumo</i> (dried), <i>Mukade-nori</i> (salted, desalted), <i>Okinawa-mozuku</i> (salted, desalted), <i>Mozuku</i> (salted, desalted), <i>Wakame</i> (raw), <i>Wakame</i> (dried products) , <i>Wakame</i> (dried, soaked in water), <i>Ita-wakame</i> , <i>Wakame</i> (<i>Haiboshi</i> , soaked in water), <i>Wakame</i> (cut and dried), <i>Wakame</i> (raw), <i>Wakame</i> (stripe and center vein, salted, desalted), <i>Wakame</i> (fruit-bearing leaves, raw)
Fish and Shellfishes	10		19	Mackerels, Sardines	48	Horse mackerel, Horse mackerel (boiled), Horse mackerel (grilled), Atlantic horse mackerel, Atlantic horse mackerel (boiled), Atlantic horse mackerel (grilled), Brownstriped mackerel scad, Brownstriped mackerel scad (grilled), Big-eye sardine, Japanese anchovy, Japanese pilchard, Japanese pilchard (boiled), Japanese pilchard (grilled), <i>Mezashi</i> (dried sardines), <i>Mezashi</i> (dried sardines, grilled), Mackerel, Mackerel (boiled), Mackerel (grilled), Atlantic mackerel, Atlantic mackerel (boiled), Atlantic mackerel (grilled), Mackerel < <i>Shimesaba</i> >, Pacific saury, Pacific saury (grilled), Striped jack (cultured), Pacific herring, Herring Ovary
				Salmon, Trout	49	Pink salmon, Pink salmon (grilled), Coho salmon (cultured), Coho salmon (cultured, grilled), Masu salmon <Trout> , Masu salmon (grilled), Chum salmon, Chum salmon (boiled), Chum salmon (grilled), Atlantic salmon (cultured) Atlantic salmon (cultured, grilled), Rainbow trout (cultured in sea), Rainbow trout (cultured in sea, grilled), Rainbow trout (cultured in fresh water), Sockeye salmon, Sockeye salmon (grilled), Chinook salmon, Chinook salmon (grilled)
				Sea breams, Flatfishes	50	Matsubara's red rockfish, Tile fish, Tile fish (boiled), Tile fish (grilled), Japanese parrot fish, Golden-thread, Golden-thread (surimi), Butterfish, Pacific halibut, Brown sole, Brown sole (boiled), Brown sole (grilled), Marbled sole, Flatfish with ovary, Flatfish with ovary (boiled), Sablefish, Alfonsino, Yellow sea bream, Black sea bream, Crimson sea bream, Red sea bream (wild), Red sea bream (cultured), Red sea bream (cultured, boiled), Red sea bream (cultured, grilled), Walleye Pollack, Walleye Pollack (surimi), Cod < <i>Sukimidara</i> >, Pacific cod, Pacific cod (grilled), Milt, Bastard halibut (wild), Bastard halibut (cultured), Southern blue whiting

Fish and Shellfishes	Raw fishes and shellfishes	19	Tunas, Marlins and Swordfishes	51	Blue marlin, Striped marlin, Swordfish, Skipjack (caught in spring), Skipjack (caught in autumn), Frigate mackerel, Skipjack (<i>Namari-bushi</i> , steamed), Yellowfin tuna, Bluefin tuna (lean meat), Bluefin tuna (fatty meat), Albacore, Southern bluefin tuna (lean meat), Southern bluefin tuna (fatty meat), Young bluefin tuna, Big-eye tuna
			Other raw fishes	52	Fat greenling, Common Japanese conger, Common Japanese conger (steamed), Amago salmon (cultured), Sweet fish (wild), Sweet fish (wild, baked), Sweet fish (viscera), Sweet fish (viscera, baked), Sweet fish (cultured), Sweet fish (cultured, baked), Sweet fish (cultured, viscera), Sweet fish (wild, viscera, baked), Pacific Ocean perch, Anglerfish, Anglerfish (liver, viscera), Japanese sand lance, Three-line grunt, Char (cultured), Japanese dace, Japanese eel (cultured), Japanese eel (liver, viscera), Japanese eel (<i>Shirayaki</i>), Japanese eel (<i>Kabayaki</i>), Filefish, Rays, Lizardfish, Pale chub, Angry rockfish; Devil stinger, Scorpion fish, Japanese sculpin, Japanese sculpin (boiled), barracuda, barracuda (baked), Filefish, Amberjack, Japanese whiting, Kichiji rockfish, Blue sprat, Kingclip, Croaker, Croaker (baked), Carp (cultured), Carp (cultured, boiled), Carp (cultured, viscera), Bar-tailed flathead, Big-eye flathead, Gizzard shad, Dogfish, Blue shark, Dried shark fin, Halfbeak, Spanish mackerel, Spanish mackerel (baked), Dolphin fish, Sole, Japanese icefish, Silver warehou, Japanese seaperch, Black-tipped fusilier, Yellowstriped butterfish, Hairtail, Japanese surfsmelt, Tilapia, Loach (boiled), Flying fish, Catfish, Japanese argentine, Yellowfin goby, Sandfish, Spangled emperor, Conger pike, Barracuda, Goldstriped amberjack, Ocellate puffer (cultured), Purple puffer, Crucian carp, Crucian carp (boiled), Yellowtail, Yellowtail (baked), Young yellowtail (cultured), Gurnard, Hoki, Atka mackerel, Striped mullet, Willow shiner, Southern black cod, greenling, Silver pomfret, Japanese bluefish, Japanese bluefish (boiled), Girella, Black rockfish, Hake, Lamprey, Masu trout (cultured), Pond smelt
			Shellfishes	53	Bloody clams, Jackknife clams, Short-necked clams, Abalone, Mussels; Blue mussels, Japanese scallops (cultured), Oysters (cultured), Oysters (cultured, boiled), Turban shell, Turban shell (baked), Freshwater clams, Pen shells (adductor muscle), Pond snails, Whelks, Japanese abalone, Cockles (foot), Ivory shells, Hen clams, Hard clams, Hard clams (boiled), Hard clams (baked), Common shield-clams, Scallops, Scallops (boiled), Scallops (adductor muscle), Surf clams, Keen's gaper (siphon), Sea urchin
			Squids, octopuses	54	Flying squid, Swordtip squid, Cuttlefish, Japanese common squid, Japanese common squid (boiled), Japanese common squid (baked), Firefly squids, Firefly squids (boiled), Spear squid, Ocellated octopuses, Common octopus, Common octopus (boiled), Sea cucumber, Sea squirt
			Prawns, Shrimps, Crabs	55	Northern shrimp, Japanese spiny lobster, Tiger prawn (cultured), Tiger prawn (cultured, boiled), Tiger prawn (cultured, baked), Dried sakura shrimps (boiled), Oriental shrimp, Shiba shrimp, Giant tiger shrimp (cultured), Blue crab, Horsehair crab, Horsehair crab (boiled), Snow crab, Snow crab (boiled), King crab, King crab (boiled), Antarctic krills, Antarctic krills (boiled), Boiled squill
	Seafood, processed products	20	Seafood (salted, semi-dried and fully-dried)	56	Horse mackerel (<i>Hirakiboshi</i>), Horse mackerel (<i>Hirakiboshi</i> , baked), Brownstriped mackerel scad (<i>Hirakiboshi</i>), Brownstriped mackerel scad (<i>Kusaya</i>), <i>Uruka</i> , Japanese sand lance (<i>Niboshi</i>), Big-eye sardine (<i>Maruboshi</i>), Japanese anchovy (<i>Niboshi</i>), Japanese pilchard (<i>Shioiwashi</i>), Japanese pilchard (<i>Namaboshi</i>), Japanese pilchard (<i>Maruboshi</i>), <i>Shirasuboshi</i> , <i>Shirasuboshi</i> (<i>Chilimen</i>), <i>Tatamiwashi</i> , Japanese anchovy (<i>Mirinboshi</i>), Japanese pilchard (<i>Mirinboshi</i>), Filefish (<i>Ajitsuke-hirakiboshi</i>), Skipjack (<i>Namari-bushi</i> , <i>Katsuo-bushi</i> , <i>Kezuri-bushi</i> , <i>Kezuri-bushi tsukudani</i>), Skipjack (<i>Shiokara</i> , viscera, <i>syutou</i>), Dried right-eye flounder, Blue sprat (seasoned and dried), Caviar, Gizzard shad (<i>Amazu-zuke</i>), Salted pink salmon, <i>Aramaki</i> salmon, <i>Aramaki</i> salmon (baked), <i>Shiozake</i> , <i>Ikura</i> , <i>Sujiko</i> , <i>Mefun</i> , Sockeye salmon (smoked), <i>Saba-bushi</i> , <i>Shiosaba</i> , Mackerel (<i>Hirakiboshi</i>), Pacific saury (<i>Hirakiboshi</i>), Pacific saury (<i>Mirinboshi</i>), Shisyamo smelt (semi-dried), Shisyamo smelt (semi-dried, baked), Atlantic capelin (semi-dried), Atlantic capelin (semi-dried, caked), <i>Tarako</i> , <i>Tarako</i> (baked), <i>Karashi-mentaiko</i> , Salted fillet, Cod fish (Dried split), Cod fish (<i>Denbu</i>), Pacific herring (<i>Migaki-nishin</i>), Pacific herring (<i>Hirakiboshi</i>), Pacific herring (smoked), Ovary (dried), Ovary (salted, desalted), Sandfish (<i>Namaboshi</i>), Atka mackerel (salted), Atka mackerel (<i>Hirakiboshi</i>), <i>Karasumi</i> , Lamprey (dried), Abalone (steamed and dried), Abalone (<i>Shiokara</i>), Scallops (adductor muscle, dried), Sakura shrimps (dried), Sakura shrimps (<i>Nimoshi</i>), Shrimp (boiled and dried shrimps), Crab (<i>Ganzuke</i>), Firefly squids (seasoned and smoked), <i>Surume</i> , Squid (<i>Saki-ika</i>), Squid (seasoned and smoked), Squid (<i>Shiokara</i> , <i>Akazukuri</i>), Opossum shrimps (<i>Shiokara</i>), Sea Urchin (<i>Tsubu-uni</i>), Sea urchin (<i>Neri-uni</i>), Jellyfish (salted, desalted), Sea cucumber (<i>Konowata</i>), Sea squirt (<i>Shiokara</i>)
			Seafood (canned)	57	Sardine (canned in brine), Sardine (canned with seasoning), Sardine (canned in tomato sauce), Sardine (canned in oil), Sardine (canned, <i>Kabayaki</i>), Skipjack (canned with seasoning), Skipjack (canned in oil), Pink salmon (canned in brine), Chum salmon (canned in brine), Mackerel (canned in brine), Mackerel (canned, <i>Miso-ni</i>), Mackerel (canned with seasoning), Pacific saury (canned in brine), Pacific saury (canned, <i>Kabayaki</i>), Tuna (canned, light meat in brine), Tuna (canned, white meat in brine), Tuna (canned with seasoning), Tuna (canned, light meat in oil), Tuna (canned, white meat in oil), Short-necked clams (canned in brine), Short-necked clams (canned with seasoning), Abalone (canned in brine), Apple snails (canned in brine), Oysters (canned in oil, smoked), Topshells (canned with seasoning), Scallops (adductor muscle, canned in brine), Ark shells (canned with seasoning), Snow crab (canned in brine), King crab (canned in brine), Squid (canned with seasoning)
			Seafood (<i>Tshukudani</i>)	58	Japanese sand lance (<i>Tsukudani</i>), Japanese sand lance (<i>Ameni</i>), Japanese anchovy (<i>Tazukuri</i>), Japanese sculpin (<i>Tsukudani</i>), Skipjack (<i>Kakuni</i>), Yellowfin goby (<i>Tsukudani</i>), Yellowfin goby (<i>Kanroni</i>), Crucian carp (<i>Kanroni</i>), Pond smelt (<i>Tsukudani</i>), Pond smelt (<i>Ameni</i>), Short-necked clams (<i>Tsukudani</i>), Hard clams (<i>Tsukudani</i>), Shrimp (<i>Tsukudani</i>), Firefly squids (<i>Tsukudani</i>), Squid (<i>Kirika-ameni</i>), Squid (<i>Ika-arare</i>), Opossum shrimps (<i>Tsukudani</i>)
			Seafood (Fish paste)	59	<i>Kanifumi-kamaboko</i> , <i>Kobumaki-kamaboko</i> , <i>Sumaki-kamaboko</i> , <i>Mushi-kamaboko</i> , <i>Yakinuki-kamaboko</i> , <i>Yaki-chikuwa</i> , <i>Datemaki</i> , <i>Tsumire</i> , <i>Naruto</i> , <i>Hanpen</i> , <i>Satsuma-age</i>
			Fish ham and sausage	60	Fish ham, Fish sausage

Meats	11	Animal meats	21	Beefs	61	Chuck (Japanese beef), Chuck (without subcutaneous fat, Japanese beef), Chuck (Lean , Japanese beef), Chuck (fat, Japanese beef), Chuck loin (Japanese beef), Chuck loin (without subcutaneous fat), Chuck loin (lean, Japanese beef), Rib loin (Japanese beef), Rib loin (without subcutaneous fat), Rib loin (lean, Japanese beef), Rib loin (fat, Japanese beef), Sirloin (Japanese beef), Sirloin (without subcutaneous fat), Sirloin (lean, Japanese beef), Flank or short plate (Japanese beef), Inside round (Japanese beef), Inside round (without subcutaneous fat, Japanese beef), Inside round (lean, Japanese beef), Inside round (fat, Japanese beef), Outside round (Japanese beef), Outside round (without subcutaneous fat), Outside round (lean, Japanese beef), Rump (Japanese beef), Rump (without subcutaneous fat, Japanese beef), Rump (lean, Japanese beef), Fillet (Japanese beef), Chuck/Unknown part (beef), Chuck (without subcutaneous fat)/Unknown part (lean, beef), Chuck (lean), Chuck (fat), Chuck loin, Chuck loin (without subcutaneous fat), Chuck loin (lean), Rib loin, Rib loin (baked), Rib loin (boiled), Rib loin (without subcutaneous fat), Rib loin (lean), Rib loin (fat), Sirloin, Sirloin (without subcutaneous fat), Sirloin (lean), Flank or short plate, Inside round, Inside round (without subcutaneous fat), Inside round (without subcutaneous fat, baked), Inside round (without subcutaneous fat, boiled), Inside round (lean), Inside round (fat), Outside round, Outside round (without subcutaneous fat), Outside round (lean), Rump, Rump (without subcutaneous fat), Rump (lean, Japanese beef), Fillet, Chuck (imported beef), Chuck (without subcutaneous fat, imported beef), Chuck (lean, imported beef), Chuck (fat, imported beef), Chuck loin (imported beef), Chuck loin (without subcutaneous fat, imported beef), Chuck loin (lean, imported beef), Rib loin (imported beef), Rib loin (without subcutaneous fat, imported beef), Rib loin (lean, imported beef), Rib loin (fat, imported beef), Sirloin (imported beef), Sirloin (without subcutaneous fat, imported beef), Sirloin (lean, imported beef), Flank or short plate (imported beef), Inside round (imported beef), Inside round (without subcutaneous fat, imported beef), Inside round (lean, imported beef), Inside round (fat, imported beef), Outside round (imported beef), Outside round (without subcutaneous fat, imported beef), Outside round (lean, imported beef), Outside round (fat, imported beef), Rump (imported beef), Rump (without subcutaneous fat, imported beef), Rump (lean, imported beef), Fillet (imported beef), Veal (rib loin), Veal (flank or short plate), Veal (inside round), Ground meat, Tongue, Sinew, Tail, Roast beef, Corned beef (canned), beef (canned with seasoning), Beefjerky, Smoked tongue	
				Porks	62	Picnic shoulder, Picnic shoulder (without subcutaneous fat), Picnic shoulder (lean), Picnic shoulder (fat), Boston butt, Boston butt (without subcutaneous fat), Boston butt (lean), Boston butt (fat), Loin, Loin (without subcutaneous fat, baked), Loin (boiled), Loin (without subcutaneous fat), Loin (lean), Loin (fat), Belly, Inside ham, Inside ham (without subcutaneous fat), Inside ham (without subcutaneous fat, baked), Inside ham (without subcutaneous ham, boiled), Inside ham (lean), Inside ham (fat), Outside ham, Outside ham (without subcutaneous fat), Outside ham (lean), Outside ham (fat), Fillet (lean), Picnic shoulder (<i>Kurobuta</i> por, medium type breed), Picnic shoulder (without subcutaneous fat, <i>Kurobuta</i> pork, medium type breed), Picnic shoulder (lean, <i>Kurobuta</i> pork, medium type breed), Picnic shoulder (fat, <i>Kurobuta</i> pork, medium type breed), Boston butt (<i>Kurobuta</i> pork, medium type breed), Boston butt (without subcutaneous fat, <i>Kurobuta</i> pork, medium type breed), Boston butt (lean, <i>Kurobuta</i> pork, medium type breed), Boston butt (fat, <i>Kurobuta</i> pork, medium type breed), Loin (<i>Kurobuta</i> pork, medium type breed), Loin (without subcutaneous fat, <i>Kurobuta</i> pork, medium type breed, Loin (lean, <i>Kurobuta</i> pork, medium type breed), Loin (fat, <i>Kurobuta</i> pork, medium type breed), Belly (<i>Kurobuta</i> pork, medium type breed), Inside ham (<i>Kurobuta</i> pork, medium type breed), Inside ham (without subcutaneous fat, <i>Kurobuta</i> pork, medium type breed), Inside ham (lean, <i>Kurobuta</i> pork, medium type breed), Inside ham (fat, <i>Kurobuta</i> pork, medium type breed), Outside ham (<i>Kurobuta</i> pork, medium type breed), Outside ham (without subcutaneous fat, <i>Kurobuta</i> pork, medium type breed), Outside ham (lean, <i>Kurobuta</i> pork, medium type breed), Out side ham (fat, <i>Kurobuta</i> pork, medium type breed), Fillet (lean, <i>Kurobuta</i> pork, medium type breed), Ground meat, Tongue, Feet (boiled), Cartilage (boiled)	
				Hams and sausages	63	Bone-in ham, Boneless ham, Loin ham, Shoulder ham, Pressed ham, Mixed pressed ham, Chopped ham, Fresh uncooked ham, Ripened uncooked ham, Bacon, Bacon (loin), Bacon (shoulder), Vienna sausage, Semi-dry sausage, Dry sausage, Frankfurter sausage, Bologna sausage, Lyoner sausage, Liver sausage, Mixed sausage, Fresh sausage, Roast pork	
				Other animal meats	64	Wild boar, <i>Inobuta</i> , Rabbit (lean), Horse meat, Deer, Mutton (loin), Mutton (leg), Lamb (shoulder), Lamb (loin), Lamb (leg), Goat (lean)	
			Chicken and poultrys	22	Chicken	65	Wing (fowl meat), Breast (without skin), Breast (fowl meat, without skin), Thigh (fowl meat), Thigh (fowl meat, without skin), Thigh (fowl meat, without skin), <i>Sasami</i> (fowl meat), Wing, Breast, Breast (without skin), Thigh, Thigh (baked), Thigh (boiled), Thigh (without skin), Thigh (without skin, baked), Thigh (without skin, boiled), <i>Sasami</i> , <i>Sasami</i> (baked), <i>Sasami</i> (boiled), Ground poultry, Skin (breast), Skin (thigh), Cartilage bone, Roast meat (canned with seasoning)
					Poultrys	66	<i>Aigamo</i> , Duck (domesticated), Japanese quail, Duck (wild), Duck (wild, without skin), Common pheasant (without skin), Turkey (without skin) \cup , Sparrow, Pigeon (without skin), Guinea fowl (without skin)
			Meats (Offals)	23	Meats (Offals)	67	Heart (beef), Liver (beef), Kidney (beef), Rumen (beef)/Unknown type of offal (beef), Reticulum (beef), Omasum (beef), Abomasum (beef), Small intestine (beef), Large intestine (beef), Rectum (beef), Uterus (beef), Heart (pork), Liver (pork), Kidney (pork), Stomach (pork, boiled), Small intestine (pork, boiled), Large intestine (pork, boiled), Uterus (pork), Liver paste, Smoked liver, Heart (chicken), Liver (chicken), Gizzard (chicken), Foie gras (boiled)
			Others	24	Whale meat	68	Whale meat, Whale (ventral groove meat), Whale (blubber), <i>Sarashi-kujira</i>
					Other meats, processed products	69	Rice hopper (<i>Thukudani</i>), Bullfrog, Snapping turtle, Maggot (canned with seasoning)
			Eggs	12	Eggs	25	Eggs
Milk	13	Milk and dairy products	26	Milk	71	Jersey raw milk, Holstein raw milk, Raw milk, Ordinary liquid milk, High fat milk containing recombined milk, Low-fat milk containing recombined milk, Skimmed liquid milk	
				Cheese	72	Edam cheese, Emmental cheese, Cottage cheese, Camambert cheese, Cream cheese, Gouda cheese, Cheddar cheese, Grated cheese, Blue cheese, Process cheese, Cheese spread	
				Fermented milk and lactic acid bacteria beverages	73	Yogurt (whole milk, unsweetened), Yogurt (skimmed, sweetened), Liquid type yogurt, Lactic acid bacteria beverage (Ordinary milk-solids, nonfat), Lactic acid bacteria beverage (pasteurized after fermentation, diluted), Lactic acid bacteria beverage (low milk-solids, nonfat)	
				Other dairy products	74	Coffee flavored milk beverage, Fruit favored milk beverage, Whole milk powder, Skimmed milk powder , Modified milk powder, Evaporated whole milk, Condensed whole milk (sweetened), Cream (milk fat), Cream (milk and vegetable fats), Cream (vegetable fat), Whipped cream (milk fat), Whipped cream (milk and vegetable fats), Whipped cream (vegetable fat), Coffee whitener (liquid, milk fat), Coffee whitener (liquid, milk and vegetable fats), Coffee whitener (liquid, vegetable fat), Coffee whitener (powder, milk fat), Coffee whitener (powder, vegetable fat), Ice cream (high fat), Ice cream (regular fat), Ice milk, Lactic ice (regular fat), Lactic ice (low fat), Soft type ice cream, Sherbet, Cheese whey powder	

		Others	27	Others	75	Human milk, Goat milk
Fats and Oils	14	Fats and oils	28	Butters	76	Salted butter, Unsalted butter, Fermented butter
				Margarines	77	Soft type margarine, Fat spread margarine
				Vegetable fats and oils	78	Olive oil, Sesame oil, Rice bran oil, Sunflower oil, Soybean oil, vegetable oil (blend), Corn oil, Rapeseed oil, Sunflower (<i>Himawari</i>) oil, Cottonseed oil, Peanut oil
				Animal fats	79	Beef tallow, Lard
				Others	80	Palm oil, Palm kernel oil, Coconut oil, Shortening
Confectioneries	15	Confectioneries	29	Traditional confectioneries	81	<i>Amanatto</i> (Azuki beans), <i>Amanatto</i> (Kidney beans), <i>Amanatto</i> (Green beans), <i>Aniri-namayatsuhashi</i> , <i>Imagawayaki</i> , <i>Uiro</i> , <i>Uguisu-mochi</i> , <i>Kashiwa-mochi</i> , <i>Kasutera</i> , <i>Kanoko</i> , <i>Karukan</i> , <i>Kibi-dango</i> , <i>Gyuh</i> , <i>Kirizansyo</i> , <i>Kingyokuto</i> , <i>Kintsuba</i> , <i>Kusa-mochi</i> , <i>Kushi-dango</i> (Azuki bean paste), <i>Kushi-dango</i> (Soy sauce), <i>Gepei</i> , <i>Sakura-mochi</i> (Kanto style), <i>Sakura-mochi</i> (Kansai-style), <i>Daijuku-mochi</i> , <i>Taruto</i> , <i>Chimaki</i> , <i>Chatsu</i> , <i>Dorayaki</i> , <i>Nerikiri</i> , <i>Kasutera-manju</i> , <i>Kuzu-manju</i> , <i>Kuri-manju</i> , <i>To-manju</i> , <i>Mushi-manju</i> , Chinese style steamed bread (Azuki bean paste), Chinese style steamed bread (meat and vegetable), <i>Monaka</i> , <i>Yubeshi</i> , <i>Neri-yokan</i> , <i>Mizu-yokan</i> , <i>Mushi-yokan</i> , <i>Amedama</i> , <i>Imo-karinto</i> , <i>Okoshi</i> , <i>Onoroke-mame</i> , <i>Karinto</i> (brown sugar), <i>Karinto</i> (sugar), <i>Gokabo</i> , <i>Tansan-senbei</i> , <i>Kawara-senbei</i> , <i>Maki-senbei</i> , <i>Nanbu-senbei</i> with sesame seeds, <i>Nanbu-senbei</i> with peanuts, <i>Shiogama</i> , Chinese style cookies, <i>Hina-arare</i> (Kanto style), <i>Hina-arare</i> (Kansai-style), <i>Age-senbei</i> , <i>Amakara-senbei</i> , <i>Arare</i> , <i>Shiokara-senbei</i> , <i>Eisei-boro</i> , <i>Soba-boro</i> , <i>Matsukaze</i> , <i>Mishima-mame</i> , <i>Yatsuhashi</i> , <i>Rakugan</i> , <i>Mugi-rakugan</i> , <i>Morokoshi-rakugan</i> , Wheat flower snack
				Cakes and pastries	82	Custard cream puffs (Éclairs), Sponge cake, Short cake, Danish pastry, Yeast leavened doughnut, Cake type doughnut, Pie pastry, Apple pie, Meat pie, Butter cake, Hot cake, Waffle (custard cream), Waffle (jam).
				Biscuits	83	Wafers, Oil-sprayed cracker, Soda cracker, Sablé (shortbread), Puff pie, Hard biscuit, Soft biscuit, Pretzels, Russian cake
				Candies	84	Caramel, Tablet candy (containing fruit juice), Jelly candy, Jellybeans, China marble, Drops, Butterscotch, Brittles (with roasted peanuts), Marshmallows
				Others	85	Pudding, Custard pudding, Orange jelly, Coffee jelly, Milk jelly, Wine jelly, Bavarian cream, Corn snack, Regular potato chips, Fabricated potato chips, Chocolate biscuits, White chocolate, Milk chocolate, Marrons glacés, Stick gum, Sugar-coated gum, Bubblegum
Beverages	16	Alcoholic beverages	30	Sake	86	Sake, <i>Junmai</i> , <i>Honjozo</i> , <i>Ginjo</i> , <i>Honjozo</i> , <i>Junmai-ginjo</i> , <i>Siro-zake</i>
				Beer	87	Pale beer, Black beer, Stout beer, <i>Happoshu</i>
				Wines and spirits	88	White wine, Red wine, Rose wine, Shaoxing giu, <i>Shochu</i> (35% alcohol, <i>Ko-ru</i>), <i>Shochu</i> (25% alcohol, <i>Otsu-ru</i>), Whiskey, Brandy, Vodka, Gin, Rum, Maotai giu, <i>Umeshu</i> , Synthetic sake, Medicinal liqueur, Curacao, Fortified wine, Peppermint wine, Vermouth (sweet type), Vermouth (dry type)
		Other beverages	31	Teas	89	<i>Gyokuro</i> (tea), <i>Gyokuro</i> (infusion), <i>Maccha</i> (powder), <i>Sencha</i> (tea), <i>Sencha</i> (infusion), <i>Kamairi-cha</i> (infusion), <i>Ban-cha</i> (infusion), <i>Hoji-cha</i> (infusion), <i>Genmai-cha</i> (infusion), Oolong tea (infusion), Black tea, Black tea (infusion)
				Coffees and cocoas	90	Coffee (filter method, infusion), Instant coffee (powder), Coffee drink, Pure cocoa (powder), Milk cocoa (powder)
Other beverage	91	<i>Ama-zake</i> , Koby-cha (powder), Carbonated beverage (fruit flavored and colored drink), Cola drink, Clear soft drink, <i>Mugi-cha</i> (infusion)				
Seasonings and spices	17	Seasonings	32	Sources	92	Worcester sauce, Semi-thick type sauce, Thick type sauce (<i>Tonkatsu</i> sauce)
				Soy sauces	93	<i>Koikuchi-syoyu</i> , <i>Usukuchi-syoyu</i> , <i>Tamari-syoyu</i> , <i>Saishikomi-syoyu</i> , <i>Shiro-syoyu</i>
				Salts	94	Common Salt (<i>Syokuen</i>), Common salt (<i>Namien</i>), Refined Salt
				Mayonnaise	95	Mayonnaise (whole egg type), Mayonnaise (egg yolk type)
				Miso	96	Sweet type miso, Light yellow type miso, Dark yellow type miso, Barley-koji miso, Soybean-koji miso, Light yellow type miso (powder type), Instant miso (past type)
		Other seasonings	97	<i>Hon-mirin</i> , <i>Honnaosi mirin</i> , Doubanjiang, Hot pepper sauce, Cayenne pepper oil, Grain vinegar, Rice vinegar, Wine vinegar, Cider vinegar, <i>Katsuo-bushi</i> extract, <i>Kombu</i> extract, <i>Katsuo-bushi</i> and <i>kombu</i> extract, <i>Shiitake</i> extract, <i>Niboshi</i> extract, Chicken bone stock, Chicken, pork and vegetables extract, Beef and vegetables extract, Consomme (cubes), Seasoning mix (granule), <i>Mentsuyu</i> (straight), <i>Mentsuyu</i> (triple strength), Oyster sauce extract, Ma Po dow fu sauce, Meet sauce, Tomato puree, Tomato past, Tomato ketchup, Tomato sauce, Chili sauce, Japanese style dressing (oil-free), French dressing, Thousand Island dressing, Curry roux, Hash roux, <i>Ssekasu</i> , <i>Mirinju-chomiryo</i>		
		Spices and others	33	Spices and others	98	Gelatin, Allspice, Onion powder, Mustard powder, Mustard paste, Mustard (prepared, French type), Mustard (grain), Curry powder, Clove, Black pepper, White pepper, Mixed pepper, Japanese pepper, Cinnamon, Ginger (dried, ground), Ginger (paste), Sage, Thyme, Chili powder, Red pepper, Nutmeg, Garlic powder, Garlic paste, Ground basil, Dried parsley, Paprika, <i>Wasabi</i> powder, mixed with mustard, <i>Wasabi</i> past, Baker's yeast (compressed), Baker's yeast (dried), Baking powder

3. Classification of Meals

Meal was classified as below;

A. Meals eaten Outside Home

Meals that are prepared as well as eaten outside the home, such as the ones eaten at restaurants and the delivered meals eaten outside home.

Buckwheat noodles and wheat flour noodles	Buckwheat noodles, <i>Udon</i> , Chinese noodles, chow meins, etc.
Sushi	Hand-rolled sushi, <i>chirashi-zushi</i> , sushi rolled in laver, fried-bean curd stuffed with rice etc.
Rice bowl dishes	Rice bowl with pork cutlet, Rice bowl with deep-fried prawns, Chinese rice bowl, Rice bowl with chicken-and-egg, Rice bowl with egg, Rice bowl with eel etc.
Curried rice	Curried rice, Rice omelet, fried rice, etc.
Pasta	Gratin, lasagna, spaghetti, macaroni, etc.
Bread	Toast, sandwich, burger, etc.
Other Japanese dishes	Japanese style set menu, Japanese style box-lunch, rice ball, etc.
Other European dishes	European style set menu, European style box-lunch, etc.
Other Chinese dishes	Chinese style set menu, Chinese style box-lunch, etc.

B. Cooked Meals

Cooked meals that are bought/delivered and eaten at home (Categories of meals are same as “A. Meals eaten Outside Home”).

C. Meals Provided at School and Worksite, etc.

- Meals provided at day-care center or kindergarten (For teachers, meals provided at worksite)
- Meals provided at school (For teachers, meals provided at worksite)
- Meals provided at worksite

D. Meals at Home

- Meals or box-lunch that are prepared and eaten at home

E. Others

- Only confectioneries, fruits, dairy products and beverages
- Only nutritional supplements (tablet, drink)
- No meal at all (skipping)

4. Classification of Blood Pressure Levels

	Systolic blood pressure		Diastolic blood pressure
Optimum blood pressure	< 120	and	< 80
Normal blood pressure	< 130	and	< 85
High normal blood pressure	130 ~ 139	or	85 ~ 89
Mild hypertension	140 ~ 159	or	90 ~ 99
Moderate hypertension	160 ~ 179	or	100 ~ 109
Serious hypertension	180	or	110

The numerical values in the table are averages arrived at by duplicated measurements.

(Source: "Classification of Blood Pressure Levels, 2000" by the Japan Hypertension Society)

5. Assessment of Obesity

Obesity was assessed using the following formula for BMI (Body Mass Index).

$$\text{BMI} = \text{Body Weight (kg)} / \text{Height (m)}^2$$

"BMI=22" is considered as the standard value for both males and females aged 20 years and over.

Obesity is classified as below:

Classification	Thin (Underweight)	Normal	Obesity
BMI	Less than 18.5	18.5 and < 25.0	25.0 or more

(Source: "Standard Criteria for Assessment of Obesity, 2000" by the Japan Obesity Society)

Assessment of Obesity by Hibi method

The obesity of individuals aged 6 – 14 years were assessed by comparing observed weights and the standard weights calculated by Hibi method.

Evaluation	Underweight	Slightly Underweight	Normal	Slightly Overweight	Obesity
Obesity Level	Less than -20%	-20% and < -10%	-10% and < 10%	10% and < 20%	20% or more

$$\text{Degree of Obesity (\%)} = (\text{Observed Weight (kg)} - \text{Standard Weight (kg)}) \div \text{Standard Weight (kg)} \times 100$$

$$\text{Standard Weight (kg)} = \text{Coefficient 1} \times \text{Height (cm)}^3 + \text{Coefficient 2} \times \text{Height (cm)}^2 + \text{Coefficient 3} \times \text{Height (cm)} + \text{Coefficient 4}$$

Sex	Coefficient 1	Coefficient 2	Coefficient 3	Coefficient 4
Male	0.0000641424	-0.0182083	2.01339	-67.9488
Female	0.0000312278	-0.00517476	0.34215	1.66406

(Reference)

(1) Hibi, I.: Obesity, Textbook of Modern Pediatrics, Vol. 4, Nutritional Disorders and Metabolic Disorders, pp. 330-343 (1968), Nakayama Shoten, Tokyo;

(2) Yoshiike, N.: Secular Changes in Incidence of Obesity in Schoolchildren and Students with Time--Health Japan 21 Target Values and Various Indices, The Japanese Journal of Nutrition and Dietetics: 58(4); 177-180 (2000)

Table 2 Japanese Recommended Dietary Allowances

(From data published in June 1999 by the Public Health Council)

Energy Requirements by Physical Activity Level (kcal/day)

Age	Physical Activity Level							
	I. Very Light		II. Light		III. Moderate		IV. Heavy	
	Male	Female	Male	Female	Male	Female	Male	Female
0 – (mo.)	110-120/kg							
6 – (mo.)	100/kg							
1 – 2	-	-	1,050	1,050	1,200	1,200	-	-
3 – 5	-	-	1,350	1,300	1,550	1,500	-	-
6 - 8	-	-	1,650	1,500	1,900	1,700	-	-
9 - 11	-	-	1,950	1,750	2,250	2,050	-	-
12 – 14	-	-	2,200	2,000	2,550	2,300	-	-
15 – 17	2,100	1,700	2,400	1,950	2,750	2,200	3,050	2,500
18 – 29	2,000	1,550	2,300	1,800	2,650	2,050	2,950	2,300
30 – 49	1,950	1,500	2,250	1,750	2,550	2,000	2,850	2,200
50 – 69	1,750	1,450	2,000	1,650	2,300	1,900	2,550	2,100
70 or older	1,600	1,300	1,850	1,500	2,050	1,700	-	-
Pregnancy	+350							
Lactation	+600							

Lipid Requirements

Age	Lipid Energy Requirement (%)
0 – (mo.)	45
6 – (mo.)	30-40
1 – 17	25-30
18 – 69	20-25
70 or older	20-25
Pregnancy or Lactation	20-30

Protein Requirements (g/day)

Age	Male	Female
0 – (mo.)	2.6/kg	
6 – (mo.)	2.7/kg	
1 – 2	35	
3 – 5	45	
6 – 8	60	55
9 – 11	75	65
12 – 14	85	70
15 – 17	80	65
18 – 29	70	55
30 – 49	70	55
50 – 69	65	55
70 or older	65	55
Pregnancy		+10
Lactation		+20

Vitamin Requirements

Age	Vitamin A ($\mu\text{g RE}^*1$)		Vitamin D (μg)	Vitamin E ($\text{mg}\alpha\text{-TE}^*2$)		Vitamin K (μg)		Vitamin B ₁ (mg)	
	Male	Female		Male	Female	Male	Female	Male	Female
0 – (mo.)	300 (1,000IU)		10 (400IU)	3		5		0.2	
6 – (mo.)	300 (1,000IU)		10 (400IU)	3		10		0.3	
1 – 2	300 (1,000IU)		10 (400IU)	5		15		0.5	
3 – 5	300 (1,000IU)		10 (400IU)	6		20		0.6	
6 – 8	350 (1,200IU)	350 (1,200IU)	2.5 (100IU)	6	6	25	25	0.8	0.7
9 – 11	450 (1,500IU)	450 (1,500IU)	2.5 (100IU)	8	8	35	35	1.0	0.8
12 – 14	600 (2,000IU)	540 (1,800IU)	2.5 (100IU)	10	8	50	50	1.1	1.0
15 – 17	600 (2,000IU)	540 (1,800IU)	2.5 (100IU)	10	8	60	55	1.2	1.0
18 – 29	600 (2,000IU)	540 (1,800IU)	2.5 (100IU)	10	8	65	55	1.1	0.8
30 – 49	600 (2,000IU)	540 (1,800IU)	2.5 (100IU)	10	8	65	55	1.1	0.8
50 – 69	600 (2,000IU)	540 (1,800IU)	2.5 (100IU)	10	8	65	55	1.1	0.8
70 or older	600 (2,000IU)	540 (1,800IU)	2.5 (100IU)	10	8	55	50	1.1	0.8
Pregnancy Lactation		+60 (200IU)	+5 (200IU)		+2		+0		+0.1
		+300 (1,000IU)	+5 (200IU)		+3		+0		+0.3

*1 RE: Retinol equivalent

*2 $\alpha\text{-TE}$: α -tocopherol equivalent

Age	Vitamin B ₂ (mg)		Niacin (mgNE^*3)		Vitamin B ₆ (mg)		Vitamin B ₁₂ (μg)	Folic Acid (μg)	Pantothenic Acid (mg)	Vitamin C
	Male	Female	Male	Female	Male	Female				
0 – (mo.)	0.2		2* ⁴		0.1		0.2	40	1.8	40
6 – (mo.)	0.3		4		0.1		0.2	50	2.0	40
1 – 2	0.6		8		0.5		0.8	70	2.4	45
3 – 5	0.8		9		0.6		0.9	80	3	50
6 – 8	1.0	0.8	12	10	0.8	0.7	1.3	110	3	60
9 – 11	1.1	1.0	14	13	1.1	0.8	1.6	140	4	70
12 – 14	1.2	1.1	16	14	1.4	1.1	2.1	180	4	80
15 – 17	1.3	1.1	17	14	1.6	1.2	2.3	200	4	90
18 – 29	1.2	1.0	17	13	1.6	1.2	2.4	200	5	100
30 – 49	1.2	1.0	16	13	1.6	1.2	2.4	200	5	100
50 – 69	1.2	1.0	16	13	1.6	1.2	2.4	200	5	100
70 or older	1.2	1.0	16	13	1.6	1.2	2.4	200	5	100
Pregnancy Lactation		+0.2		+2		+0.5	+0.2	+200	+1	+10
		+0.3		+4		+0.6	+0.2	+80	+2	+40

*3 NE: Niacin equivalent

*4 Unit: mg

Mineral Requirements

Age	Potassium (mg)		Calcium (mg)		Magnesium (mg)		Phosphorus (mg)
	Female	Male	Female	Male	Female	Male	
0 – (mo.)	500		200		25		130
06 – (mo.)	700		500		30		280
1 – 2	900		500		60		600
3 – 5	1,100		500		80		700
6 – 8	1,350	1,200	600	600	120	120	900
9 – 11	1,550	1,400	700	700	170	170	1,200
12 – 14	1,750	1,650	900	700	240	220	1,200
15 – 17	2,000	2,000	800	700	290	250	1,200
18 – 29	2,000	2,000	700	600	310	250	700
30 – 49	2,000	2,000	600	600	320	260	700
50 – 69	2,000	2,000	600	600	300	260	700
70 or older	2,000	2,000	600	600	280	240	700
Pregnancy		+0		+300		+35	+0
Lactation		+500		+500		+0	+0

Age	Iron (mg)		Zinc (mg)		Copper (mg)	
	Male	Female	Female	Male	Female	Male
0 – (mo.)	6		1.2* ⁴		0.3	
6 – (mo.)	6		4		0.7	
1 – 2	7		5		0.8	
3 – 5	8		6		1.0	
6 – 8	9	9	6	6	1.3	1.2
9 – 11	10	10* ¹	7	7	1.4	1.4
12 – 14	12	12	8	8	1.8	1.6
15 – 17	12	12	10	9	1.8	1.6
18 – 29	10	12	11	9	1.8	1.6
30 – 49	10	12* ²	12	10	1.8	1.6
50 – 69	10	12* ²	11	10	1.8	1.6
70 or older	10	10	10	9	1.6	1.4
Pregnancy		+8		+3		+0.4
Lactation		+8* ³		+3		+0.6

*1 12mg/day for females aged 11 years

*2 10mg/day for postmenopausal females

*3 for 6 months after delivery

*4 3 mg/day for infants fed artificial milk

1. Salt intake should be less than 150 mg/kg/day, in terms of prevention of hypertension. For the individuals aged 15 years and over, it should be less than 10 g/day.

2. Potassium intake should be 3,500 mg/day, in terms of prevention of hypertension, for individuals aged 15 years and over.

Table 3 Classification of Occupation

No.	Classification Category	Examples
People engaged in jobs that generate income (wages, salaries, operating profits, etc.), <u>including side jobs and part-time works</u>		
01	Professional and Technicians	Scientific researchers, Engineers and Technicians, Physicians, Dentists, Veterinarians, Pharmacists, Public health nurses, Midwives, Nurses, Clinical and sanitary experts, Dental hygienists, Dietitians, Masseurs, Acupuncturists, Moxibustionists, Judo therapists, Social welfare staff (e.g. nursery staff), Legal workers (e.g. Judges, Prosecutors, Lawyers), Certified Public Accountants, Certified tax accountants, Teachers, Religious workers, Writers, Reporters, Editors, Artists, Photographers, Designers, Illustrators, Cartoonists, Musicians, Stage artists, Other professional and technical workers (e.g. Private teachers, Professional athletes)
02	Management	Government officials (ex. Prefectural assembly members, Governors, Mayors), Administrators of companies and corporations, Directors of companies and corporations (ex. Factory managers, General managers, Stationmasters, Section chiefs), Other managers and administrators
03	Clerks	General clerks (ex. Clerks in general affairs departments, Receptionists/Information clerks, Secretaries), Accounting clerks, Outside clerical workers (e.g. Bill collectors), Clerical workers in transportation and communication, Other clerical workers (ex. Stenographers, Typists, Key punchers, Operators of electronic machinery)
04	Sales	Sales workers of commodities (e.g. Retail dealers, Restaurant managers, Shop salespersons and sales clerks, Traveling salespersons, Commodity brokers), Sales related workers (e.g. Real estate agents, Insurance agents, Pawn brokers)
05	Services	Life-supporting service workers (e.g. Housekeepers, Domestic helpers, Home helpers), Environmental health service workers (e.g. Barbers, Beauticians, Launderers and dry cleaners), Food service workers, Serving workers, Superintendents of residences and buildings, Other service workers (ex. Travel attendants, Temporary keepers)
06	Security services	Self-Defense officials, Police officers, Prison guards, Fire fighters, Security guards
07	Agriculture	Farmers, Sericulturists, Poultry breeders, Apiculturist, Livestock farmers, Gardeners, Landscape gardeners
08	Forestry	Forest managers, Timber fellers and loggers, Timber collectors and log transporters, Charcoal makers and firewood choppers
09	Fisheries	Fishermen, Seaweed and shell gatherers, Captains, chief engineers and engineers of fishing boat, Aquiculture workers
10	Transportation/Communications	Car drivers, Train drivers, Ship pilots, Aircraft pilots, Workers operating other transportation (e.g. Conductors, Railway transportation-related workers, Deckhands, Ship engineers, Train inspectors), Communication workers (e.g. Radiotelegraphists, Wiretelegraphists, Telephone operators, Mail and telegram deliverers)
11	Manufacture	Manufacturers (e.g. Metal material, Chemical products, Ceramic products, Stone and clay products, Foods, Beverages, Tobaccos, Clothing, Textile, Wood, bamboo, grass and vine products, Pulp, paper and paper products, Rubber and plastic products, Leather and leather products), Assembling and repairing workers (ex. General machine, Electric machine, Transportation equipment, Measuring and optical instrument), Metal processing workers, Welders and framecutter, Spinners, Printing and book-binding products, Boiler operators, Construction machinery operators, Electric workers, Mining workers, Construction assistants (<i>Tobishoku</i>), Reinforcing workers, Construction workers, Construction labourers, Carrying labourers, Other labourers (ex. Sweepers, garbage collectors and others)
People not engaged in the above jobs (01 - 11)		
12	Housekeepers/Domestic Helpers	People engaged in housekeeping daily, such as housewives of ordinary households
13	Others	(People who are unemployed due to their old age and illness etc.)
14	Day-care Center Infants	Infants going to day-care center daily
15	Kindergarten Children	Children going to kindergarten daily
16	Other Children	Children not going to day-care center or kindergarten
17	Elementary School Students, 1st – 2nd Grade	Pupils at elementary school (1st - 2nd grade)
18	Elementary School Students, 3rd – 4th Grade	Pupils at elementary school (3rd – 4th grade)
19	Elementary School Students, 5th – 6th Grade	Pupils at elementary school (5th – 6th grade)
20	Junior High School Students	Pupils at junior high school (1st – 3rd grade)
21	Other Students	Students at high school, college, graduate school, vocational school, etc.

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Ministry of Internal Affairs and Communications
Valid until February 28, 2005

The National Health and Nutrition Survey in Japan, 2004

Physical Examination Sheet

Prefecture _____ Public Health Center _____

District Number	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	—	<input type="text"/>	<input type="text"/>
City or County Number	<input type="text"/>	<input type="text"/>						
Household Number	<input type="text"/>	<input type="text"/>						
ID Number of the Household Member	<input type="text"/>	<input type="text"/>						
Sex	1. Male 2. Female							
Age	<input type="text"/>	<input type="text"/>						

<p>[Physical Examination]</p> <p>1. Height _____ . cm</p> <p>2. Weight _____ . kg</p> <p>3. Abdominal circumference (15 years old and over) (Level of the navel) _____ . cm</p> <p>4. Blood Pressure (15 years old and over) First Measurement Systolic (Maximal) _____ mmHg Diastolic (Minimal) _____ mmHg Second Measurement Systolic (Maximal) _____ mmHg Diastolic (Minimal) _____ mmHg</p> <p>5. Blood Test (20 years old and over) Yes No. _____ (Items to be checked are on the back.)</p>	<p>[Interview] (20 years old and over)</p> <p>6. Are you using the following agents? Yes No</p> <p>a. Drug for lowering blood pressure</p> <p>b. Antiarrhythmic drug</p> <p>c. Insulin injection or drug for lowering blood glucose</p> <p>d. Drug for lowering cholesterol levels</p> <p>7. Exercise habits I am unable to exercise for health reasons. I am unable to exercise for the reasons other than _____ I have a regular exercise habit _____</p> <p>If you chose _____,</p> <p>a. How many days do you exercise each week? _____ days</p> <p>b. Average time of exercise on each day _____ hours and _____ minutes</p> <p>c. Exercise intensity High (your respiration rate is very high) Moderate (your respiration rate is somewhat high) Low (your respiration rate is almost normal)</p>
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*) Daily physical activity (number of steps in a day) (subjects aged 15 years and over)
(The answers provided on the questionnaire Dietary on nutritional intake should be checked.)

The Ministry of Health, Labour and Welfare

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Valid until February 28, 2005

The National Health and Nutrition Survey in Japan, 2004

Questionnaire for Dietary Intake Survey

District Number —

City or County Number

Household Number

Prefecture _____ Public Health Center _____

Name of Survey Staff: _____

Name of Checker: _____

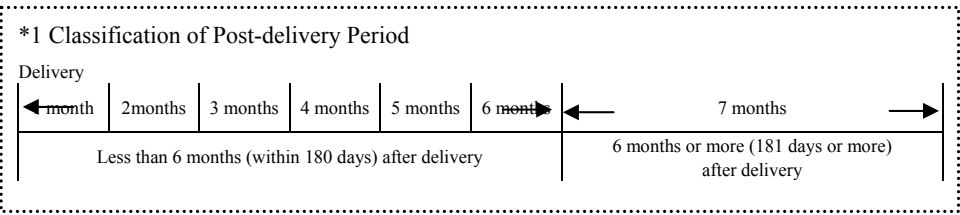
The Ministry of Health, Labour and Welfare

I. Questions about household members II. Meals

Please follow the instructions of "How to Fill Out the Questionnaire for Dietary Intake Survey"

To be filled in by survey staff

I. Questions about household members								II. Type of Meals				
1. ID number	2. Name	3. Year and Month of Birth	4. Sex	5. Pregnancy/Lactation *1 See "Classification of Post-delivery Period"	6. Type of Occupation	7. Daily Physical Activity Level			*2 Assessment	Break-fast	Lunch	Dinner
						Time spent walking	Time spent brisk walking	Muscle Activity				
01		Era 1. Meiji 2. Taisho 3. Showa 4. Heisei Year ____, Month ____	1. Male. 2. Female	1. Pregnancy ____ weeks 2. Less than 6 months after delivery, and lactating 3. Less than 6 months after delivery, and not lactating 4. More than 6 months after delivery, and lactating		1. Less than 2 hours 2. 2-4 hours 3. 4-7 hours 4. More than 7 hours	1. Less than 1 hour 2. 1-2 hours 3. More than 2 hours	1. I exercised or worked hard for 1 hour or longer, using the muscles. 2. Others (I did the above activity for less than 1 hour or none)				
02		Era 1. Meiji 2. Taisho 3. Showa 4. Heisei Year ____, Month ____	1. Male. 2. Female	1. Pregnancy ____ weeks 2. Less than 6 months after delivery, and lactating 3. Less than 6 months after delivery, and not lactating 4. More than 6 months after delivery, and lactating		1. Less than 2 hours 2. 2-4 hours 3. 4-7 hours 4. More than 7 hours	1. Less than 1 hour 2. 1-2 hours 3. More than 2 hours	1. I exercised or worked hard for 1 hour or longer, using the muscles. 2. Others (I did the above activity for less than 1 hour or none)				
03		Era 1. Meiji 2. Taisho 3. Showa 4. Heisei Year ____, Month ____	1. Male. 2. Female	1. Pregnancy ____ weeks 2. Less than 6 months after delivery, and lactating 3. Less than 6 months after delivery, and not lactating 4. More than 6 months after delivery, and lactating		1. Less than 2 hours 2. 2-4 hours 3. 4-7 hours 4. More than 7 hours	1. Less than 1 hour 2. 1-2 hours 3. More than 2 hours	1. I exercised or worked hard for 1 hour or longer, using the muscles. 2. Others (I did the above activity for less than 1 hour or none)				
04		Era 1. Meiji 2. Taisho 3. Showa 4. Heisei Year ____, Month ____	1. Male. 2. Female	1. Pregnancy ____ weeks 2. Less than 6 months after delivery, and lactating 3. Less than 6 months after delivery, and not lactating 4. More than 6 months after delivery, and lactating		1. Less than 2 hours 2. 2-4 hours 3. 4-7 hours 4. More than 7 hours	1. Less than 1 hour 2. 1-2 hours 3. More than 2 hours	1. I exercised or worked hard for 1 hour or longer, using the muscles. 2. Others (I did the above activity for less than 1 hour or none)				
05		Era 1. Meiji 2. Taisho 3. Showa 4. Heisei Year ____, Month ____	1. Male. 2. Female	1. Pregnancy ____ weeks 2. Less than 6 months after delivery, and lactating 3. Less than 6 months after delivery, and not lactating 4. More than 6 months after delivery, and lactating		1. Less than 2 hours 2. 2-4 hours 3. 4-7 hours 4. More than 7 hours	1. Less than 1 hour 2. 1-2 hours 3. More than 2 hours	1. I exercised or worked hard for 1 hour or longer, using the muscles. 2. Others (I did the above activity for less than 1 hour or none)				



Note: Do not fill in this section. This will be filled in by the survey staff.

Dietary Intake Recording Sheet

Date: _____ Breakfast

Please record all dishes, foods and drinks consumed by the household members.				How was the dish shared among the household members?									
Dish Name	Food Name	Amounts Used (in grams or portion size)	Amounts Thrown Away	Name									Leftover
				1	2	3	4	5	6	7	8	9	

For the survey staff only (Please do not fill in. Subjects are not to fill in here.)													
Dish Reference Number	Food Number	Cooking Code	Amounts taken (Subtract "Amounts Thrown Away" from "Amounts Used" in the left recording sheet. For "meals eaten outside home", specify the number of portions)	Proportions of dishes/foods consumed by the household member									Left over
				1	2	3	4	5	6	7	8	over	

Physical Examination

Daily Physical Activity (Number of Steps Taken)

ID number of the household member	Name	Number of Steps			

↑
Please ensure that they are consistent with the ID number of the household member and name on Page 1.

For the survey staff only	
Check the ID number of the sections of Household Member Name, and Number of Steps	

* After checking, put ✓ in the above box.

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Ministry of Internal Affairs and Communications
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The National Health and Nutrition Survey in Japan, 2004

Lifestyle Questionnaire
(For Subjects aged 15 years and over)

District Number —

City or County Number

Household Number

ID Number of the Household Member

Sex 1. Male 2. Female

Age

Prefecture _____ Public Health Center _____

The Ministry of Health, Labour and Welfare

Please answer the following questions on your lifestyle.

Question 1 Do you skip meals?

Please circle the number of the most appropriate answer.

*** It is considered as “skipped meal” if you only take teas (Japanese tea, coffee, black tea, etc.) with no sugar and milk, water and vitamin/mineral supplements (tablet, capsule, granule).**

1. I skip more than one meal every day (more than seven meals per week).
2. I skip 4-6 meals per week.
3. I skip 2-3 meals per week.
4. I skip less than two meals per week or never.

Question 2 Do you take snack between meals (including midnight snack)?

Please circle the number of the most appropriate answer.

*** It is NOT considered as “snack”, if you only take teas (Japanese tea, coffee, black tea, etc.) with no sugar and milk, water and vitamin/mineral supplements (tablet, capsule, granule).**

1. I take snacks more than two times every day (more than 14 times per week).
2. I take snacks at least once, but less than two times every day (7-13 times per week).
3. I take snacks 2-6 times per week.
4. I take snacks less than twice per week or never.

Question 3 Do you eat meals outside home?

Please circle the number of the most appropriate answer.

*** Eating meals outside home means eating meals at restaurants or eating delivered/cooked meals outside home.**

1. I eat meals outside home more than two times every day (more than 14 times per week).
2. I eat meals outside home at least once, but less than two times every day (7-13 times per week).
3. I eat meals outside home 2-6 times per week.
4. I eat meals outside home less than two times a week or never.

Question 4 Which do you think you are fat or thin?

Please circle the number of the most appropriate answer.

1. Fat
2. Slightly fat
3. Normal
4. Slightly thin
5. Thin

Question 5 Are you trying to reach or maintain your optimal weight?

1. Yes
2. No

Question 6 Please choose “Yes” or “No” for each of the following questions:

1. Do you eat appropriate amounts? Yes No
2. Do you have any family or friend to eat with? Yes No
3. Do you take enough time to eat? Yes No
4. Do you know the appropriate dietary components and amounts? Yes No

Question 7 Do you usually refer to the nutritional labeling when you eat meals outside home or purchase foods? Please circle the number of the most appropriate answer.

1. I always do.
2. I sometimes do.
3. I seldom do.
4. I almost never do.

Question 8 What do you think about your current diets? Please circle the number of the most appropriate answer.

1. Very good.
2. Good.
3. Slightly bad.
4. Bad.

Question 9 What do you want to do with your diets hereafter? Please circle the number of the most appropriate answer.

1. I want to make it better than now.
2. I would maintain the current diets.
3. I have no idea.

Question 10 Have you ever seen foods or dishes with nutritional labeling at restaurants, food floor, food service facilities and canteen of your worksite (school)?

Please circle the number of the most appropriate answer.

1. Yes.
2. No.
3. Not sure.

Question 10-2 (If “1. Yes”, in Question 10) Do you choose menu with referring to the nutritional labels? Please circle the number of the most appropriate answer.

1. I always do.
2. I sometimes do.
3. I almost never do.

Question 11 Are there any voluntary groups for learning/implementing activities related to health and nutrition in your community, worksite and school etc.?

Please circle the number of the most appropriate answer.

1. Yes
2. No
3. Not sure

Question 11-2 (If “1. Yes” in Question 11) Have you ever participated in any voluntary groups?
Please circle the number of the most appropriate answer.

1. I am currently participating.
2. I have ever participated in the past one year.
3. I have never participated in the past one year.

Question 12 Have you been able to take enough rest by sleeping during the past one month?

Please circle the number of the most appropriate answer.

1. I have been able to take enough rest.
2. I have been able to take nearly enough rest.
3. I have not been able to take enough rest.
4. I have not been able to take any rest at all.

Question 13 How long did you sleep on average per day during the past one month?

Please circle the number of the most appropriate answer.

1. Less than 5 hours.
2. Less than 6 hours.
3. Less than 7 hours.
4. Less than 8 hours.
5. Less than 9 hours.
6. More than 9 hours

Question 14 Are you aware of “Health Japan 21 (National Health Promotion Program in the 21st Century)”?

Please circle the number of the most appropriate answer.

1. I know what it means.
2. I have heard of it, but do not know what it means.
3. I have never heard of it.
4. I heard it for the first time by this survey.

Question 15 Do you know what “lifestyle-related diseases” means?

Please circle the number of the most appropriate answer.

1. I know what it means.
2. I have heard of it, but do not know what it means.
3. I have not heard of it or I do not know what it means.

Please answer the following questions on dental health.

Question 16 Do you use any of the following devices (devices for cleaning interdental areas, etc.)?

Please circle the numbers of all the appropriate answers.

1. Dental floss/floss pick
2. Interdental brush
3. Interdental stimulator
4. Mouth irrigating device
5. None of them

Question 17 Did you have your dental calculus removed or your tooth surface cleaned during the past one year?

1. Yes
2. No

Question 18 Have you received “personal instruction on tooth brushing” during the past one year?

1. Yes
2. No

Question 18-2 (If “1. Yes” in Question 18) Where did you receive it? Please circle the numbers of all the appropriate answers.

1. Dental clinic (hospital)
2. Municipality (city, town, or village), or public health center
3. Worksite
4. School
5. Other

Question 19 Did you receive a dental health examination during the past year?

1. Yes
2. No

Question 19-2 (If “1. Yes” in Question 19) Where did you receive it? Please circle the numbers of all the appropriate answers.

1. Dental clinic (hospital)
2. Municipality (city, town, or village), or public health center
3. Worksite
4. School
5. Others

Question 20 Please choose “Yes” or “No” to each of the following questions about your gums.

- | | | |
|---|-----|----|
| 1. Are your gums swollen? | Yes | No |
| 2. Is there any bleeding from gums when you brush your teeth? | Yes | No |
| 3. Have your gum lines receded and exposed your tooth roots? | Yes | No |
| 4. Does any pus ooze from your gums when you press them? | Yes | No |
| 5. Are your teeth wobbly? | Yes | No |
| 6. Are you receiving treatment for diagnosed periodontal disease (alveolar pyorrhea)? | Yes | No |

Question 21 Have any of your missing teeth been replaced?

Please circle the number of the most appropriate answer.

1. All of them have been replaced.
2. Some of them have been replaced.
3. None of them has been replaced.

Question 21-2 (If 1. or 2. in Question 21) With what the missing teeth are replaced?

Please circle the numbers of all the appropriate answers.

1. Denture(s)
2. Dental bridge(s)
3. Dental implant(s)

Question 22 How well can you chew foods? Please circle the number of the most appropriate answer.

1. I can chew any type of food.
2. I cannot chew some foods.
3. I cannot chew many foods.
4. I cannot chew any foods.

Question 23 How many teeth do you have?

* Wisdom teeth, dentures, dental bridges, and dental implants are not included. Post crowns are included.

I have _____ teeth.

If you are over 20 years old, please answer the following questions as well.

If you are 15 to 19 years old, you have completed the questionnaire.

Question 24 How often do you drink alcoholic beverages (*sake, shochu, beer, wine, etc.*)?

Please circle the number of the most appropriate answer.

1. Every day
2. 5-6 days a week
3. 3-4 days a week
4. 1-2 days a week
5. 1-3 days a month
6. I have quit drinking (I have not drunk for more than one year).
7. I hardly drink or never drink at all.

Question 24-2 (If 1-4 in Question 24) How much do you drink alcoholic beverages on the day when you drink? Please circle the number of the most appropriate answer (expressed as the amounts of *sake*).

1. Less than 1 *go* (180 ml) of *sake*
2. Less than 2 *go* (360 ml) of *sake*
3. Less than 3 *go* (540 ml) of *sake*
4. Less than 4 *go* (720 ml) of *sake*
5. Less than 5 *go* (900 ml) of *sake*
6. More than 5 *go* (900 ml) of *sake*

1 *go* (180 ml) of *sake* is almost equivalent to the following beverages:
1 middle-sized bottle (500 ml) of beer, 80 ml of *shochu* (35% alcohol),
1 double shot (60 ml) of whiskey, 2 glasses (240 ml) of wine

Question 25 Have you ever smoked cigarettes?

Please circle the number of the most appropriate answer.

1. I have smoked more than 100 cigarettes in total, or I have smoked cigarettes over 6 months.
2. I have smoked less than 100 cigarettes in total, for less than 6 months.
3. I have never smoked.

If you 3. in Question 25, you have completed the questionnaire.

Question 26 Have you ever been, a habitual smoker?

1 Yes 2 No

Question 26-2 Since when have you been a habitual smoker?

Since I was about ___ years old

Question 27 Are you a current smoker (during the past one month)?

Please circle the number of the most appropriate answer.

1. I smoke cigarettes every day.
2. I sometimes smoke cigarettes.
3. I have not smoked cigarettes (during the past one month)

If 1. in Question 25, please answer Question 28.

If 2. in Question 25, you have completed the questionnaire

Question 28 How many cigarettes do you currently (or did you usually smoke) per day?

(If you “sometimes smoke cigarettes”, please write down the number of cigarettes on the days when you smoke.)

_____cigarettes

Thank you for your cooperation.

Approval No. 25815
Ministry of Internal Affairs and Communications
Valid until February 28, 2005

The National Health and Nutrition Survey in Japan, 2004

Lifestyle Questionnaire
(For the Subjects under 14 years old)

This questionnaire asks about the household members aged 1 to 14 years and should be filled out by their parents (or other guardians). Please use one questionnaire for each child.

District Number —

City or County Number

Household Number

ID Number of the Household Member (Fill in ID number of the household member for the child.)

Sex 1. Male 2. Female

Age

Prefecture _____ Public Health Center _____

The Ministry of Health, Labour and Welfare

Please answer the following questions about the child's teeth

Question 1 Is the child practicing (or has s/he ever practiced) any of the following measures to prevent tooth decay?

Please circle the numbers of all the appropriate answers.

1. Using a fluoridated toothpaste.
2. Washing (rinsing) the mouth with a fluoride solution.
3. Coating the teeth with fluoride.
4. Applying a sealant to the teeth (filling dental grooves with resin, etc. without reducing them).
5. Not sure.
6. S/he practices nothing.

Question 2 How many times does s/he have sweetened foods/beverages as snacks (food/drink taken other than the normal three meals) in a day? Please circle the number of the most appropriate answer.

1. Never
2. Once
3. Twice
4. Three times
5. More than four times

Question 3 Did s/he receive "personal instruction on tooth brushing" during the past year?

1 Yes 2 No

Question 3-2 (If "1. Yes" in Question 3) Where did he/she receive it? Please circle the numbers of all the appropriate answers.

1. Dental clinic (hospital)
2. Municipality (city, town, or village), or public health center
3. School, kindergarten or child care center
4. Other

Question 4 Has s/he had his/her tooth surface cleaned or his/her dental calculus removed during the past one year?

1. Yes
2. No

Thank you for your cooperation.

Outline of the Results

Since the values given in this report are rounded off,
the sum for the given values may differ slightly from the actual total sum.

1. Body Shape and Metabolic Syndrome (Visceral Fat Syndrome)

Body Shape

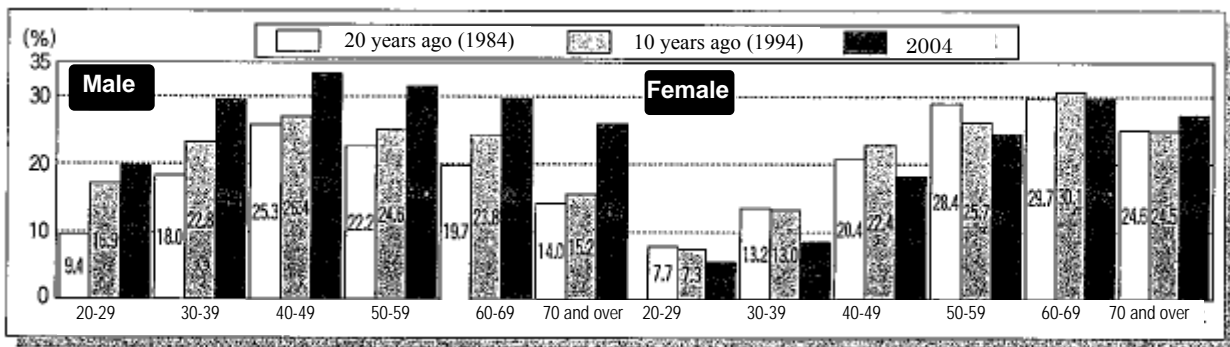
The proportion of males with obesity has increased in all age groups since 1984 or 1994, and now about 30% of males aged 30-69 years are obese.

On the other hand, the proportion of females aged 20-49 years with underweight (thin) increased since 1984 or 1994, and now about 20% of females aged 20-29 years are underweight (thin).

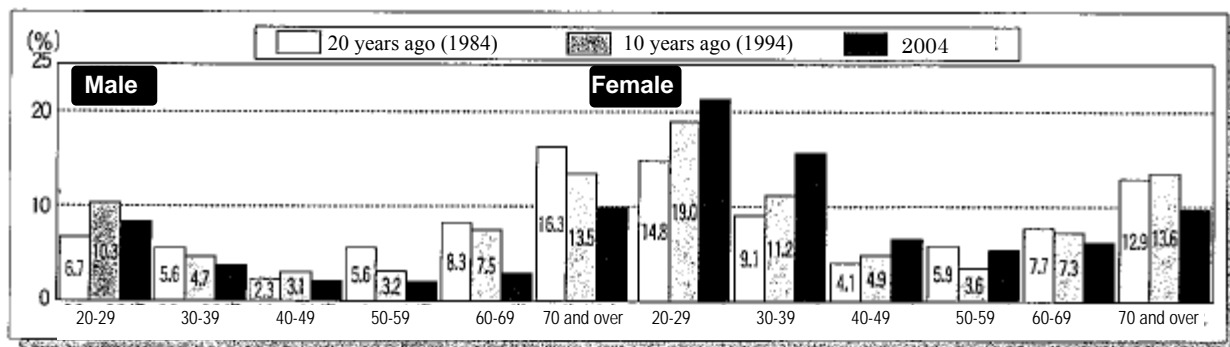
In the 2004 results, about 30% of males aged 30-69 years and females aged 60-69 years were obese (BMI ≥ 25). Although the proportion of subjects with BMI ≥ 25 remains almost unchanged among males aged 30-69 years, that increased with age until the 60's for females. On the other hand, the proportion of females with BMI < 18.5 was about 20% among those aged 20-29 years.

In addition, compared with 20 years ago (1984) and 10 years ago (1994), the proportion of subjects with BMI ≥ 25 increased among males in all age groups, whereas it decreased in females aged 20-59 years. On the other hand, the proportion of females with BMI < 18.5 increased among those aged 20-49 years.

◆ **Figure 1 Proportion of Obese Individuals (BMI ≥ 25) (subjects aged 20 years and over)**



◆ **Figure 2 Proportion of Thin Individuals (BMI < 18.5) (subjects aged 20 years and older)**



Obesity is assessed by calculating BMI (Body Mass Index).

$$\text{BMI} = \text{Weight [kg]} / (\text{Height [m]}^2)$$

BMI < 18.5 Underweight (thin)

18.5 \leq BMI < 25 Normal weight (normal)

BMI ≥ 25 Obese

(Committee for the Examination of Diagnostic Criteria for Obesity, The Japan Society for the Study of Obesity, 2000)

(Reference) "Health Japan 21" Target Values

(2010)

Thin females aged 20-29 years

less than 15%

Obese males aged 20-69 years

less than 15%

Obese females aged 40-69 years

less than 20%

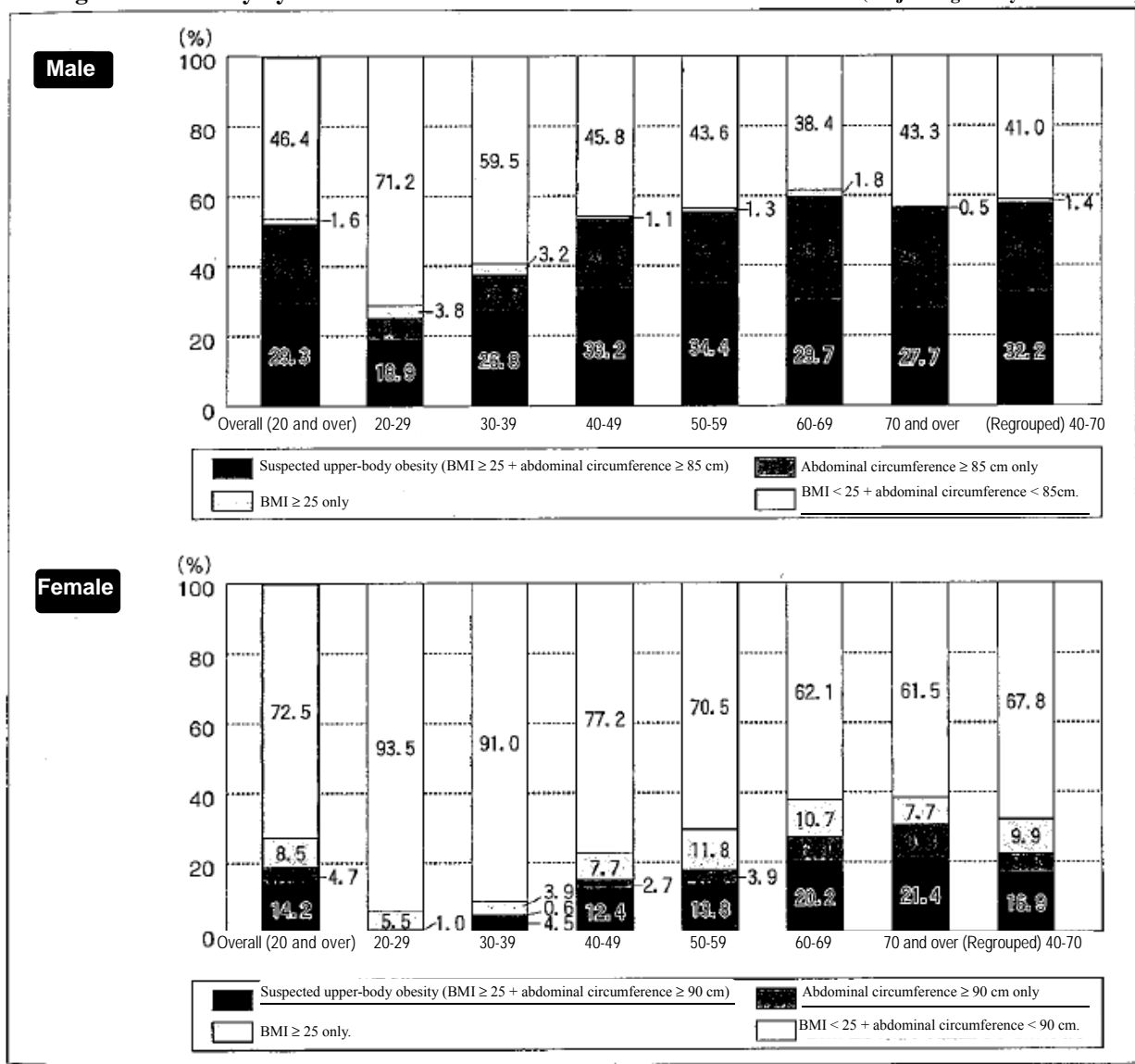
Prevalence of Obesity in terms of BMI and Abdominal Circumference

About 30% of males aged 30 and over are suspected to have upper-body obesity.

The proportion of subjects aged 20 years and over who are suspected to have upper-body obesity, one of the diagnostic criteria for visceral fat obesity, was 29.3% for males and 14.2% for females.

In addition, about 30% of males aged 30 years and over and about 20% of females aged 60 years and over were suspected to have upper-body obesity.

◆ **Figure 3 Obesity by BMI and Abdominal Circumference Measurement (subjects aged 20 years and over)**



(Reference) Diagnostic criteria for visceral fat obesity:

- Suspected upper-body obesity Males: BMI ≥ 25 + waist circumference ≥ 85 cm,
 Females: BMI ≥ 25 + waist circumference ≥ 90 cm
- If a subject with suspected upper-body obesity is found to have visceral fat area of over 100 cm² (for both males and females) by abdominal CT, s/he is diagnosed as visceral fat obesity (Committee for the Examination of Diagnostic Criteria for Obesity, The Japan Society for the Study of Obesity, 2000).

* The “abdominal circumference” in the National Health and Nutrition Survey was measured at “the navel level in the standing position”, and the measurement position is same as that for waist circumference.

Metabolic Syndrome (Visceral Fat Syndrome)

Proportions of the subjects who were strongly suspected to have metabolic syndrome (visceral fat syndrome) and those with prodromal metabolic syndrome are highest in the age group of 40 years and over for both males and females.

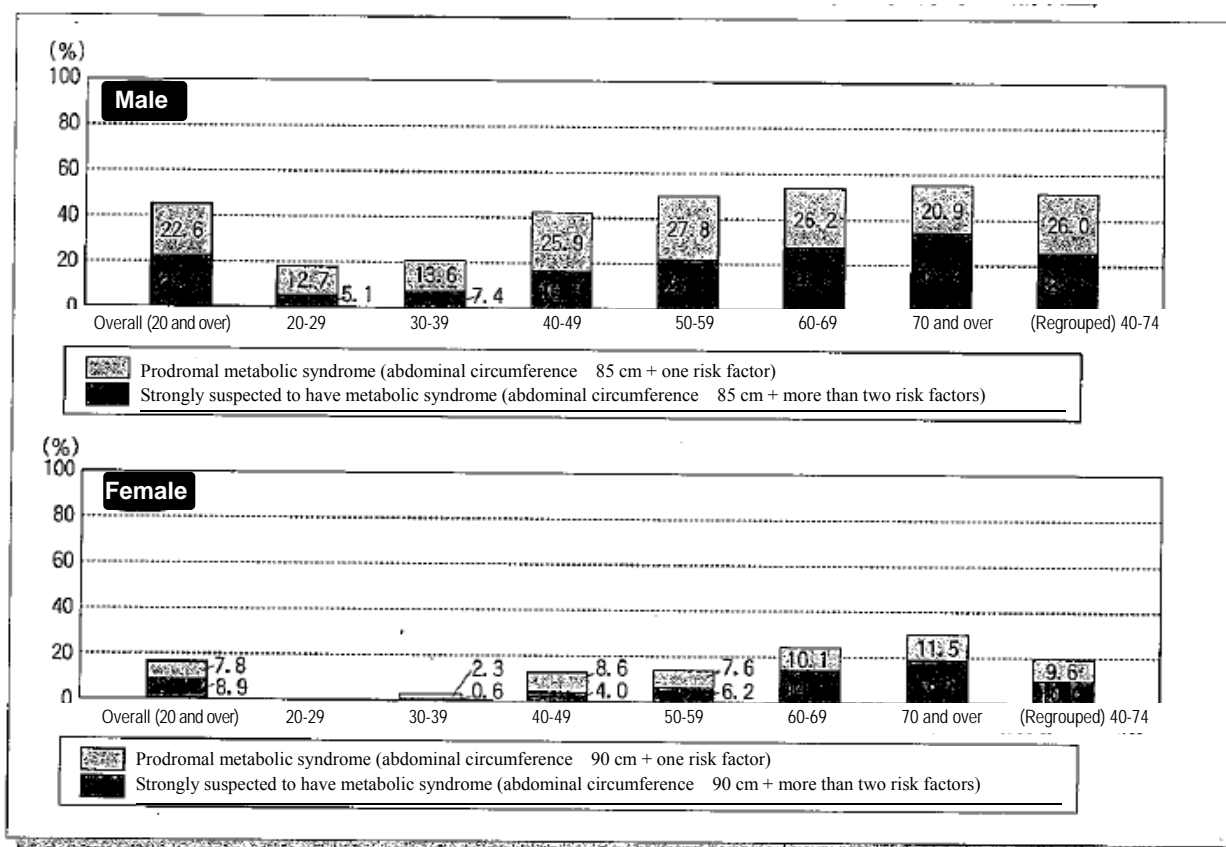
Among the subjects aged 40-74 years, one of two males and one of five females are either strongly suspected to have metabolic syndrome or prodromal metabolic syndrome.

Among the subjects aged 20 years and over, the proportion of those strongly suspected to have metabolic syndrome was 23.0% in males and 8.9% in females and that of those with prodromal metabolic syndrome was 22.6% and 7.8% respectively, showing higher proportions in males than in females.

The proportion of males strongly suspected to have metabolic syndrome was about 20% in the age group of 40-59 years, and about 30% in the age group of 60 years and over. The proportion of the subjects strongly suspected to have metabolic syndrome and those with prodromal metabolic syndrome was about 20% and over 30% in males aged 30-39 years and 40-49 years respectively, and the corresponding figures were about 3% and over 10% in females, showing the highest proportions in the age group of 40 years and over for both males and females.

Among the subjects aged 40-74 years, the proportion of those strongly suspected to have metabolic syndrome was 25.7% for males and 10.0% for females, and that of those with prodromal metabolic syndrome was 26.0% and 9.6% respectively. This means that among the subjects aged 40-74 years, one of two males and one of five females are strongly suspected to have metabolic syndrome or prodromal metabolic syndrome.

◆ **Figure 4 Prevalence of Metabolic Syndrome (Visceral Fat Syndrome) (subjects aged 20 years and over)**



* The numbers of those who are strongly suspected to have metabolic syndrome and those with prodromal metabolic syndrome in the age group of 40-74 years are estimated as about 9.4 million and about 10.2 million, respectively, with a total estimated numbers of about 19.6 million. This calculation is based on the estimated numbers of those strongly suspected to have metabolic syndrome and those with prodromal metabolic syndrome, for the 40 to 74 population (a total of about 57 million), stratified by sex and age group, as of October 1, 2004.

Assessment of Metabolic Syndrome (Visceral Fat Syndrome)

In the National Health and Nutrition Survey, it is impossible to diagnose metabolic syndrome (visceral fat syndrome) from the fasting blood sugar level and triglyceride level, due to difficulty of collecting fasting blood samples. In this report, therefore, the results of assessment were shown as below:

Those strongly suspected to have metabolic syndrome:

Abdominal circumference (≥ 85 cm for males, ≥ 90 cm for females) + more than two risk factors (blood lipid, blood pressure, and blood sugar).

Prodromal metabolic syndrome

Abdominal circumference (≥ 85 cm for males, ≥ 90 cm for females) + one risk factor (blood lipid, blood pressure, and blood sugar).

Abdominal circumference:	Abdominal circumference (waist circumference) Males: ≥ 85 cm, Females: ≥ 90 cm
--------------------------	--

Risk factor	Blood Lipid	Blood Pressure	Blood Glucose
Criteria	<ul style="list-style-type: none"> HDL cholesterol level < 40mg/dl 	<ul style="list-style-type: none"> Systolic blood pressure 130 mmHg Diastolic blood pressure 85 mmHg 	<ul style="list-style-type: none"> hemoglobin A_{1c} $\geq 5.5\%$
Medication	<ul style="list-style-type: none"> Taking drug for lowering cholesterol level 	<ul style="list-style-type: none"> Taking drug for lowering blood pressure 	<ul style="list-style-type: none"> Taking drug for lowering blood glucose level Using insulin injection

(Reference: Research Project supported by a grand-in aid from the Ministry of Health, Labour and Welfare "Study on an Efficient Protocol for Community-based Health Examinations – Mid-term Report by the Research Team for evaluation of Health Indices", August 2005)

* The criteria for blood glucose was specified as "hemoglobin A_{1c} 5.5%" because hemoglobin A_{1c} $\geq 5.5\%$ is considered as "Guidance required" in the health examinations for elderly.

(Reference) Diagnostic Criteria for Metabolic Syndrome

(Japan Atherosclerosis Society, Japan Diabetes Society, Japanese Society of Hypertension, Japan Society for the Study of Obesity, Japanese Circulation Society, Japanese Society of Nephrology, Japanese Society on Thrombosis and Hemostasis, Japanese Society of Internal Medicine, April 2005)

(* Format of the diagnostic criteria is partially changed for comparison with the above criteria.)

Metabolic Syndrome

In addition to accumulation of visceral fat (intra-abdominal fat), more than two risk factors are met:

Accumulation of visceral fat (intra-abdominal fat)	Waist circumference Male: ≥ 85 cm, Female: ≥ 90 cm (Equivalent to 100 cm ² of visceral fat area(for both males and females))
--	---

Risk factor	Blood Lipid	Blood Pressure	Blood Glucose
Criteria	<ul style="list-style-type: none"> Triglyceride (TG) level ≥ 150mg/dl (Hyperlipidemia) HDL cholesterol level < 40 mg/dl (hypo-HDL cholesterolemia) 	<ul style="list-style-type: none"> Systolic blood pressure 130 mmHg Diastolic blood pressure 85 mmHg 	<ul style="list-style-type: none"> Fasting blood glucose level ≥ 110 mg/dl
Taking Agent	<ul style="list-style-type: none"> Drug therapy for hyperlipidemia Drug therapy for hypo-HDL cholesterolemia 	<ul style="list-style-type: none"> Drug therapy for hypertension 	<ul style="list-style-type: none"> Drug therapy for diabetes

* It is preferable to measure visceral fat mass by CT scan, etc.

* Waist circumference must be measured at the navel level in the standing position, during light exhalation. If there is obvious fat accumulation and the navel is deviated downward, waist circumference must be measured at the height of the midpoint between the inferior border of the rib and the anterior superior iliac spine.

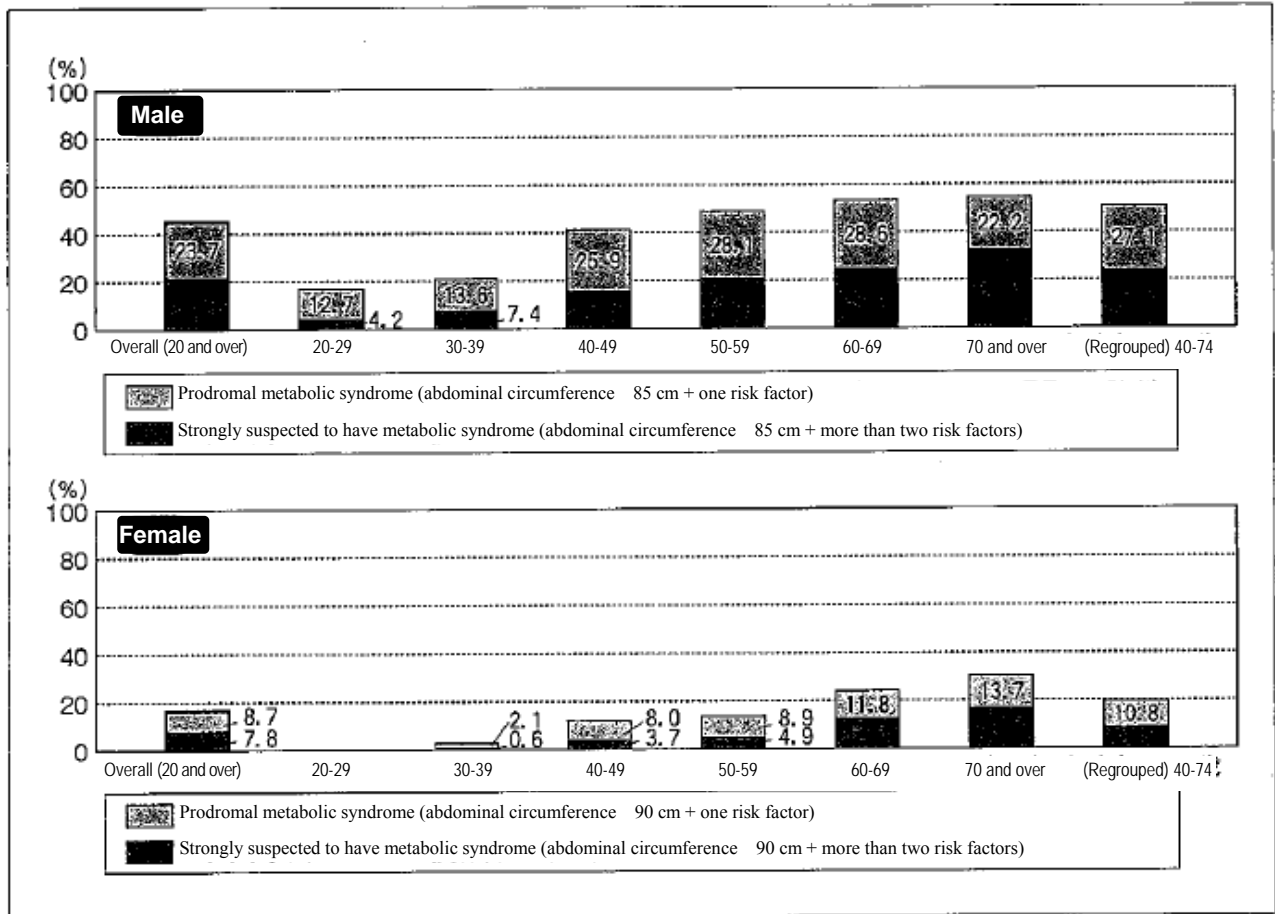
- * Although it is recommended to perform a glucose tolerance test for the subjects diagnosed as metabolic syndrome, the test is not essential for diagnosis.
- * The existence of diabetes or hypercholesterolemia does not preclude a diagnosis of metabolic syndrome.

(Reference)

At present, assessment method for suspected metabolic syndrome (visceral fat syndrome) is not yet formally determined.

Since the subjects with a hemoglobin A_{1c} of 5.6% or more and less than 6.1% are considered to be the ones who possibly have diabetes, according to the Diabetes Mellitus Survey (Ministry of Health, Labour and Welfare: 1997, 2002), prevalence of metabolic with the criteria of “blood glucose \geq 5.6%” is also provided in this report.

Figure 5 Prevalence of Metabolic Syndrome (Visceral Fat Syndrome) (subjects aged 20 years and over) (Hemoglobin A_{1c} \geq 5.6%)



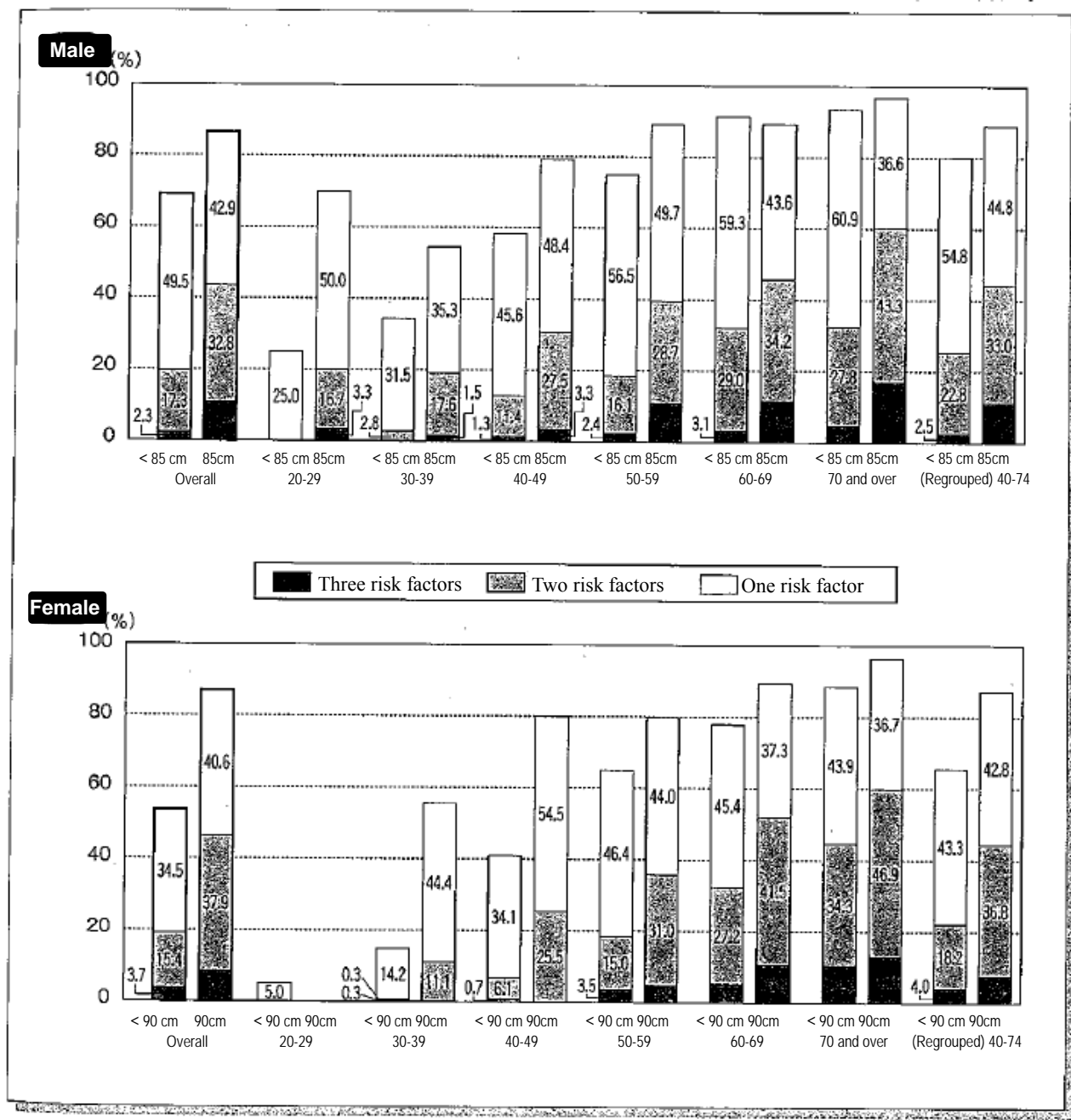
Prevalence of the risk factors of Metabolic Syndrome

The proportion of the subjects with more than two of three risk factors (blood lipid, blood pressure, blood glucose) is higher in those with high abdominal circumference (Male: ≥ 85 cm, Female: ≥ 90 cm), one of the diagnostic criteria for metabolic syndrome (visceral fat syndrome), than those with normal abdominal circumference.

The proportion of the subjects with more than two of three risk factors (blood lipid, blood pressure, blood glucose) is higher in those with high abdominal circumference (Male: ≥ 85 cm, Female: ≥ 90 cm), one of the diagnostic criteria for metabolic syndrome, than those with normal abdominal circumference regardless of age group.

The proportion of the subjects with more than two of three risk factors (blood lipid, blood pressure, blood glucose) increased with age in both males and females.

◆ **Figure 6 Proportion of the Subjects with Risk Factors according to Abdominal Circumference (subjects aged 20 years and over)**



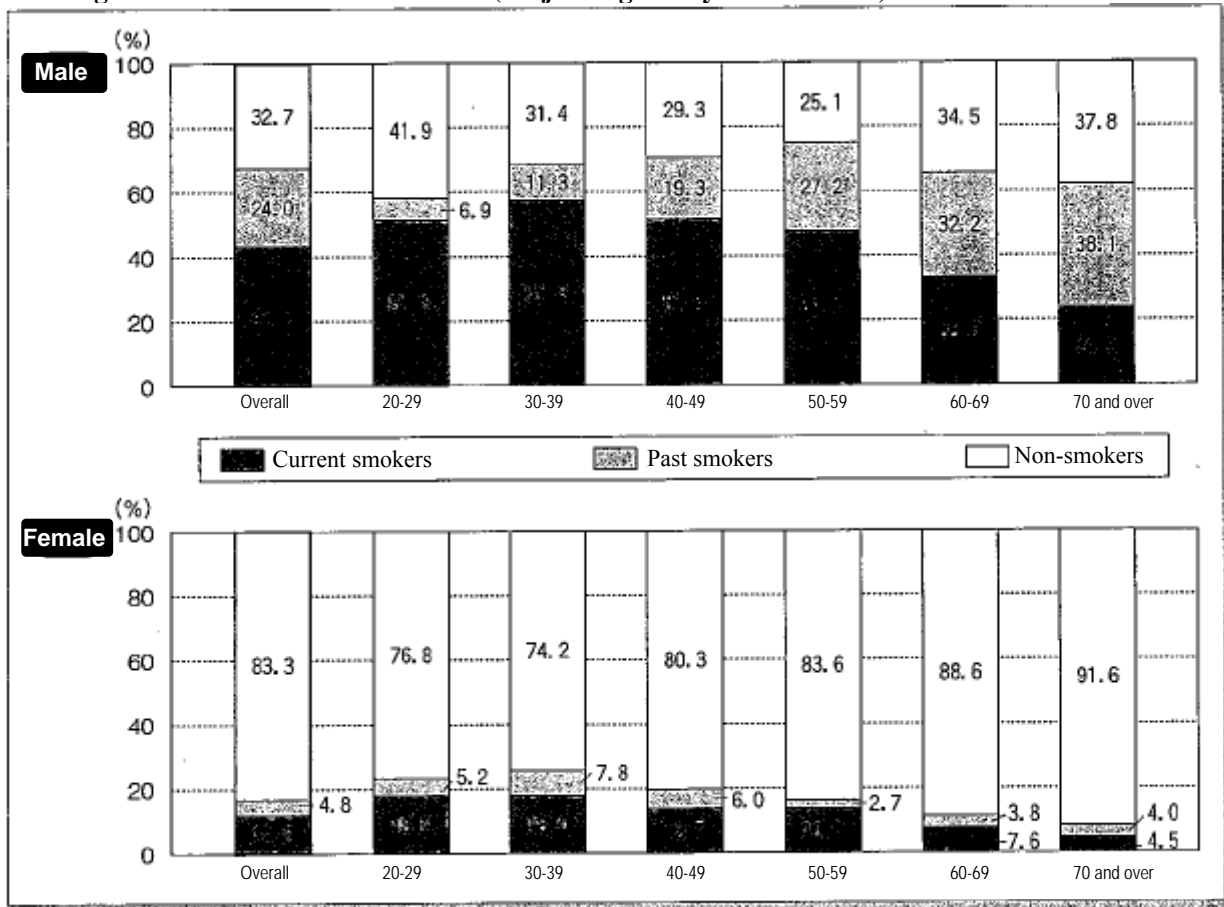
2. Lifestyle habits

Smoking habits

The proportion of the males who currently have smoking habit is highest in the age group of 30-39 years (about 60%), followed by the age group of 20-29 years, 40-49 years and 50-59 years (about 50% each), whereas that of females is highest in the age group of 20-39 years (about 20%).

The proportion of the subjects who currently have smoking habit was about 40% for males and 10% for females. This proportion was highest in the age group of 30-39 years (about 60%), followed by the age group of 20-29 years, 40-49 years and 50-59 years in males, whereas it was highest in the age group of 20-39 years (about 20%). And, the proportion of males who used to have smoking habit in the past increased with age.

Figure 7 Distribution of Smokers (subjects aged 20 years and over)



Current smokers:

Among the subjects who smoked more than 100 cigarettes in total, or smoked cigarettes over 6 months, those who responded that they had smoked cigarettes “every day” or “sometimes” during the past one month.

Past smokers:

Among the subjects who smoked more than 100 cigarettes in total, or smoked cigarettes over 6 months, those who responded that they had “not smoked” a cigarette during the past one month.

Non-smokers:

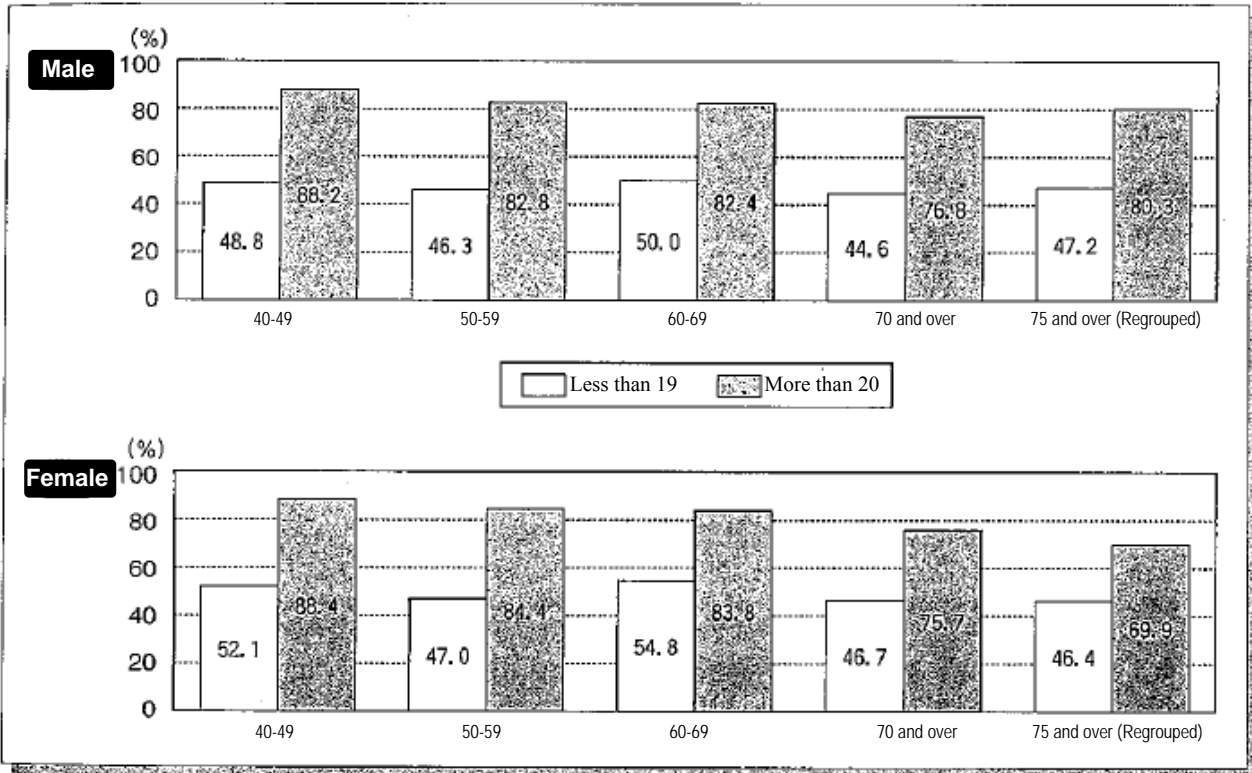
The subjects who responded that they “never smoked” or “smoked less than 100 cigarettes in total for less than 6 months”.

Number of Teeth and Ability to Chew Food

Among the subjects aged 40 years and over, the proportion of those who responded that they “can chew any food” is higher in the ones with 20 or more teeth than those with less than 19 teeth.

Among the subjects aged 40 years and over, the proportion of those who responded that they “can chew any food” was about 80% in the ones with more than 20 teeth, whereas it was about 50% in those with less than 19 teeth. Regardless of age group, the proportion of those who responded that they “can chew any food” was higher in the ones with more than 20 teeth than those with 19 teeth.

Figure 8 Proportion of the Subjects Who Responded That They “Can Chew Any Food” according to the Number of Teeth (subjects aged 40 years and over)



For the subjects aged under 30 years, it is difficult to compare by the number of teeth, because only a few number of subjects have less than 19 teeth.

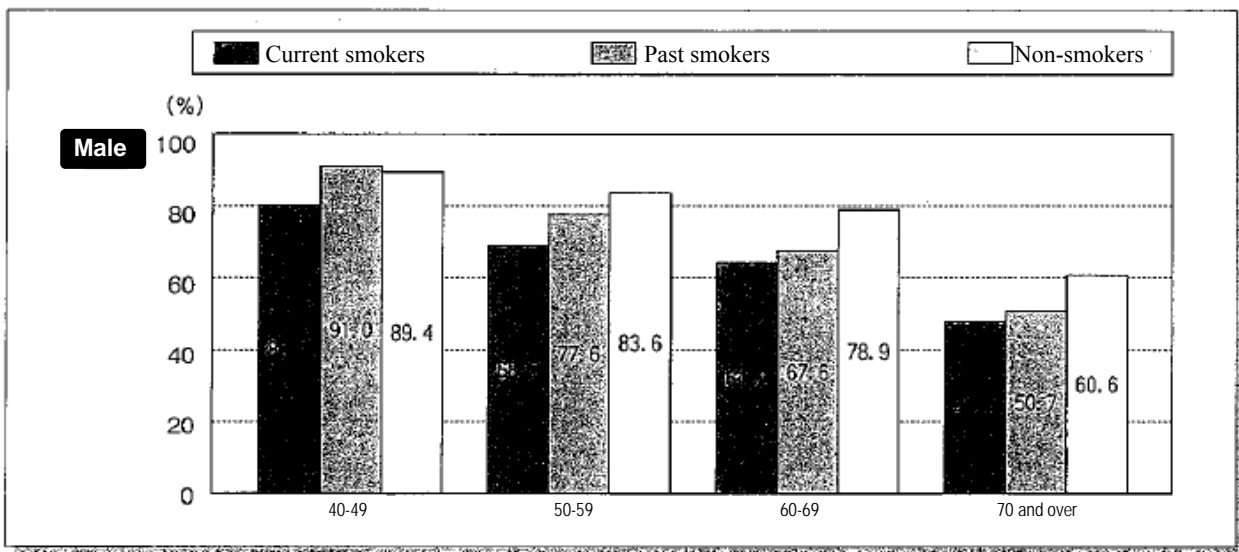
Smoking Habits and Teeth

Among males aged 40 years and over, the proportion of those who responded that they “can chew any food” and the proportion of those with more than 20 teeth are lower in the current smokers than in non-smokers.

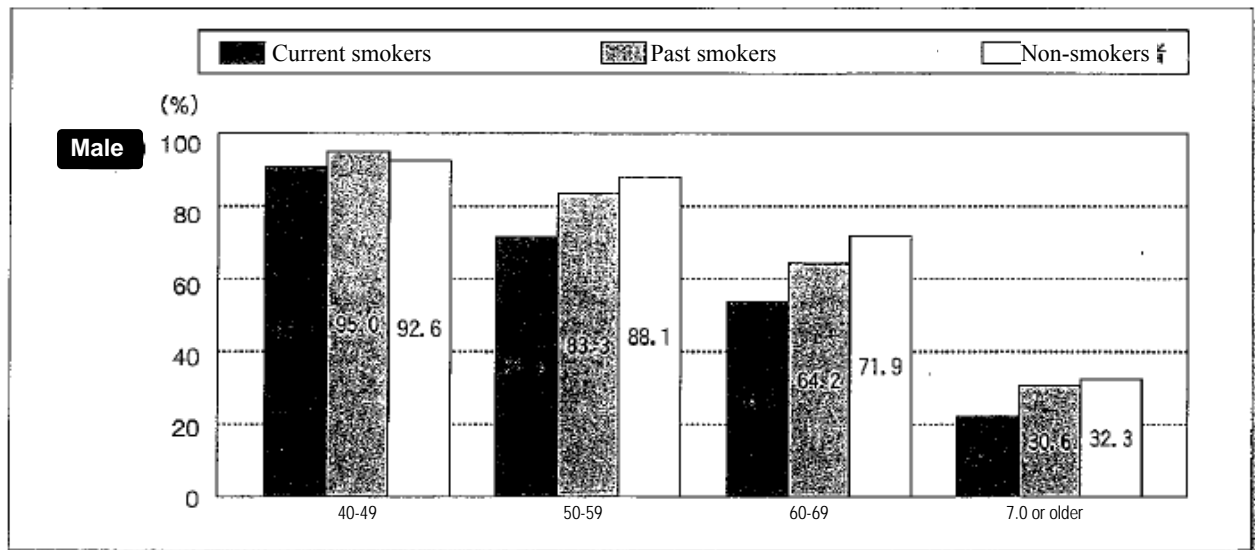
The proportion of the subjects who responded that they “can chew any food” decreased with age, and was lower in the current smokers than in non-smokers in all the age groups over 40 years.

And, the proportion of the subjects with more than 20 teeth also decreased with age, and was lower in the current smokers than in non-smokers in all the groups over 40 years.

◆ **Figure 9 Proportion of the Subjects Who Responded That They “Can Chew Any Food” according to Smoking Habit (subjects aged 40 years and over)**



◆ **Figure 10 Proportion of the Subjects with More Than 20 Teeth according to Smoking Habit (subjects aged 40 years and over)**



For females, it is difficult to compare by smoking habit because only a few women are current smokers.

Exercise Habits

About 30% of adult males and about 25% of adult females have regular exercise habits. The proportion of regular exercisers is high in males aged 60 years and over and females aged 50 years and over, whereas it is low in males aged 20-59 years and females 20-49 years.

The proportion of regular exercisers (who exercise more than twice a week for at least 30 minutes over one year period) was high among males aged 60 years and over whereas it was low among males aged 20-59 years and females aged 20-49 years.

And, secular change shows that the proportion of regular exercisers remains unchanged both in males and females, although there is some year-to-year fluctuation. With regard to the age groups, the proportion of regular exercisers is high in males aged 60 years and over and females aged 50 years and over, whereas it was low in the relatively young age groups.

Figure 11 Proportion of Regular Exercisers (subjects aged 20 years and over)

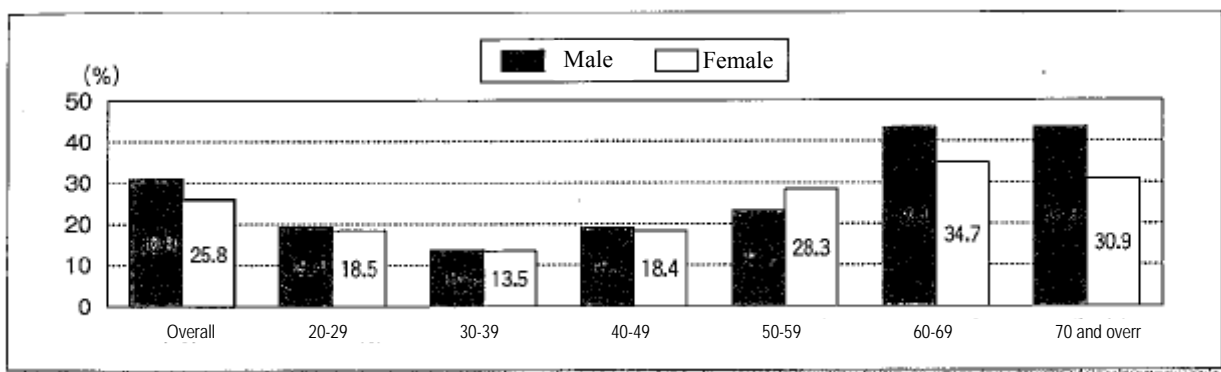
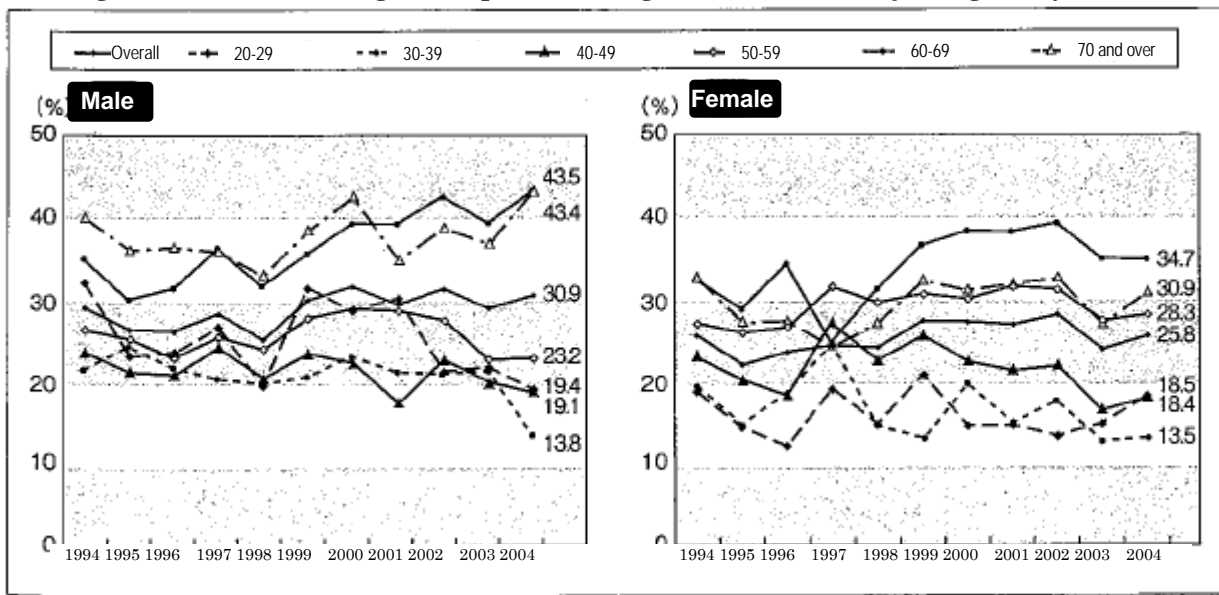


Figure 12 Secular Change in Proportion of Regular Exercisers (subjects aged 20 years and over)



Regular Exercisers:

Those who exercise more than twice a week for at least 30 minutes over one year period

(Reference) "Health Japan 21" Target Value (2010)

Proportion of Regular Exercisers

Male more than 39%

Female more than 35%

Breakfast Skipping Rate

Overall, the breakfast skipping rate has been increasing in both males and females since 1999. The proportion is highest in the age group of 20 to 29 years in both males (about 30%) and females (about 20%).

Among the subjects aged 20-29 years who live alone, the breakfast skipping rate is about 70% for males and about 30% for females.

The breakfast skipping rate was highest in the age group of 20-29 years, with 34.3% for males and 22.0% for females, after which it decreased with age.

Among the subjects who live alone, the breakfast skipping rate was 65.5% and 41.4% for males aged 20-29 years and 30-39 years respectively, and 29.0% for females aged 20-29 years.

Figure 13 Secular change in Breakfast Skipping Rate (all subjects aged 1 year and over)

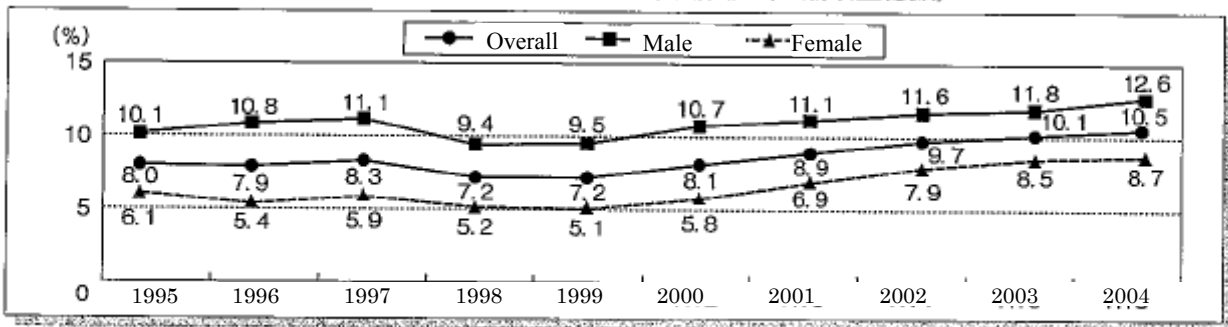


Figure 14 Breakfast Skipping Rate by Age Group (subjects aged 1 years and over)

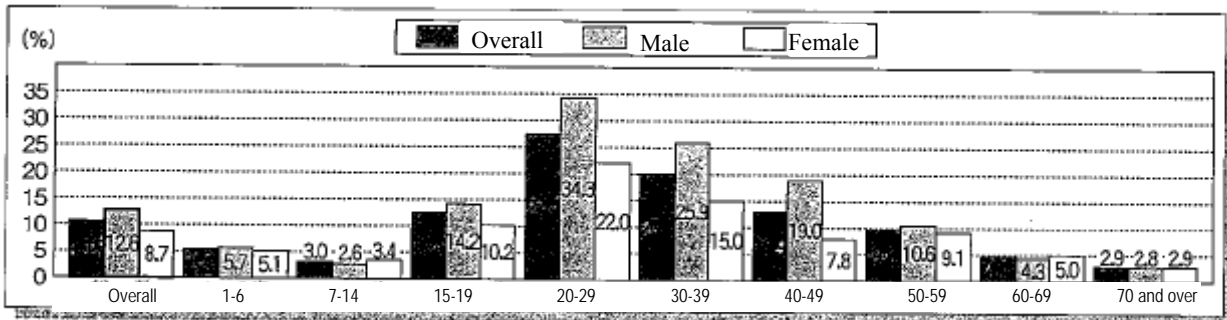
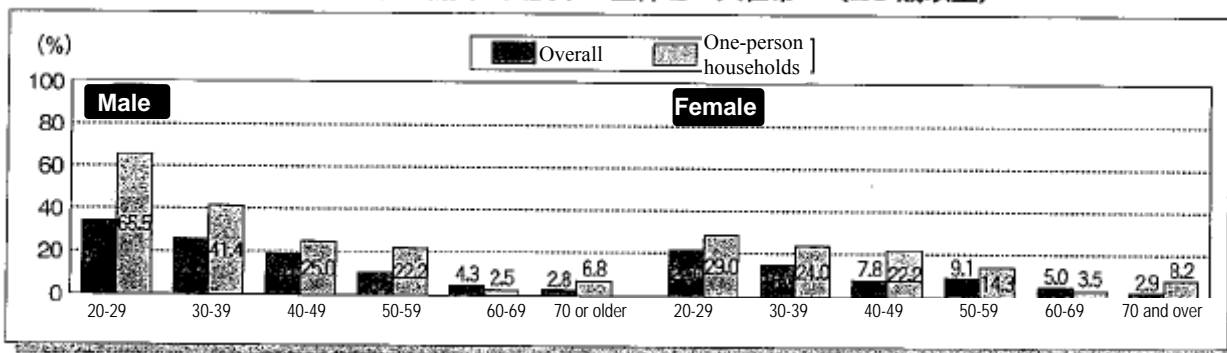


Figure 15 Breakfast Skipping Rate - Overall vs. Living Alone (subjects aged 20 years and over)



In this survey, "meal-skipping" means any of the following cases:
 (1) Not eating anything (not having a meal)
 (2) Taking only confectioneries, fruits, dairy products and beverages
 (3) Taking only vitamins/minerals supplements (tablet, capsule, granule) and nutritional drink

(Reference) "Health Japan 21" Target Value (2010)
 Breakfast Skipping Rate
 Males aged 20-39 years less than 15%

3. Dietary Intake

Salt Intake

More than 50% of adults take more than 10 g of salt per day

More than 50% of adults take more than 10 g of salt per day.

The mean salt intake for adults per day was 11.2 g (12.1 g for males, 10.5 g for females).

Figure 16 Distribution of Salt Intake per day (all subjects aged 20 years and over)

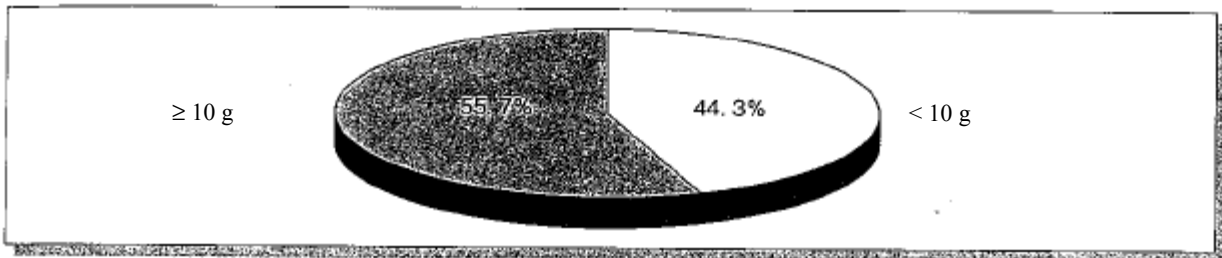


Figure 17 Mean Salt Intake per day (subjects aged 20 years and over)

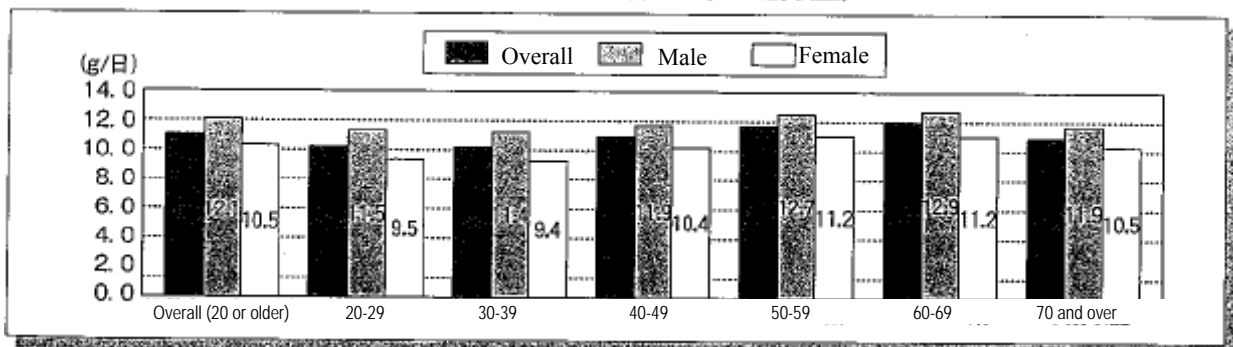
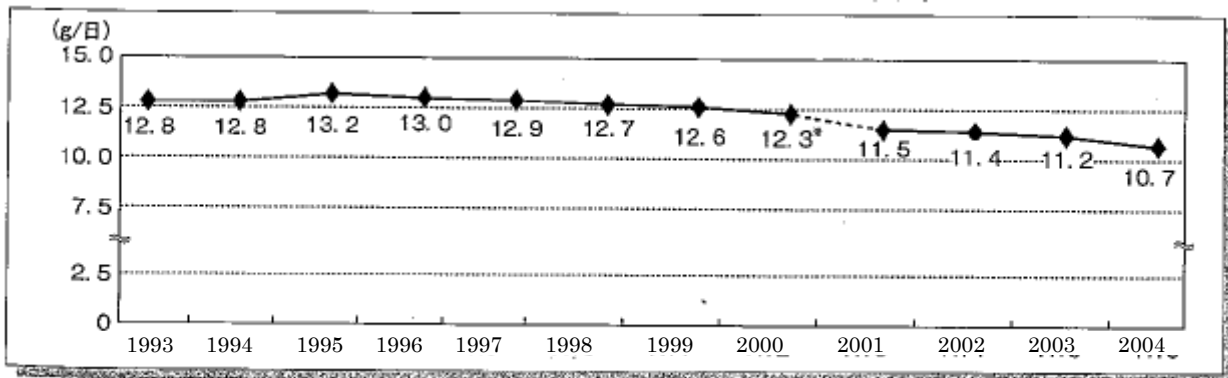


Figure 18 Secular Change in Mean Salt Intake (all subjects aged 1 years and over)



Salt intake (g) = Sodium (mg) × 2.54/1,000

(Reference) "Health Japan 21" Target Value (2010)
Salt Intake Adults: less than 10g

* Calculations were made using the Standard Tables of Food Composition in Japan, Fourth Revised Edition (until 2000), and the Standard Tables of Food Composition in Japan, Fifth Revised Edition (since 2001).

Proportion of three Major Nutrients in Total Energy Intake

Proportion of the adults who exceed 25% fat energy ratio was about 40% in males and about 50% in females.

Proportion of the adults who exceed 25% of fat-energy ratio was about 40% in males and about 50% in females, and those who exceed 30% was about 20% in males and about 25% in females.

Figure 19 Distribution of Fat Energy Ratio (subjects aged 20 years and over)

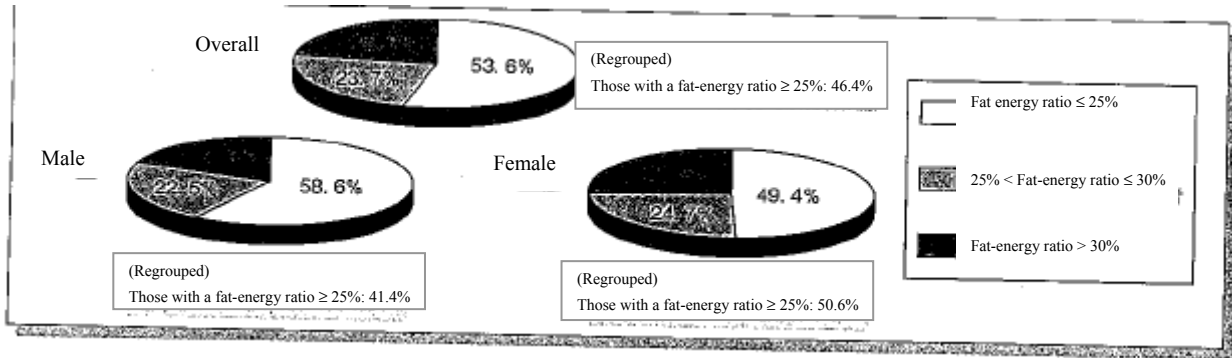


Figure 20 Changes in Proportion of Major three Nutrients in Total Energy Intake (all subjects aged 1 years and over)

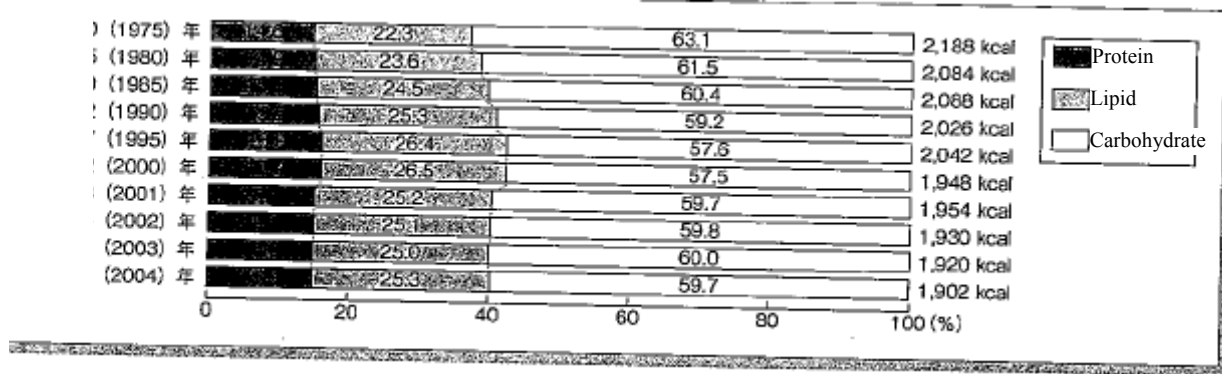
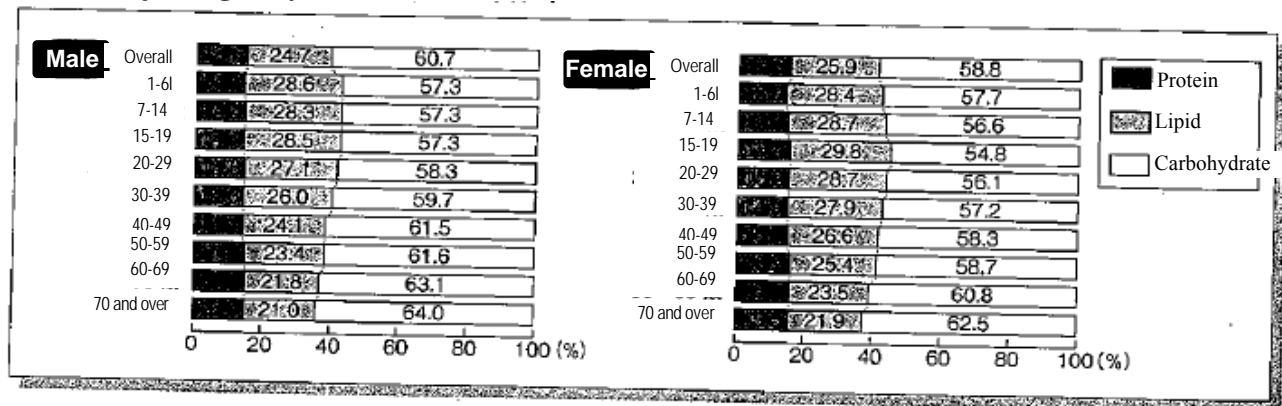


Figure 21 Proportion of Major three Nutrients in Total Energy Intake according to age group (subjects aged 1 years and over)



Fat-energy ratio:

Percentage that fat contributes to total energy intake

(Reference) "Health Japan 21" Target Value (2010)

Fat-energy ratio: 20-49 years less than 25%

(Reference)

The 6th Revised Japanese Recommended Dietary Allowances - Dietary Reference Intakes -

Fat-energy ratio: 1-17 years 25-30%

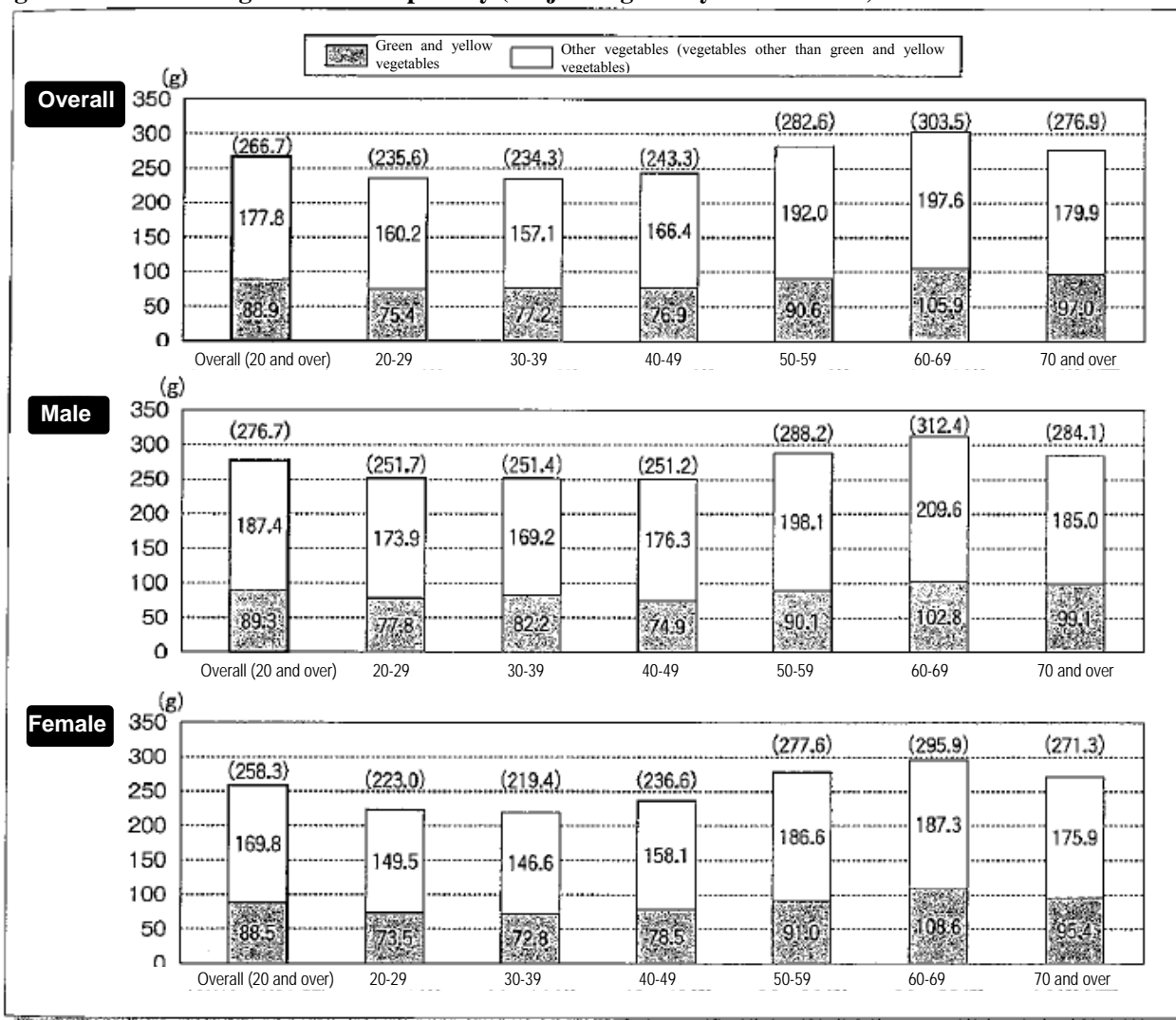
18 years and over 20-25%

Vegetable Intake

Vegetable intake increased with age, though it still remained no more than 303.5g even in the age group of 60-69 years with highest average vegetable intakes.

The mean average vegetable intake in all adults was 266.7 g, with highest mean values (303.5g) in those aged 60-69 years, whereas it was low in those aged 20-49 years regardless of sex.

Figure 22 Mean Vegetable Intake per day (subjects aged 20 years and over)



Values in parentheses are the sum of “green and yellow vegetables” and “other vegetables (vegetables other than green and yellow vegetables)”.

(Reference) “Health Japan 21” Target Value (2010)
Vegetable intake: Adult more than 350g
(of which green and yellow vegetables)
Adult more than 120g

(Reference) Effect of weather conditions on vegetable intake

In November 2004, the period when the survey was conducted, the prices of fresh vegetables were substantially higher than the usual year because of weather conditions, such as typhoons (the prices of specified vegetables were 190% higher than the previous year, based on the trend of wholesale prices of specified vegetables at the Tokyo Metropolitan Central Wholesale Market).

In addition, the amount of all fresh vegetables purchased during the survey period was less than that in the same period of the previous year (ratio of the amount purchased in November to the average monthly amount purchased during the past 5 years was more than 100% in 2000-2003 and 94% in 2004 (calculated from the results of the “Household Expenditure Survey” by the Ministry of Internal Affairs and Communications)).