**Supplementary** **Table 4.** Dietary intake of each food group in current Japanese diets (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 |
| Grains: rice and processed foods | 347.9 | 182.5 | 320.0 | 329.1 | 164.4 | 383.2 | 182.5 | 300.0 |
| Grains: oat and processed foods | 101.8 | 115.3 | 66.7 | 86.1 | 99.8 | 107.5 | 110.0 | 72.0 |
| Tubers and roots | 53.2 | 63.2 | 37.5 | 30.8 | 51.2 | 53.0 | 66.2 | 32.0 |
| Sugar and sweeteners | 6.4 | 8.8 | 3.8 | 4.3 | 7.0 | 6.8 | 9.6 | 4.0 |
| Pulses | 60.3 | 73.6 | 37.5 | 75.0 | 102.9 | 64.1 | 78.1 | 41.0 |
| Nuts | 3.3 | 12.0 | 0.0 | 0.6 | 3.3 | 2.0 | 8.4 | 0.0 |
| Vegetables | 319.0 | 178.6 | 293.8 | 282.6 | 167.9 | 283.1 | 172.9 | 254.2 |
| Green　and yellow vegetables | 113.8 | 100.5 | 85.1 | 87.4 | 78.2 | 87.3 | 81.3 | 67.5 |
| Other vegetables | 205.3 | 134.6 | 183.5 | 181.8 | 131.0 | 172.1 | 121.0 | 150.3 |
| Pickled products | 17.3 | 32.9 | 0.0 | 3.5 | 8.2 | 10.8 | 22.9 | 0.0 |
| Fruits and products | 103.7 | 126.3 | 66.1 | 63.2 | 104.7 | 116.5 | 142.5 | 77.7 |
| Mushrooms | 21.0 | 31.9 | 10.0 | 10.7 | 21.9 | 17.3 | 28.0 | 3.3 |
| Algae | 12.1 | 22.7 | 2.1 | 14.2 | 27.1 | 10.7 | 20.6 | 1.5 |
| Raw fish and seashells | 46.4 | 58.1 | 25.0 | 46.3 | 62.9 | 47.8 | 62.0 | 24.0 |
| Processed sea foods | 36.5 | 44.6 | 21.0 | 17.6 | 29.1 | 31.0 | 44.7 | 10.0 |
| Meat | 81.6 | 70.6 | 65.5 | 89.4 | 78.8 | 86.8 | 74.3 | 72.3 |
| Eggs | 34.6 | 32.0 | 35.2 | 31.7 | 31.7 | 34.1 | 34.7 | 29.5 |
| Milk and processed daily products | 103.3 | 127.1 | 50.1 | 66.8 | 117.8 | 103.9 | 131.7 | 50.0 |
| Oils and fats | 9.9 | 8.9 | 8.2 | 10.4 | 8.3 | 10.3 | 9.4 | 8.0 |
| Confectioneries | 19.8 | 38.0 | 0.0 | 13.3 | 30.3 | 25.3 | 47.2 | 0.0 |
| Alcoholic beverages | 94.2 | 237.5 | 0.0 | 103.2 | 291.8 | 121.1 | 283.0 | 0.8 |
| Other preference beverages | 577.8 | 460.3 | 516.5 | 470.2 | 420.3 | 547.4 | 416.6 | 492.0 |
| Flavouring agents | 94.9 | 89.1 | 66.5 | 78.0 | 89.7 | 91.9 | 87.2 | 62.5 |

SD, standard deviation.

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).