**Supplementary** **Table 3.** Japanese current nutritional profiles (age > 20 y, per capita per day, not statistically analysed between each place in this table)

|  |  |  |  |
| --- | --- | --- | --- |
|  | Nagano (2013) a | Okinawa (2011) b | All Japan (2013) c |
|  | Mean | SD | Median | Mean | SD | Mean | SD | Median |
| Energy, kcal | 1877 | 508 | 1806 | 1680.1d | 529.6d | 1887 | 555 | 1834 |
| All protein, g | 70.0 | 22.3 | 68.0 | 63.0 | 23.4 | 69.8 | 23.2 | 67.6 |
| Animal protein, g | 37.8 | 17.7 | 35.2 | 33.7 | 19.0 | 37.3 | 18.3 | 35.2 |
| All fat, g | 53.7 | 21.6 | 51.1 | 51.3 | 21.7 | 54.3 | 23.5 | 51.4 |
| Animal fat, g | 27.5 | 15.2 | 25.2 | 26.8 | 15.7 | 27.4 | 16.1 | 24.9 |
| Total saturated fatty acid, g | 14.00 | 6.54 | 13.05 | 13.3 | 6.5 | 14.51 | 7.36 | 13.37 |
| Total monounsaturated fatty acid, g | 18.46 | 8.36 | 17.22 | 17.8 | 8.5 | 18.60 | 9.11 | 17.22 |
| Omega-6 fatty acids, g | 9.40 | 4.47 | 8.55 | 9.2 | 4.7 | 9.32 | 4.71 | 8.63 |
| Omega-3 fatty acids, g | 2.43 | 1.53 | 2.08 | 2.0 | 1.5 | 2.25 | 1.47 | 1.94 |
| Cholesterol, mg | 308 | 170 | 299 | 275.5 | 175.2 | 308 | 184 | 286 |
| Carbohydrates, g | 262 | 78 | 253 | 224.8 | 74.0 | 260.8 | 81.9 | 253.1 |
| Fibre, g | 15.4 | 6.3 | 14.7 | 12.5 | 5.8 | 14.7 | 6.5 | 13.7 |
| Vitamin A, µg RE | 527 | 661 | 413 | 645.4 | 1130.5 | 522 | 663 | 401 |
| Vitamin D, µg | 9.3 | 9.6 | 5.6 | 5.5 | 6.4 | 7.9 | 8.9 | 4.6 |
| Vitamin E, mg | 6.9 | 3.3 | 6.3 | 7.0 | 13.7 | 6.5 | 3.3 | 6.0 |
| Vitamin K, µg | 248 | 174 | 207 | 190.5 | 160.8 | 230 | 178 | 179 |
| Vitamin B1, mg | 0.93 | 0.8 | 0.81 | 1.1 | 4.4 | 0.85 | 0.40 | 0.78 |
| Vitamin B2, mg | 1.22 | 0.77 | 1.10 | 1.3 | 1.9 | 1.14 | 0.51 | 1.06 |
| Vitamin B3 mg NE | 15.9 | 7.7 | 14.4 | 14.0 | 8.1 | 15.1 | 7.0 | 13.8 |
| Vitamin B6, mg | 1.26 | 0.89 | 1.12 | 1.6 | 5.9 | 1.14 | 0.48 | 1.07 |
| Vitamin B12, µg | 7.22 | 7.07 | 5.06 | 5.5 | 6.8 | 6.5 | 6.8 | 4.3 |
| Folic acid, µg | 318 | 150 | 296 | 266.5 | 159.8 | 294 | 141 | 273 |
| Pantothenic acid, mg | 5.52 | 1.80 | 5.37 | 4.5 | 1.8 | 5.42 | 1.97 | 5.20 |
| Vitamin C, mg | 100 | 66 | 84 | 87.2 | 124.7 | 100 | 78 | 81 |
| Sodium, mg | 4173 | 1575 | 3976 | 3353.7 | 1399.6 | 4010 | 1575 | 3818 |
| Potassium, mg | 2355 | 845 | 2258 | 1949.4 | 781.6 | 2293 | 901 | 2185 |
| Calcium, mg | 503 | 257 | 478 | 428.8 | 247.9 | 498 | 255 | 456 |
| Magnesium, mg | 248 | 87 | 233 | 224.8 | 92.2 | 247 | 92 | 238 |
| Phosphorus, mg | 1012 | 325 | 977 | 860.9 | 320.7 | 985 | 338 | 954 |
| Iron, mg | 7.8 | 2.9 | 7.5 | 7.3 | 3.1 | 7.7 | 3.0 | 7.3 |
| Zinc, mg | 8.0 | 2.5 | 7.6 | 7.4 | 2.8 | 8.0 | 2.9 | 7.6 |
| Copper, mg | 1.19 | 0.42 | 1.13 | 1.0 | 0.4 | 1.15 | 0.40 | 1.11 |
| Energy from protein, % | 15.0 | 3.0 | 14.8 | 15.0 | 3.4 | 14.9d | -d | -d |
| Energy from fat, % | 25.6 | 7.2 | 25.2 | 27.6 | 7.2 | 25.7d | 7.4d | 25.5d |
| Energy from carbohydrates, % | 59.4 | 8.3 | 59.7 | 57.5 | 8.6 | 59.4d | 8.5d | 59.4d |

SD, standard deviation; RE, retinol equivalents; NE, niacin equivalents.

aNagano Prefecture health and nutritional survey, 2013. Data have been adjusted according to sample size and population composition of the prefecture (1).

bOkinawa Prefecture health and nutritional survey, 2011. Median values were not cited (22).

cThe national health and nutrition survey in Japan, 2013 (10).

dIn the 1980s, residents of Okinawa consumed more than 1900 kcal, approaching 2000 kcal in 1988.

eDerived from average of each individual’s data. Energy from protein was not cited and was calculated after subtracting fat and carbohydrates from the total.