Meal-based Diet History Questionnaire (MDHQ)

This questionnaire asks about your dietary habits by each meal type, including breakfast, morning snack,

lunch, afternoon snack, dinner, and night snack.

Please think about your usual intake over the past one month.

This questionnaire consists of the three parts.

* Part 1: how often you have eaten certain foods (for example, fruit), by each meal type
* Part 2: how often you have eaten more specific foods (for example, apples)
* Part 3: eating behaviors

Please check the most appropriate box for each question.

Please estimate your average food intake as best you can.

From the next page, Part 1 starts, asking about how often you have eaten certain foods by each meal type.

Here are questions on breakfast. Please consider only your own breakfast.

Did you eat each of the followings at breakfast? Please answer the number of days per week.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Breakfast | 0 day  per week | 1 day  per week | 2 days per week | 3 days per week | 4 days per week | 5 days per week | 6 days per week | 7 days per week |
| Rice | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Bread | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Noodles | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Miso soup | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Pickled vegetables | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Fish and shellfish | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Meat (including processed meat) | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Eggs | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Milk and dairy products | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Pulses (including soy products) and nuts | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Vegetables, including mushroom and seaweed (excluding juice) | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Potatoes | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Fruit (excluding juice) | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Water | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Green tea | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Barley tea | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Oolong tea | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Black tea | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Coffee | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Soft drinks | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Fruit and vegetable juice | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Breakfast cereals | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |

Here are questions on morning snack. Please consider only your own morning snack.

Did you eat each of the followings as morning snack? Please answer the number of days per week.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Morning snack | 0 day  per week | 1 day  per week | 2 days per week | 3 days per week | 4 days per week | 5 days per week | 6 days per week | 7 days per week |
| Milk and dairy products | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Fruit (excluding juice) | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Confectioneries | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Water | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Green tea | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Barley tea | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Oolong tea | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Black tea | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Coffee | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Soft drinks | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Fruit and vegetable juice | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |

Here are questions on lunch. Please consider only your own lunch.

Did you eat each of the followings at lunch? Please answer the number of days per week.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Lunch | 0 day  per week | 1 day  per week | 2 days per week | 3 days per week | 4 days per week | 5 days per week | 6 days per week | 7 days per week |
| Rice | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Bread | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Noodles | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Miso soup | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Pickled vegetables | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Fish and shellfish | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Meat (including processed meat) | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Eggs | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Milk and dairy products | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Pulses (including soy products) and nuts | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Vegetables, including mushroom and seaweed (excluding juice) | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Potatoes | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Fruit (excluding juice) | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Water | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Green tea | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Barley tea | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Oolong tea | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Black tea | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Coffee | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Soft drinks | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Fruit and vegetable juice | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Alcoholic beverages | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |

Here are questions on afternoon snack. Please consider only your own afternoon snack.

Did you eat each of the followings as afternoon snack? Please answer the number of days per week.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Afternoon snack | 0 day  per week | 1 day  per week | 2 days per week | 3 days per week | 4 days per week | 5 days per week | 6 days per week | 7 days per week |
| Milk and dairy products | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Fruit (excluding juice) | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Confectioneries | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Water | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Green tea | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Barley tea | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Oolong tea | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Black tea | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Coffee | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Soft drinks | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Fruit and vegetable juice | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Alcoholic beverages | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |

Here are questions on dinner. Please consider only your own dinner.

Did you eat each of the followings at dinner? Please answer the number of days per week.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Dinner | 0 day  per week | 1 day  per week | 2 days per week | 3 days per week | 4 days per week | 5 days per week | 6 days per week | 7 days per week |
| Rice | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Bread | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Noodles | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Miso soup | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Pickled vegetables | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Fish and shellfish | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Meat (including processed meat) | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Eggs | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Milk and dairy products | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Pulses (including soy products) and nuts | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Vegetables, including mushroom and seaweed (excluding juice) | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Potatoes | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Fruit (excluding juice) | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Water | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Green tea | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Barley tea | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Oolong tea | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Black tea | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Coffee | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Soft drinks | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Fruit and vegetable juice | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Alcoholic beverages | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |

Here are questions on night snack. Please consider only your own night snack.

Did you eat each of the followings as night snack? Please answer the number of days per week.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Night snack | 0 day  per week | 1 day  per week | 2 days per week | 3 days per week | 4 days per week | 5 days per week | 6 days per week | 7 days per week |
| Milk and dairy products | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Fruit (excluding juice) | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Confectioneries | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Water | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Green tea | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Barley tea | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Oolong tea | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Black tea | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Coffee | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Soft drinks | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Fruit and vegetable juice | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |
| Alcoholic beverages | 0 □ | 1 □ | 2 □ | 3 □ | 4 □ | 5 □ | 6 □ | 7 □ |

The second part asks about more specific food items, with possible answers of ‘always’, ‘often’, ‘sometimes’, ‘rarely’, and ‘never’.

Here are questions on noodles. How often did you select the followings when eating noodles?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Always | Often | Sometimes | Rarely | Never |
| Wheat noodles | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Chinese noodles | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Instant noodles | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Spaghetti | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Buckwheat noodles | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |

Here are questions on fish and shellfish. How often did you select the followings when eating fish and shellfish?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Always | Often | Sometimes | Rarely | Never |
| Small fish with bones | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Dried fish | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Canned tuna | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Salmon | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| White meat fish | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Oily fish | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Red meat fish | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Squid and octopus | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Eel | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Shrimp and crab | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Shellfish | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Fish eggs | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Ground fish meat products | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |

Here are questions on meat. How often did you select the followings when eating meat?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Always | Often | Sometimes | Rarely | Never |
| Liver | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Processed meat | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Beef | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Chicken | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Pork | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |

Here are questions on milk and dairy products. How often did you select the followings when eating milk and dairy products?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Always | Often | Sometimes | Rarely | Never |
| Low-fat milk | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Full-fat milk | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Yogurt | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Cheese | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Ice cream | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |

Here are questions on pulses and nuts. How often did you select the followings when eating pulses and nuts?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Always | Often | Sometimes | Rarely | Never |
| Tofu (i.e., soybean curd) | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Natto (i,e., fermented soybeans) | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Tofu products | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Soy milk | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Peanuts and nuts | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |

Here are questions on vegetables. How often did you select the followings when eating vegetables?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Always | Often | Sometimes | Rarely | Never |
| Cabbage | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Cucumbers | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Lettuce | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Bitter melon | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Burdock | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Radishes | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Onions | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Carrots | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Pumpkins | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Tomatoes | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Eggplants | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Green peppers | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Broccoli | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Chinese cabbage | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Green leafy vegetables | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Bean sprouts | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Edamame (i.e., immature soybeans) and peas | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Mushrooms | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Seaweeds | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |

Here are questions on fruit. How often did you select the followings when eating fruit?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Always | Often | Sometimes | Rarely | Never |
| Strawberries | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Persimmons | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Citrus fruits | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Kiwi fruit | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Water melons | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Pears | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Bananas | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Grapes | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Melons | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Peaches | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Apples | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |

Here are questions on confectioneries. How often did you select the followings when eating confectioneries?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Always | Often | Sometimes | Rarely | Never |
| Rice crackers | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Japanese sweets | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Candies, caramels, and chewing gum | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Japanese bread with a sweet filling | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Snacks made from wheat flour | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Jellies | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Chocolates | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Biscuits and cookies | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| Cakes | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |

Here are questions on alcoholic beverages. Please answer the amount of each beverage consumed for a typical drinking occasion, in comparison with the standard portion.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Standard portion | 4 portions or more | 3  portions | 2  portions | 1  portion | 1/2 portion | Less than 1/2 portion | Never |
| Beer | 350 ml | ≥4 □ | 3 □ | 2 □ | 1 □ | 1/2 □ | <1/2 □ | 0 □ |
| Sake | 1 go = 180 ml | ≥4 □ | 3 □ | 2 □ | 1 □ | 1/2 □ | <1/2 □ | 0 □ |
| Shochu (i.e., Japanese [distilled beverage](https://en.wikipedia.org/wiki/Distilled_beverage)) | 120 ml | ≥4 □ | 3 □ | 2 □ | 1 □ | 1/2 □ | <1/2 □ | 0 □ |
| Wine | 1 wine glass = 125 ml | ≥4 □ | 3 □ | 2 □ | 1 □ | 1/2 □ | <1/2 □ | 0 □ |
| Whiskey and other spirits | Double = 60 ml | ≥4 □ | 3 □ | 2 □ | 1 □ | 1/2 □ | <1/2 □ | 0 □ |

The third and last part asks about your eating behaviors.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Did you add sugar to tea and coffee? | Always □ | Sometimes □ | Never □ |  |  |
| Did you eat brown rice, germinated rice, wheat, or millet or mix them when eating white rice? | Always □ | Sometimes □ | Rarely □ | Never □ |  |
| Do you prefer fatty meat? | Like very much □ | Like a little □ | Neither like  nor dislike □ | Dislike a little □ | Dislike very much □ |
| The amount of noodle soup usually consumed is… | Almost all □ | About 80% □ | 40-60% □ | About 20% □ | Almost nothing □ |
| Degree of taste strength compared with eating out is… | Weak □ | A little weak □ | Same as  eating out □ | A little strong □ | Strong □ |
| Relative frequency of soy sauce use is… | Always □ | Often □ | Sometimes □ | Rarely □ | Never □ |
| The amount of soy sauce usually used is… | Very large □ | Relatively large □ | Typical □ | Relatively small □ | Very small □ |
| In comparison with a typical amount in eating out, the amount of main and side dishes usually consumed is… | Very large  at home □ | Relatively large  at home □ | Same as  eating out □ | Relatively small  at home □ | Very small  at home □ |
| In comparison with a typical amount in eating out, the amount of white rice usually consumed is… | Very large  at home □ | Relatively large  at home □ | Same as  eating out □ | Relatively small  at home □ | Very small  at home □ |

How often did you eat the following meat dishes?

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Twice per day or more | Once per day | 4-6 times per week | 2-3 times per week | Once per week | Less than once per week | Never |
| Grilled meat, steak | □ | □ | □ | □ | □ | □ | □ |
| Hamburg steak, curry, meat sauce, other Western dishes | □ | □ | □ | □ | □ | □ | □ |
| Fried meat, tempura | □ | □ | □ | □ | □ | □ | □ |
| Stir fried dishes | □ | □ | □ | □ | □ | □ | □ |
| Boiled dishes, hot pot, soup | □ | □ | □ | □ | □ | □ | □ |

How often did you eat the following fish and shellfish dishes?

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Twice per day or more | Once per day | 4-6 times per week | 2-3 times per week | Once per week | Less than once per week | Never |
| Raw fish, sushi | □ | □ | □ | □ | □ | □ | □ |
| Grilled fish | □ | □ | □ | □ | □ | □ | □ |
| Boiled fish, hot pot, soup | □ | □ | □ | □ | □ | □ | □ |
| Fried fish, tempura | □ | □ | □ | □ | □ | □ | □ |

The following information is essential for assessing your dietary intake adequacy.

Sex Male Female Body height . cm Body weight . kg

Date of birth / / Today’s date / /

Day Month Year Day Month Year Thank you!