

**Table S1. Food composition table of total polyphenols used in the current study.**

FCT food number	Food item	Polyphenol content (g/100g)
1026	Common wheat, bread, white	0.050
1039	Common wheat, "Udon" (thick wheat noodles), boiled	0.010
1048	Common wheat, yellow alkaline noodles, boiled	0.020
1063	Durum wheat, macaroni and spaghetti, dry pasta, uncooked	0.110
1083	Rice, paddy rice, non-glutinous, well-milled, raw	0.020
1085	Rice, short grain, paddy rice, brown, "meshi" (cooked rice)	0.030
1129	Buckwheat, dried noodles, uncooked	0.290
2003	Konjac, block, made from fine powder	0.005
2006	Sweet potato, tuberous root, without skin, raw	0.040
2010	Taro, "Satoimo", corm, raw	0.120
2017	Potatoes, tuber, raw	0.040
2023	Yam, Chinese yam, "Nagaimo", tuberous root, raw	0.030
4001	Adzuki beans, mature seeds, whole, raw	0.803
4032	Soybeans, tofu, "Momen-tofu" (regular tofu)	0.040
4040	Soybeans, tofu, "Abura-age" (fried thin slices of pressed tofu), uncooked	0.040
4046	Soybeans, natto, "Itohiki-natto" (fermented whole soybean)	0.420
5001	Almonds, raw	0.180
5005	Cashew nuts, oil-roasted and salted	0.197
5008	Ginkgo nuts, raw	0.060
5011	Chestnuts, Japanese chestnuts, boiled	0.100
5014	Walnuts, roasted	0.883
5017	Sesame seeds, whole, dried	0.157
5034	Peanuts, mature seeds, Virginia type, raw	0.673
6003	Chives (leaf, raw)	0.037
6007	Asparagus (young, raw)	0.078
6015	Edamame (raw)	0.053
6020	Peas (young, raw)	0.050
6022	Peas, snap peas, immature pods, raw	0.027
6026	Peas, green peas, canned in brine	0.017
6032	Okra, pods, raw	0.223
6038	Turnip, root, without skin, raw	0.000
6042	Turnip, pickles, salted pickles, root without skin	0.010
6048	Pumpkin and squash, winter squash*, fruit, raw [*Syn. Pumpkin]	0.030
6052	Leaf mustard, "Karashina", leaves, raw	0.084
6054	Cauliflower, inflorescence, raw	0.026
6061	Cabbage, common, head, raw	0.000
6064	Cabbage, red cabbage, head raw	0.078
6065	Cucumber, fruit, raw	0.010
6066	Cucumber, fruit, pickles, salted pickles	0.000
6072	Leaf green, "Mizuna", leaves, raw	0.054
6084	Edible burdock, root, raw	0.342
6086	Spinach mustard, "Komatsuna", leaves, raw	0.028
6093	Sweet peppers, "Shishito", fruit, raw	0.203
6095	Perilla, "Shiso", leaves, raw	0.890
6099	Garland chrysanthemum, leaves, raw	0.192
6101	Water shield, young leaves, bottled in water	0.090
6102	Ginger, immature rhizome with stem, raw	0.088
6103	Ginger, mature rhizome, raw	0.180
6116	Zucchini, fruit, raw	0.020
6117	Water dropwort, stems and leaves, raw	0.143
6119	Celery, petiole, raw	0.010
6122	Japanese royal fern, fiddleheads, dried, raw	1.580
6124	Broad beans, immature beans, raw	0.093
6128	Japanese radishes, Daikon, sprouts, raw	0.100
6130	Japanese radishes, Daikon, leaves, raw	0.124
6134	Japanese radishes, Daikon, root without skin, raw	0.010
6136	Japanese radishes, Daikon, "Kiriboshi-daikon" (cut and dried Daikon root), raw	0.293
6150	Bamboo shoots, boiled	0.322
6153	Onions, bulb, raw <sup>2</sup>	0.047
6156	Onions, red onions, bulb, raw	0.072
6160	Green bok choy, leaves, raw	0.040
6172	Hot peppers, fruit, dried	1.030
6173	Chinese preserving melon, fruit, raw	0.000

6180 Corn, sweet corn, canned products, whole kernel style	0.037
6181 Corn, sweet corn, young ear, raw	0.054
6182 Tomatoes, fruit, raw <sup>2</sup>	0.022
6183 Tomatoes, cherry tomatoes, fruit, raw	0.033
6184 Tomatoes, canned products, whole, without salt	0.027
6185 Tomatoes, canned products, juice, with salt	0.030
6191 Eggplant*, Japanese type, fruit, raw [*Syn. Aubergine]	0.144
6193 Eggplant*, western type, fruit, raw [*Syn. Aubergine]	0.184
6207 Chinese chive, leaves, raw	0.040
6214 Carrot, regular (European type), root without skin, raw <sup>2</sup>	0.013
6220 Carrot, "Kintoki" (oriental type), root without skin, raw	0.018
6223 Garlic, bulb, raw	0.122
6226 Welsh onions, "Nebuka-negi" (large variety, blanching cultivation), leaves, raw	0.016
6228 Welsh onions, "Konegi" (small variety), leaves, raw	0.040
6230 Turnip green, "Nozawana", leaves, pickles, salted pickles	0.037
6233 Chinese cabbage, head, raw	0.011
6238 Basil, leaves, raw	0.547
6239 Parsley, leaves, raw	0.230
6245 Sweet peppers, fruit, green, raw	0.040
6256 Japanese butterbur, petiole, raw	0.208
6263 Broccoli, inflorescence, raw	0.050
6265 Sponge gourd, immature fruit, raw	0.026
6267 Spinach, leaves, all season, raw <sup>2</sup>	0.090
6272 Turnip green, "Mizukakena", leaves, raw	0.086
6276 Japanese hornwort, "Ne-mitsuba" (branched by covering with soil), leaves, raw	0.227
6280 Japanese ginger, "Myoga", spike, raw	0.024
6283 Brussels sprouts, head, raw	0.076
6286 Bean sprouts, alfalfa sprouts, raw	0.080
6287 Bean sprouts, soybean sprouts, raw	0.063
6289 Bean sprouts, black gram sprouts, raw	0.030
6291 Bean sprouts, mung bean sprouts, raw	0.037
6293 Nalta jute*, stems and leaves, raw [*Syn. Tossa jute]	0.640
6296 Lily, bulb, raw	0.020
6301 Japanese wormwood, leaves, raw	2.607
6304 Peanuts, immature beans, boiled	0.407
6306 Japanese scallion, "Rakkyo", mature bulb, pickles, sweetened	0.013
6307 Japanese scallion, "Rakkyo", immature bulb, raw	0.020
6308 Leeks, bulb and leaves, raw	0.014
6312 Lettuce, head lettuce, crisp type, soil culture, head, raw	0.026
6313 Lettuce, head lettuce, butter type, leaves, raw	0.032
6314 Lettuce, green leaf lettuce, leaves, raw	0.084
6315 Lettuce, red leaf lettuce, leaves, raw	0.250
6317 East Indian lotus root, rhizome, raw	0.158
6320 Green onion, "Wakegi", leaves, raw	0.050
6322 Wasabi, rhizome, raw	0.044
6325 Bracken fern, fiddleheads, boiled	0.053
7006 Avocados, raw	0.068
7012 Strawberries, raw	0.168
7015 Figs, raw	0.026
7018 Citrus, "Iyo", juice sacs	0.062
7022 Mume*, "Umeboshi" (pickled and dried mume), salted pickles [*Syn. Japanese apricots]	0.060
7029 Satsuma mandarins, juice sacs, normal ripening type, raw	0.060
7037 Olives, in brine, green	0.170
7040 Oranges, navel, juice sacs, raw	0.090
7049 Japanese persimmons*, nonastringent, raw [*Syn. Kaki]	0.036
7054 Kiwifruit, green flesh type, raw	0.000
7062 Grapefruit, white flesh type, juice sacs, raw	0.070
7077 Watermelon, red flesh type, raw	0.000
7082 Plums, European plums, dried	0.630
7088 Pears, sand pears*, raw [Syn. Nashi pears]	0.012
7097 Pineapple, raw	0.040
7105 Citrus, "Hassaku", juice sacs, raw	0.080
7107 Bananas, raw	0.052
7116 Grapes, raw	0.034
7134 Muskmelon, greenhouse culture, raw	0.020
7136 Peaches, raw	0.078

7143 Citrus, "Yuzu", juice, fresh	0.024
7148 Apples, without skin, raw	0.076
7156 Lemons, juice, fresh	0.020
9004 Algae, purple laver, dried, toasted	0.910
9005 Algae, purple laver, dried, seasoned and toasted	1.050
14001 Olive oil	0.030
14008 Rapeseed oil	0.002
15072 Bun with filling, "Korone" (horn-shaped bread), with chocolate cream filling <sup>1</sup>	0.000
15097 Biscuits, hard biscuits	0.070
15098 Biscuits, soft biscuits	0.050
15114 Chocolate, chocolate-covered biscuit <sup>1</sup>	0.400
15115 Chocolate, white chocolate <sup>1</sup>	0.000
15116 Chocolate, milk chocolate <sup>1</sup>	0.700
15131 Bun with filling, baked bun with chocolate cream filling, thin dough type <sup>1</sup>	0.100
15137 Chocolate, chocolate with almonds <sup>1</sup>	0.500
16001 Fermented alcoholic beverage, "Sake", regular	0.020
16006 Fermented alcoholic beverage, beer, pale	0.050
16010 Fermented alcoholic beverage, wine, white	0.030
16011 Fermented alcoholic beverage, wine, red	0.280
16036 Green tea, "Sencha" (common grade tea), tea	14.600
16037 Green tea, "Sencha" (common grade tea), infusion	0.160
16042 Fermented tea, Oolong tea, infusion	0.090
16043 Fermented tea, black tea, tea	16.300
16044 Fermented tea, black tea, infusion	0.107
16046 Coffee, instant coffee, granules	11.733
16048 Cocoa, pure powder <sup>1</sup>	4.100
16049 Cocoa, chocolate milk powder <sup>1</sup>	0.900
16055 "Mugi-cha" (roasted barley tea), infusion	0.000
17007 Soy sauce, "Koikuchi-shoyu" (common soy sauce)	0.380
17016 Vinegar, rice vinegar	0.030
17046 Miso, rice-koji miso, red type	0.400
17061 Spices, curry powder	1.320
17064 Spices, pepper, white, ground	0.320

<sup>1</sup> Polyphenol content of chocolate products are also available in the the Standard Tables of Food Composition in Japan, Seventh Edition.

<sup>2</sup> Mean of three food items were calculated based on the database available from the National Agriculture and Food Research Organization (NARO).

<sup>3</sup> Other unspecified food items were additionally measured their polyphenol content in prior to this study.