No.

Dietary Intake Questionnaire

FFQW82

<Answering Procedures>

It will take around 15 minutes to respond the questions. By filling in your answers to all the questions contained in each item, the FFQW82 will show the average of your daily dietary intake.

- ●In the column of this questionnaire, 82 foods (includes rice, pork, chicken, salmon, etc.) are listed vertically.
- ●In the row this questionnaire, "frequency" and "portion size" for breakfast, lunch, and dinner are listed horizontally.
- ●By considering your dietary habit during the last one month, please fill in the box "□" of both of "frequency" and "portion size" with a check mark "✓" where the eating lifestyle best match .
- ●Please answer all food lists of 1 to 82 for breakfast, lunch and dinner.

★"Frequency" is set in 6 levels as below;

- Never
- 1～2 per month
- 1～2 per week
- 3～4 per week
- 5～6 per week
- Everyday

Note: When you never eat a food, please put the check mark on the category of "Never".

★ "Portion size" is set as "S=small", "M=medium" and "L=large".

- "M=medium" is shown in the photograph of the food list of this questionnaire.
- "S =small" is around half the size of "M=medium"
- "L = large" is around 1.5 times large as the size of "M=medium".
- It is not necessary to fill the "portion size" for those foods which you have chosen as "Never" in "frequency".

Note: When checking the portion size, snacks you ate during morning should also be included in the answering section for breakfast.
Snacks you ate during afternoon should also be included in the answering section for lunch.
Anything you ate after dinner should also be included in the answering section for dinner.

FFQW82 (Semi-Quantitative Food Frequency Questionnaire W82)

During the past month, how often did you eat a serving of each of the foods listed here?
① There are 6 response categories: Never; 1~2 times per month; 1~2 times per week; 3~4 times per week; 5~6 times per week; and Every day.
Please mark only one answer with a ✓ for each question.
② There are 3 response categories for the portion size: Small (S), less than 0.5 portions; Medium (M), 1 portion; and Large (L), more than 1.5 portions.
An example of "Medium; 1 portion" is shown for each food as a photograph.
Please mark only one answer with a ✓ for each question. If you didn't eat a food, do not add a ✓ for that question.

"Medium" 1 portion size (for example)

Grains group (including potatoes)	1	Rice (1 cup medium bowl); Rice ball (1.5 pieces); Inari or futomaki sushi (3 pieces); Rice cake (2 pieces)
	2	Curry and rice or Chinese-style fried rice (1 portion); Rice as part of a lunch box or set meal (1 portion)
	3	Nigirizushi, katsudon, or oyakodon (1 portion)
	4	White bread (⅙ loaf); Soft rolls (2 pieces); French bread (3 pieces); Sandwich (2 cuts)
	5	Udon or soba noodles (1 portion); Somen noodles (1 portion)
	6	Chinese noodles or yakisoba (1 portion); Instant chinese noodles (1 portion); Instant chinese noodles packed in cups (1 portion)
	7	Spaghetti or penne pasta (1 portion)
	8	Potatoes (1 portion); Taro or satoimo (3 of medium size); Sweet potato (⅓ of medium size); Nikujaga (1 portion); Potato salad or croquettes (1 portion)
	9	Cornflakes (1 portion)
	10	Pizza (1 portion); Pancakes (2 pancakes); Okonomiyaki (1 sheet) or takoyaki (8 items); Macaroni salad (1 cup/small bowl)
	11	Jiaozi Chinese meat dumplings (5 items); Shumai Chinese meat dumplings (3 large items); Harumaki (2 items); Outer steamed wheat dough of jiaozi/shumai or starch
Seafood group	12	Salted salmon (1 piece); Salted horse mackerel (1 portion); Salted atka mackerel (½ portion)
	13	Horse mackerel (1 portion); Raw sea bream or olive flounder sashimi (5 pieces); Swordfish, cod, or righteye flounder (1 piece)
	14	Pacific saury (½ portion); Mackerel (¼ portion); Yellowtail or Japanese Spanish mackerel (1 piece); Sardine (1 portion); Sashimi (4 pieces)
	15	Kuruma prawns (4 items); Japanese common squid (¼ portion); Common octopus (1 portion)
	16	Giant Ezo scallop, adductor muscle (2 pieces); Short-necked clam (10~12 pieces); Miso soup with *Corbicula* clam (1 cup); Pacific oysters (3 pieces)
	17	Sardine or boiled and dried whitebait (2 spoonfuls); Salted walleye pollock (½ piece); Chum salmon roe (2 large spoonfuls); Algae simmered in soy sauce and sugar (1 large spoonful)
	18	Mushi-kamaboko surimi (4 ×1.5 cm pieces); Yaki-chikuwa surimi (1 piece); Satsuma-age surimi (1 piece)
	19	Canned tuna (½ small can); Canned mackerel (⅓ can); Canned Pacific saury or Japanese pilchard (½ can)
Meat group	20	Pork steak with ginger (3 pieces); Breaded pork steak (½ piece); Pork stew (1 cup/small bowl); Stir-fried pork with vegetables (1 portion)
	21	Chicken thigh/breast (½ piece); Fried chicken (3 pieces); Chicken skewers (2 items); Chicken stew (1 cup/small bowl)
	22	Beef steak (½ piece); Beef with rice (1 portion); Beef stew (1 portion); Thinly sliced beef (2 pieces)
	23	Hamburger (1 portion); Meatballs (3 pieces); Mince cutlet (1 piece); Minced meat in sauce or other minced meat dish (1 portion)
	24	Pork loin ham (2 pieces); Vienna pork sausages (2 pieces); Pork bacon (2 pieces)
	25	Chicken liver,tongue, or heart skewers (2 items); Stewed giblets (1 portion)

Please think about other meat and minced meat dishes such as stews, stir-fried vegetables, and soups.

Frequency	Breakfast (including morning snacks)									Lunch (including afternoon snacks)									Dinner (including evening snacks)								
	0 Never	1 1～2 per month	2 1～2 per week	3 3～4 per week	4 5～6 per week	5 Every day	Portion size S	Portion size M	Portion size L	0 Never	1 1～2 per month	2 1～2 per week	3 3～4 per week	4 5～6 per week	5 Every day	Portion size S	Portion size M	Portion size L	0 Never	1 1～2 per month	2 1～2 per week	3 3～4 per week	4 5～6 per week	5 Every day	Portion size S	Portion size M	Portion size L
1	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
2	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
3	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
4	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
5	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
6	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
7	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
8	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
9	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
10	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
11	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
12	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
13	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
14	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
15	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
16	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
17	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
18	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
19	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
20	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
21	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
22	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
23	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
24	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
25	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			

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An example of "Medium; 1 portion" is shown for each food as a photograph.
Please mark only one answer with a ✓ for each question. If you didn't eat a food, do not add a ✓ for that question.

"Medium" 1 portion size (for example)

Egg	26	Egg (1 item); Chilled savoury egg custard (100 g); Hot savoury egg custard (1 portion)
Cheese	27	Processed cheese or camembert (1 slice); Sliced cheese (1 slice); Soft cheese wedge (1 piece); Cheese for pizza (1 portion)
Soybeans group	28	Tofu (½ portion); Freeze-dried tofu (1 portion)
	29	Fermented soybeans (1 portion); Boiled soybeans (3 tablespoons); Fresh soybeans (1 cup); Mixed beans (4 tablespoons)
	30	Abura-age double-fried tofu (¼ piece)
	31	Fried slices of drained tofu (¼ cut size); Tofu and vegetable fritter (½ item)
Vegetables・Algaes group	32	Lettuce, cucumber, and tomato salad (1 portion); Shredded cabbage (1 portion); Radish salad (1 portion); Cucumber vinegar (1 portion)
	33	Boiled spinach (1 portion); Boiled broccoli (1 portion); Boiled kidney beans or bean sprouts (1 portion)
	34	Fried vegetables (1 portion); Chop suey (1 portion)
	35	Boiled Japanese radish/carrot/edible burdock (1 portion); Kinpira burdock (1 portion); Oden stew or furofuki radish (1 portion)
	36	Boiled pumpkin (1 portion); Pumpkin salad (1 portion)
	37	Miso soup or vegetable soup with cabbage/radish/carrot/onion/Welsh onion (1 portion)
	38	Mushrooms including shiitake/hatakeshimeji/winter mushrooms/king oyster mushrooms (1 portion); Nameko mushrooms (3 tablespoons)
	39	Konjac (¼ cut); Shirataki noodles (⅓ ball)
	40	Salted vegetables or vegetables pickled in salted rice bran paste (5 pieces); Pickled Japanese radish (3 pieces); Pickled leaves: nozawana, takana, kimchi, and/or hukujin (1 portion)
	41	Simmered hijiki seaweed (1 portion); Raw seaweed/turnips/mozuku seaweed (1 portion)
Milk group	42	Whole milk (1 glass)
	43	Low-fat milk (1 glass); Skimmed milk (5 tablespoons)
	44	Yoghurt (1 cup/100 g); Packaged yoghurt (1 cup); Yoghurt drink (1 glass)
Fruit group	45	Satsuma mandarins, (2 fruits); Orange/citrus/iyokan/natsudaidai (2 fruits); Grapefruit (½ fruit)
	46	Banana (1 fruit); Apple/pear/persimmon (½ fruit); Watermelon (2 slices); Strawberries or grapes (2 handfuls)
beverage	47	Soy milk (1 glass)
	48	Vegetable juice including carrot (1 glass)
	49	Fruit juice including orange/grapefruit/apple/grape/mixed fruits (1 cup)

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26	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
27	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
28	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
29	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
30	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
31	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
32	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
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34	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
35	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
36	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
37	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
38	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
39	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
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42	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
43	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
44	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
45	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
46	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
47	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
48	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
49	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			

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An example of "Medium; 1 portion" is shown for each food as a photograph.
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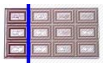
"Medium" 1 portion size (for example)

Alcohol	50	Can of beer (500 ml)
	51	Sake (180 ml)
	52	Wine (1 glass)
	53	Distilled spirits (¼ glass) Canned sour (1 can) Whiskey (1 single measure) Plum wine (1 glass) 1 glass = 200 ml
Tea group	54	green tea including sencha/hoji-cha/ban-cha/ oolong tea or black tea (1 cup)
	55	Coffee (1 cup) Canned sugar-free coffee (1 can) Iced sugar-free coffee (1 glass)
Confectionaries and soft drinks	56	Sports drink (1 glass) Carbonated drink (1 glass) Soft drinks containing fruit juice (1 glass) Lactic acid drink (1 glass) Coffee containing sugar (1 can)
	57	Uzuramame beans (1 portion) Konbumame beans (1 portion) Red beans 1 tablespoon
	58	Sweet buns including ann bun/cream bun/jam bun/melon bun/chokokorone/curry bun (1 item)
	59	Shortcake/chocolate cake/pie/tart/donut (1 item) Pound cake (1 slice of 3 cm thickness) Cream puff (1 item)
	60	Manjyuu youkan red bean paste bun (1 slice of 1 cm thickness) Castella sponge cake (1 slice of 1 cm thickness) Dorayaki/monaka/daifuku buns (⅓ item)
	61	Custard pudding (1 item) Jelly/Bavarian cream dessert (1 item) Sherbet (1 item)
	62	 Chocolate bar (3 pieces) Chocolate confectionery (1 handful/1 cup)
	63	Fried rice crackers (2 items) Karintō: black or white (3~5 pieces) Crisps/popcorn/corn snacks (1 handful/1 cup)
	64	Candies (2 items) Caramel sweets (2 items) Butterscotch sweets (2 items)
	65	Ice cream (1 cup) Chocolate ice lolly (1 item) Soft cream dessert (1 item)
	66	Hard-baked rice cracker (1 item) Rice crackers (2 items) Kakimotis (2 items)
	67	Cookies (2 items) Sabouret (1 item) Biscuits (3 items)
soup	68	Miso soup (1 portion)
	69	Sumasi soup/vegetable soup/kentin soup (1 portion)
	70	Potage/instant soup (1 portion)
Dishes made with sugar and soy sauce	71	Sugar/honey/jam (1 teaspoon) Stick sugar (1 item/3 g) Canned coffee containing sugar (½ can)
	72	Cooked pumpkin/potatoes/burdock root with carrots (1 portion)
	73	Soy sauce/ponzu sauce for boiled vegetables or sashimi (1 teaspoon)
	74	Brown sauce/ketchup (1 tablespoon)

Frequency	Breakfast (including morning snacks)									Lunch (including afternoon snacks)									Dinner (including evening snacks)								
	0 Never	1 1～2 per month	2 1～2 per week	3 3～4 per week	4 5～6 per week	5 Every day	Portion size S	M	L	0 Never	1 1～2 per month	2 1～2 per week	3 3～4 per week	4 5～6 per week	5 Every day	Portion size S	M	L	0 Never	1 1～2 per month	2 1～2 per week	3 3～4 per week	4 5～6 per week	5 Every day	Portion size S	M	L
50	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
51	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
52	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
53	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
54	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
55	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
56	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
57	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
58	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
59	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
60	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
61	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
62	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
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64	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
65	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
66	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
67	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
68	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
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70	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
71	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
72	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
73	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
74	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			

FFQW82 (Semi-Quantitative Food Frequency Questionnaire W82)

※ The following food lists are designed to assess the frequency of using fats and oils. Please answer again for those food items that you already reported in your answers to the above questions.

		"Medium" 1 portion size (for example)
Fats and oils	75	Peanuts/almonds/cashew nuts (1 handful/1 cup) Sesame seeds (1 tablespoon)
	76	Curry and rice/hayashi rice/stew (1 portion)
	77	Mayonnaise/dressing (1 tablespoon) Potato salad/macaroni salad (1 portion)
	78	Non-oil dressing (1 tablespoon)
	79	Butter/margarine (1 tablespoon) Butter/margarine (1 piece) Toast/sandwich (1 portion)
	80	Fried noodles/fried rice/stir-fried rice noodles (1 portion)
	81	Fried vegetables: Japanese-style or Chinese-style (1 portion)
	82	Tempura/fried food (1 portion) Croquettes (2 pieces) Fried chicken (4 pieces) Fried frozen food (2 pieces)

Please answer the following.

[Gender] 1. Male 2. Female

[Age] ( ) years old

[Height] ( ) cm

[Body Weight] ( ) kg

[Average dayly life during a typical week] Please select the most closest one.

1. I have a sedentary work. Or I have a sedentary lifestyle.
2. I have a lot of standing work and walk around. Or I have exercise for 20 minutes or more at least three times in a week.
3. I have a lot of physically tough work that can not be done without frequent rest. Or I have exercise more than one hour every day.

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75	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
76	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
77	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
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