

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.		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
		"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 (1/2 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 satomo (3 of medium size)	Sweet potato (1/2 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 (1/2 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 (1/2 portion)	Mackerel (1/2 portion)	Yellowtail or Japanese Spanish mackerel (1 piece)		Sardine (1 portion)	Sashimi (4 pieces)																					
	15	Kuruma prawns (4 items)		Japanese common squid (1/2 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 (1/2 piece)	Chum salmon roe (2 large spoonfuls)		Algae simmered in soy sauce and sugar (1 large spoonful)																					
	18	Mushi-kamaboko surimi (4 x 1.5 cm pieces)		Yaki-chikuwa surimi (1 piece)		Satsuma-age surimi (1 piece)																						
	19	Canned tuna (1/2 small can)		Canned mackerel (1/2 can)		Canned Pacific saury or Japanese pilchard (1/2 can)																						
	Meat group	20	Pork steak with ginger (3 pieces)		Breaded pork steak (1/2 piece)		Pork stew (1 cup/small bowl)		Stir-fried pork with vegetables (1 portion)																			
21		Chicken thigh/breast (1/2 piece)		Fried chicken (3 pieces)		Chicken skewers (2 items)		Chicken stew (1 cup/small bowl)																				
22		Beef steak (1/2 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)		<div style="border: 1px dashed black; padding: 5px;">Please think about other meat and minced meat dishes such as stews, stir-fried vegetables, and soups.</div>																				
25		Chicken liver, tongue, or heart skewers (2 items)		Stewed giblets (1 portion)																								

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				Frequency						Portion Size			Frequency						Portion Size			Frequency						Portion Size																				
				0	1	2	3	4	5	S	M	L	0	1	2	3	4	5	S	M	L	0	1	2	3	4	5	S	M	L																		
		"Medium" 1 portion size (for example)																																														
Alcohol	50		Can of beer (500 ml)	50	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5														
	51		Sake (180 ml)	51	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5														
	52		Wine (1 glass)	52	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5														
	53		Distilled spirits (1/4 glass)		Canned sour (1 can)		Whiskey (1 single measure)		Plum wine (1 glass)	53	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5								
Tea group	54	green tea including sencha/hoji-cha/ban-cha/oolong tea or black tea (1 cup)		54	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5														
	55		Coffee (1 cup)		Canned sugar-free coffee (1 can)		Iced sugar-free coffee (1 glass)	55	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5										
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)	56	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5						
	57		Uzoramame beans (1 portion)		Konbumame beans (1 portion)		Red beans (1 tablespoon)	57	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5										
	58	Sweet buns including ann bun/cream bun/jam bun/melon bun/chokokorone/curry bun (1 item)		58	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5														
	59		Shortcake/chocolate cake/pie/tart/donut (1 item)		Pound cake (1 slice of 3 cm thickness)		Cream puff (1 item)	59	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5										
	60		Manjyu youkan red bean paste bun (1 slice of 1 cm thickness)		Castella sponge cake (1 slice of 1 cm thickness)		Dorayaki/monaka/daifuku buns (1/2 item)	60	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5										
	61		Custard pudding (1 item)		Jelly/Bavarian cream dessert (1 item)		Sherbet (1 item)	61	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5										
	62		Chocolate bar (3 pieces)		Chocolate confectionery (1 handful/1 cup)	62	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5												
	63		Fried rice crackers (2 items)		Karintō: black or white (3~5 pieces)		Crisps/popcorn/corn snacks (1 handful/1 cup)	63	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5										
	64		Candies (2 items)		Caramel sweets (2 items)		Butterscotch sweets (2 items)	64	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5										
	65		Ice cream (1 cup)		Chocolate ice lolly (1 item)		Soft cream dessert (1 item)	65	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5										
66		Hard-baked rice cracker (1 item)		Rice crackers (2 items)		Kakimotis (2 items)	66	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5											
67		Cookies (2 items)		Sabouret (1 item)		Biscuits (3 items)	67	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5											
soup	68		Miso soup (1 portion)	68	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5														
	69		Sumasi soup/vegetable soup/kentoin soup (1 portion)	69	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5														
	70		Potage/instant soup (1 portion)	70	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5														
Dishes made with sugar and soy sauce	71		Sugar/honey/jam (1 teaspoon)		Stick sugar (1 item/3 g)		Canned coffee containing sugar (1/2 can)	71	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5										
	72		Cooked pumpkin/potatoes/burdock root with carrots (1 portion)	72	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5														
	73		Soy sauce/ponzu sauce for boiled vegetables or sashimi (1 teaspoon)	73	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5														
	74		Brown sauce/ketchup (1 tablespoon)	74	0	1	2	3	4	5							0	1	2	3	4	5							0	1	2	3	4	5														

		※ 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)																											
		Breakfast (including morning snacks)						Lunch (including afternoon snacks)						Dinner (including evening snacks)															
Fats and oils	Item	Frequency					Portion size			Frequency					Portion size			Frequency					Portion size						
		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	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	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	S	M	L	
	75	Peanuts/almonds/cashew nuts (1 handful/1 cup) Sesame seeds (1 tablespoon)	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
	76	Curry and rice/hayashi rice/stew (1 portion)	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
	77	Mayonnaise/dressing (1 tablespoon) Potato salad/macaroni salad (1 portion)	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
	78	Non-oil dressing (1 tablespoon)	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
	79	Butter/margarine (1 tablespoon) Butter/margarine (1 piece) Toast/sandwich (1 portion)	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
	80	Fried noodles/fried rice/stir-fried rice noodles (1 portion)	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
	81	Fried vegetables: Japanese-style or Chinese-style (1 portion)	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			
	82	Tempura/fried food (1 portion) Croquettes (2 pieces) Fried chicken (4 pieces) Fried frozen food (2 pieces)	0	1	2	3	4	5				0	1	2	3	4	5				0	1	2	3	4	5			