

Supplemental Table 1. Menu card of the Japanese diets.

Menu card of the 1960 Japanese diet							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Break-fast	Boiled Barley and Rice	Toast	Mixed Rice with dried whitebait and Green-Seaweed Flakes	Boiled Barley and Rice	Boiled Barley and Rice	Toast	Boiled Barley and Rice
	Miso Soup with Littleneck Clams	Vegetable Saute	Taro and Japanese Mustard	Dried Sardines	Natto (Fermented Soybeans)	Scrambled Eggs	Japanese Mustard Spinach and Deep-Fried Tofu Miso Soup
	Chilled Tofu	Fruit	Spinach Miso Soup	Tofu and <i>Wakame</i>	Miso Soup with Potato	Potato and Onion Saute	Squash Boiled with Adzuki Beans
	Pickles	Milk	Cooked Beans	Seaweed Miso Soup	Pickles	Fruit	Dried Laver
Lunch	Food Boiled in Soy Sauce			Food Boiled in Soy Sauce			Seaweed
	Rice	Boiled Barley and Rice	Sauteed Wheat Noodles	<i>Somen</i>	Wheat Noodles with Raw Egg	Boiled Barley and Rice	Rice
	Simmered Pumpkin and Ground Chicken	Simmered Soybeans and Kelp	Fruit	Steamed Sweet Potatoes	Fruit	Parched <i>Tofu</i>	Seared Bonito
	Cucumber and <i>Wakame</i> Seaweed with Vinegar Dressing	Sweet Potato Boiled in Sugar				Pickles	Burdock <i>Kinpira</i>
Dinner	Pickles	Pickles					
	Rice	Rice	Rice	Rice	Rice	Rice	Rice
	Tuna and Grated Yam	<i>Sake</i> -Steamed Short-Necked Clams	Miso-Marinated Grilled Spanish Mackerel	Simmered Pork and White Radish in Miso	Salt-Grilled Mackerel	Simmered Squid with Taro	Stewed Meat Balls and Cabbage
	Sauteed Eggplant with <i>Miso</i>	Simmered <i>Kiriboshi-Daikon</i> Miso Soup with Eggplant	Simmered <i>Hijiki</i> Seaweed and Lotus Root	Pickled Spinach Dipped in Sauce	Simmered <i>Hijiki</i> Seaweed Cabbage and Bean Sprout Miso Soup	White Radish and <i>Wakame</i> Seaweed Miso Soup	Fluffy Boiled Potatoes
Menu card of the 1975 Japanese diet							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Break-fast	Rice	Raisin Bread	Rice	Toast	Rice	Toast	Rice
	Salt-Grilled Salmon	Omelet	Hard-Cured Horse Mackerel	Bacon and Eggs	Rolled Egg	Boiled egg	<i>Sake</i> -Steamed Short-Necked Clams and Cabbage
	Natto (Fermented Soybeans)	Sausage and Cabbage Saute	Stewed Short-Necked Clams with Japanese Mustard Spinach	Yogurt with Fruit	Natto (Fermented Soybeans)	Tuna Salad with Broccoli	Natto (Fermented Soybeans)
	Chinese Cabbage and Bean Sprout Miso Soup	Fruit	Scarlet Runner Beans Boiled in Sugar and Soy Sauce		Cabbage and Deep-Fried Tofu Miso Soup	Fruit	Tofu and Deep-Fried Tofu Miso Soup
Lunch		Milk	Miso Soup with Eggplant		Fruit	Milk	
	<i>Udon</i> Noodles with Deep-Fried Tofu	Fried Rice	Japanese-Style Chow Mein	Sweet Potato Rice	Chicken and Egg on Rice	Rice	Sandwich
	Fruit	Seaweed Soup	Fruits <i>Mitsumame</i>	Simmered Freeze-Dried Tofu Miso Soup with Pork and Vegetables	Red and White Salad	Sauteed Eggplant with Mince	Consomme
					Food Boiled in Soy Sauce	Simmered <i>Hijiki</i> Seaweed	Fruit
Dinner	Rice	Rice	Rice	Rice	Rice	Rice	Rice
	Braised Meat and Vegetables	Chicken and Vegetables	Cream Stew	Simmered Mackerel in <i>Miso</i>	Marinated Horse Mackerel,	Simmered Flatfish	Sliced Raw Fish
	<i>Mozuku</i> Seaweed Vinegar	<i>Chikuzen</i> Style Chilled Tofu	Pickled Chinese Cabbage and Dried Shrimp Dipped in Sauce	Cooked Beans with Various Vegetables	<i>Nanban</i> -Style Tofu <i>Dengaku</i>	Simmered <i>Okara</i> Tofu Lees	Simmered <i>Satsuma Age</i> (Deep-Fried Minced Fish and Vegetables) and Chinese Cabbage
	Clear Cabbage and Egg Soup	Spinach and Deep-Fried Tofu Miso Soup	Marinated Cucumber and <i>Hijiki</i> Seaweed	Clear Chinese Cabbage and <i>Wakame</i> Seaweed Soup	Clear Squash and Japanese Mustard Spinach Soup	Taro and White Radish Miso Soup	Tofu and Vegetables in a Sesame Sauce
Menu card of the 1990 Japanese diet							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Break-fast	Rice	Rice	Pizza Toast	Toast	Rice	Toast	Rice
	Salt-Grilled Salmon	Salt-Grilled Mackerel	Tuna Salad with Taro	Bacon and Eggs	Hard-Cured Horse Mackerel	Omelet	Rolled Egg
	Japanese Mustard Spinach with Peanut Dressing	Pickled Spinach Dipped in Sauce	Fruit	Fluffy Boiled Potatoes	Natto (Fermented Soybeans)	Tuna Salad with Green Asparagus	Simmered <i>Hijiki</i> Seaweed
	Natto (Fermented Soybeans)	Natto (Fermented Soybeans)	Milk	Fruit	Sweet Potato and Japanese Mustard Spinach Miso Soup	Fruit	Sweet Potato and <i>Shimeji</i> Mushrooms
Lunch	Tofu and <i>Wakame</i> Seaweed Miso Soup	Chinese Cabbage and Deep-Fried Tofu Miso Soup		Milk		Milk	Miso Soup
					Pickles		Pickles
	Spaghetti with Meat Sauce	Curry and Rice	Ramen (Chinese Noodle Soup)	Fried Rice	Chicken and Egg on Rice	Beef Bowl	Hamburger
	Salad	Yogurt with Fruit		Fried Dumpling	Cucumber and <i>Wakame</i> Seaweed with Vinegar Dressing	Simmered Spicy <i>Konnyaku</i>	French fries
Dinner	Fruit					Tofu and Deep-Fried Tofu Miso Soup	Orange Juice
	Rice	Rice	Rice	Rice	Rice	Bread	Rice
	Ginger Pork Saute	Sichuan style bean curd	Aluminium Foil-Steamed <i>Scomberomorus niphonius</i>	Simmered Flatfish	Chicken and Vegetables	Seafood Gratin	Fried Horse Mackerel
	Potato Salad	Prawns with Chili Sauce	Tofu and Vegetables in a Sesame Sauce	Chilled Tofu	<i>Chikuzen</i> Style Broccoli Tossed with Mustard Sauce	Seaweed Salad	Lotus Root <i>Kinpira</i>
Dinner	Onion and Beans Soup	Spicy Pickled Cucumber	Beaten Egg Soup	Simmered Pumpkin	Clear White Radish and <i>Shimeji</i> Mushrooms Soup		Grilled Eggplant
				Cabbage and Enoki Mushroom Miso Soup			Miso Soup with White Radish
Menu card of the 2005 Japanese diet							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Break-fast	Rice	Toast	Toast	Rice	Rice	Toast	Sweet Potato Rice
	Salt-Grilled Salmon	Clam Chowder	Omelet	Hard-Cured Horse Mackerel	Rolled Egg	Sunny-Side up Egg	Capelin
	Pickled Spinach Dipped in Sauce	Fruit	Rolled Bacon and Asparagus	Simmered Chinese Cabbage with Deep-Fried Tofu	Marinated Cabbage with Yukari	Taro and Cabbage Soup	Simmered Japanese Mustard Spinach with Deep-Fried Tofu
	Natto (Fermented Soybeans)		Fruit	Bean Sprout and <i>Wakame</i> Seaweed Miso Soup	Natto (Fermented Soybeans)	Fruit	Miso Soup with Littleneck Clams
Lunch	Tofu and Onion Miso Soup		Milk		Tofu and Mushroom Miso Soup	Milk	Fruit
	"As-You-Like-It" Pancake	Ramen (Chinese Noodle Soup)	Spaghetti with Meat Sauce	Hamburger	Curry and Rice	Eel on Rice	Omelet Rice
	Marinated Bean Sprout		Pumpkin Salad	Salad	Yogurt with Fruit	Cabbage and <i>Wakame</i> Seaweed with Vinegar	Salad
	Fruit			Juice			Pumpkin Soup
Dinner	Rice	Rice	Rice	Rice	Macaroni Gratin	Rice	Rice
	Ginger Pork Saute	Simmered Mackerel	Aluminium Foil-Steamed <i>Scomberomorus niphonius</i>	Japanese-Style Fried-Chicken	Tuna Salad with Broccoli	Sichuan style bean curd	Potato Croquette
	Potato Salad	Grilled Eggplant-Salad	Burdock <i>Kinpira</i>	Radish Salad		Prawns with Chili Sauce	Lotus Root-Salad
	Onion and Beans Soup	Simmered Taro	<i>Komatsuna</i> Japanese Mustard Spinach Tossed with Mustard Sauce	Simmered lotus root with carrot		Spicy Pickled Cucumber	Marinated Chicken and Okra

Supplemental Table 2. Trends in food intake ratio by food groups in the Japanese diets in each dates.

	1960	1975	1990	2005
	(g/100g)			
Grains	45.59	27.74	23.37	21.52
Potatoes	5.94	4.87	5.54	5.18
Sugar and Sweeteners	1.13	1.42	0.49	0.31
Legumes	4.07	5.25	5.20	4.52
Seeds and Nuts	0.08	0.03	0.17	0.13
Vegetables	16.50	17.30	20.06	22.89
Fruits	6.04	13.79	10.85	11.15
Mushrooms	0.33	0.66	1.04	1.41
Seaweeds	0.95	0.96	0.34	0.08
Fishes and Shellfishes	7.07	6.68	7.03	6.80
Meat and Poultry	1.71	4.46	5.65	6.11
Eggs	1.71	3.11	3.05	2.94
Milk and Dairy Products	2.50	7.47	10.11	10.21
Fat and Oils	0.29	0.69	1.16	1.48
Seasonings and Beverages	6.10	5.56	5.95	5.26

Supplemental Table 3. Nutritional compositions of the Japanese diets in each dates.

		1960	1975	1990	2005
Energy	(kcal/100g)	377	385	390	396
Protein	(g/100g)	18.7	20.5	21.7	21.5
Fat	(g/100g)	4.6	6.4	7.5	8.7
Carbohydrate	(g/100g)	65.4	61.5	59.0	58.0