

Solitary eating is linked to reduced brain volume in cognitively unimpaired individuals and possible future cognitive decline

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Table S1. Differences in regional brain volumes among eating styles.

Note. Values are presented as mean values (95% confidence interval). In the multivariable-adjusted model, the values were adjusted for age, sex, educational level, hypertension, diabetes mellitus, and LDL and HDL cholesterol levels.

*Bonferroni-adjusted p values, $p < 0.05$ versus social eating group. eTIV; estimated total intracranial volume.

Variables	Eating Style		F-value	-Log10(p-value)
	Median 1 Social	Median 2 Solitary		
Brain volume to eTiv, %				
Left cortical				
Bankssts	0.133 (0.131-0.135)	0.129 (0.125-0.133)	3.19	1.13
Caudalanteriorcingulate	0.101 (0.099-0.103)	0.102 (0.098-0.107)	0.22	0.19
Caudalmiddlefrontal	0.322 (0.318-0.326)	0.322 (0.313-0.331)	0	0.02
Cuneus	0.152 (0.150-0.154)	0.147 (0.143-0.151)*	5.86	1.8
Entorhinal	0.121 (0.119-0.122)	0.119 (0.116-0.123)	0.54	0.34
Fusiform	0.564 (0.558-0.569)	0.552 (0.540-0.564)	3.06	1.09
Inferiorparietal	0.678 (0.671-0.684)	0.672 (0.658-0.686)	0.56	0.34
Inferiortemporal	0.655 (0.648-0.662)	0.656 (0.642-0.670)	0.01	0.04
Isthmuscingulate	0.149 (0.147-0.151)	0.141 (0.137-0.146)*	8.65	2.47
Lateraloccipital	0.602 (0.596-0.607)	0.591 (0.578-0.604)	2.17	0.85
Lateralorbitofrontal	0.418 (0.414-0.422)	0.416 (0.407-0.424)	0.22	0.19
Lingual	0.340 (0.336-0.344)	0.331 (0.323-0.339)*	4.14	1.38
Medialorbitofrontal	0.313 (0.309-0.316)	0.315 (0.308-0.321)	0.3	0.23
Middletemporal	0.586 (0.581-0.592)	0.571 (0.559-0.584)*	4.51	1.47
Parahippocampal	0.120 (0.119-0.122)	0.119 (0.116-0.123)	0.2	0.18
Paracentral	0.179 (0.177-0.181)	0.183 (0.178-0.187)	1.92	0.78
Parsopercularis	0.246 (0.243-0.250)	0.245 (0.238-0.251)	0.2	0.18
Parsorbitalis	0.110 (0.109-0.111)	0.109 (0.106-0.112)	0.29	0.23
Parstriangularis	0.189 (0.186-0.191)	0.184 (0.179-0.189)	2.43	0.92
Pericalcarine	0.114 (0.113-0.116)	0.107 (0.104-0.110)*	13.94	3.69
Postcentral	0.521 (0.517-0.526)	0.513 (0.502-0.524)	2.05	0.82
Posteriorcingulate	0.176 (0.174-0.178)	0.173 (0.169-0.178)	1.01	0.5
Precentral	0.725 (0.719-0.731)	0.722 (0.709-0.736)	0.13	0.14
Precuneus	0.506 (0.502-0.510)	0.497 (0.488-0.506)	3.37	1.18
Rostralanteriorcingulate	0.149 (0.147-0.152)	0.149 (0.143-0.155)	0	0.02
Rostralmiddlefrontal	0.813 (0.806-0.820)	0.802 (0.787-0.817)	1.91	0.78
Superiorfrontal	1.226 (1.217-1.235)	1.206 (1.187-1.226)	3.11	1.11
Superiorparietal	0.694 (0.688-0.701)	0.683 (0.669-0.697)	2.15	0.84
Superiortemporal	0.644 (0.638-0.650)	0.635 (0.622-0.648)	1.5	0.65
Supramarginal	0.579 (0.574-0.585)	0.572 (0.561-0.584)	1.06	0.52
Frontalpole	0.045 (0.045-0.046)	0.044 (0.042-0.046)	1.43	0.64
Temporalpole	0.148 (0.146-0.150)	0.144 (0.140-0.148)	3.73	1.27
Transversetemporal	0.062 (0.061-0.063)	0.059 (0.057-0.061)*	3.95	1.33
Insula	0.410 (0.407-0.413)	0.402 (0.395-0.409)	3.87	1.3
Right cortical				
Bankssts	0.125 (0.123-0.127)	0.126 (0.122-0.130)	0.31	0.24
Caudalanteriorcingulate	0.123 (0.120-0.125)	0.124 (0.119-0.129)	0.17	0.17
Caudalmiddlefrontal	0.301 (0.297-0.305)	0.302 (0.293-0.312)	0.09	0.12
Cuneus	0.157 (0.155-0.158)	0.154 (0.150-0.157)	2.13	0.84
Entorhinal	0.108 (0.106-0.109)	0.103 (0.099-0.106)*	6.48	1.95
Fusiform	0.540 (0.535-0.545)	0.526 (0.515-0.538)*	4.49	1.46
Inferiorparietal	0.783 (0.775-0.790)	0.771 (0.755-0.786)	1.97	0.79
Inferiortemporal	0.627 (0.620-0.633)	0.622 (0.608-0.637)	0.31	0.24

Isthmuscingulate	0.139 (0.137-0.141)	0.132 (0.128-0.136)*	11.67	3.17
Lateraloccipital	0.591 (0.585-0.597)	0.573 (0.560-0.585)*	6.52	1.96
Lateralorbitofrontal	0.410 (0.407-0.413)	0.406 (0.399-0.413)	1.27	0.58
Lingual	0.352 (0.349-0.356)	0.348 (0.340-0.355)	1.1	0.53
Medialorbitofrontal	0.299 (0.296-0.301)	0.292 (0.287-0.298)	3.78	1.28
Middletemporal	0.649 (0.643-0.655)	0.642 (0.630-0.655)	0.87	0.45
Parahippocampal	0.112 (0.111-0.114)	0.110 (0.108-0.113)	1.46	0.64
Paracentral	0.203 (0.201-0.206)	0.208 (0.202-0.213)	2.36	0.9
Parsopercularis	0.207 (0.204-0.210)	0.204 (0.198-0.210)	0.93	0.47
Parsorbitalis	0.136 (0.134-0.137)	0.132 (0.128-0.135)	3.8	1.29
Parstriangularis	0.221 (0.218-0.224)	0.219 (0.213-0.225)	0.19	0.18
Pericalcarine	0.130 (0.129-0.132)	0.125 (0.122-0.129)*	6.64	1.99
Postcentral	0.500 (0.495-0.505)	0.493 (0.481-0.504)	1.45	0.64
Posteriorcingulate	0.178 (0.175-0.180)	0.176 (0.172-0.181)	0.17	0.17
Precentral	0.710 (0.704-0.716)	0.710 (0.696-0.724)	0	0.01
Precuneus	0.521 (0.516-0.525)	0.505 (0.495-0.515)*	8.66	2.47
Rostralanteriorcingulate	0.118 (0.116-0.120)	0.115 (0.111-0.120)	1.16	0.55
Rostralmiddlefrontal	0.833 (0.826-0.841)	0.820 (0.804-0.835)	2.39	0.91
Superiorfrontal	1.159 (1.150-1.168)	1.140 (1.121-1.159)	3.19	1.13
Superiorparietal	0.688 (0.681-0.694)	0.677 (0.663-0.691)	2.05	0.81
Superiortemporal	0.628 (0.623-0.634)	0.629 (0.617-0.640)	0.01	0.03
Supramarginal	0.550 (0.544-0.555)	0.537 (0.524-0.549)	3.62	1.24
Frontalpole	0.063 (0.062-0.064)	0.061 (0.059-0.063)	1.9	0.77
Temporalpole	0.138 (0.137-0.140)	0.138 (0.135-0.142)	0.02	0.05
Transversetemporal	0.047 (0.047-0.048)	0.047 (0.045-0.048)	0.43	0.29
Insula	0.423 (0.420-0.426)	0.415 (0.408-0.423)	3.48	1.2
Left inner structures				
Cerebellum white matter	0.824 (0.816-0.832)	0.822 (0.805-0.839)	0.05	0.09
Cerebellum cortex	3.088 (3.065-3.111)	3.055 (3.005-3.104)	1.46	0.64
Thalamus proper	0.439 (0.435-0.442)	0.437 (0.429-0.445)	0.22	0.19
Caudate	0.220 (0.217-0.223)	0.215 (0.209-0.220)	2.61	0.97
Putamen	0.303 (0.299-0.307)	0.292 (0.284-0.300)*	5.36	1.68
Pallidum	0.089 (0.088-0.090)	0.087 (0.084-0.090)	1.92	0.78
Hippocampus	0.238 (0.236-0.240)	0.232 (0.227-0.237)*	4.86	1.56
Amygdala	0.079 (0.078-0.080)	0.079 (0.077-0.081)	0.01	0.04
Right inner structures				
Cerebellum white matter	0.844 (0.836-0.852)	0.834 (0.817-0.852)	0.98	0.49
Cerebellum cortex	3.176 (3.152-3.199)	3.154 (3.104-3.205)	0.58	0.35
Thalamus proper	0.404 (0.402-0.407)	0.402 (0.396-0.408)	0.4	0.28
Caudate	0.223 (0.220-0.225)	0.217 (0.211-0.222)	3.7	1.26
Putamen	0.295 (0.292-0.299)	0.287 (0.279-0.295)	3.46	1.2
Pallidum	0.088 (0.087-0.089)	0.086 (0.084-0.089)	1.9	0.77
Hippocampus	0.246 (0.244-0.249)	0.241 (0.236-0.246)	3.57	1.23
Amygdala	0.086 (0.085-0.087)	0.084 (0.082-0.087)	1.87	0.76
Brain				
Left hemisphere cortical gray matter	12.671 (12.602-12.740)	12.500 (12.351-12.649)*	4.17	1.38
Right hemisphere cortical gray matter	12.678 (12.609-12.747)	12.494 (12.345-12.642)*	4.85	1.55
Total cortical gray matter	25.349 (25.211-25.486)	24.994 (24.698-25.289)*	4.57	1.48
Left hemisphere cortical white matter	15.142 (15.059-15.224)	14.960 (14.782-15.138)	3.3	1.16
Right hemisphere cortical white matter	15.226 (15.141-15.312)	15.086 (14.903-15.269)	1.86	0.76
Total cortical white matter	30.368 (30.201-30.535)	30.046 (29.687-30.405)	2.55	0.96
Subcortical gray matter	3.303 (3.282-3.324)	3.244 (3.198-3.289)*	5.42	1.69
Total gray matter	34.876 (34.706-35.046)	34.403 (34.037-34.768)*	5.3	1.67

Table S2. Differences in nutrient intake among eating styles.

Note. Values are presented as mean values (95% confidence interval). In the multivariable-adjusted model, the values were adjusted for age, sex, educational level, hypertension, diabetes mellitus, BMI, smoking, exercise habits, and LDL and HDL cholesterol levels.

*Bonferroni-adjusted *p* values, *p* < 0.05 versus social eating group.

Variables	Eating Style		F-value	-Log10(p-value)
	Median 1 Social	Median 2 Solitary		
Surplus ammonia, mg	18.75 (17.94-19.55)	15.56 (13.83-17.29)*	10.75	2.96
Beta-carotene equivalent, µg	3782.35 (3611.16-3953.55)	3137.95 (2769.62-3506.29)*	9.68	2.71
Alpha-carotene, µg	614.01 (583.19-644.84)	498.69 (432.37-565.02)*	9.56	2.68
Vitamin B6, mg	4.08 (3.91-4.24)	3.46 (3.11-3.82)*	9.37	2.64
N-3 polyunsaturated fatty acids, g	6.54 (6.28-6.80)	5.59 (5.03-6.14)*	9.3	2.62
Beta-carotene, µg	3067.48 (2921.17-3213.78)	2531.85 (2217.08-2846.62)*	9.16	2.59
Nitrate ion, g	0.22 (0.21-0.23)	0.18 (0.16-0.21)*	8.58	2.45
Glycine, mg	8212.63 (7878.90-8546.35)	7030.26 (6312.24-7748.28)*	8.58	2.45
Folic acid, µg	366.65 (354.43-378.87)	323.54 (297.24-349.84)*	8.5	2.44
22:0 behenic acid, mg	1841.79 (1737.25-1946.33)	1472.83 (1247.91-1697.75)*	8.51	2.44
Iron, mg	8.39 (8.17-8.60)	7.63 (7.17-8.10)*	8.47	2.43
Protein, g	550.64 (523.66-577.61)	455.69 (397.65-513.74)*	8.46	2.43
Mannitol, g	250.78 (237.36-264.19)	203.68 (174.81-232.55)*	8.42	2.42
18:2 octadecadienoic acid, mg	5.32 (5.00-5.63)	4.21 (3.54-4.89)*	8.41	2.42
24:0 lignoselinic acid, mg	875.63 (821.34-929.92)	690.84 (574.03-807.64)*	7.92	2.3
18:3 octadecatrienoic acid, mg	13.65 (12.93-14.37)	11.20 (9.65-12.75)*	7.9	2.29
8:0 octanoic acid, mg	987.09 (933.78-1040.41)	810.90 (696.19-925.62)*	7.46	2.19
Pantothenic acid, mg	6.60 (6.42-6.78)	6.02 (5.64-6.40)*	7.26	2.14
Potassium, mg	2834.32 (2758.71-2909.93)	2590.05 (2427.38-2752.72)*	7.13	2.11
Copper, mg	1.18 (1.15-1.20)	1.09 (1.03-1.15)*	7.06	2.09
Vitamin K, µg	279.87 (269.07-290.68)	246.80 (223.56-270.05)*	6.4	1.94
17:2 heptadecadienoic acid, mg	8.23 (7.79-8.68)	6.89 (5.93-7.85)*	6.19	1.88
Total dietary fiber, g	13.45 (13.04-13.85)	12.24 (11.36-13.11)*	6.08	1.86
Zinc, mg	8.31 (8.13-8.50)	7.76 (7.36-8.16)*	6.03	1.84
Trehalose, g	0.17 (0.17-0.18)	0.15 (0.13-0.17)*	5.81	1.79
Insoluble dietary fiber, g	9.21 (8.93-9.49)	8.40 (7.80-9.00)*	5.78	1.78
Tryptophan, mg	1096.36 (1064.51-1128.20)	1004.05 (935.53-1072.56)*	5.74	1.77
16:2 hexadecadienoic acid, mg	28.56 (27.25-29.86)	24.87 (22.05-27.68)*	5.43	1.7
Sucrose, g	22.49 (21.71-23.27)	24.68 (23.00-26.35)*	5.41	1.69
Sulfur-containing amino acids; cysti	1370.64 (1333.42-1407.87)	1266.12 (1186.02-1346.21)*	5.39	1.69
Maltose, g	0.79 (0.73-0.85)	0.95 (0.82-1.08)*	5.19	1.64
Histidine, mg	2888.11 (2793.69-2982.54)	2628.78 (2425.63-2831.94)*	5.15	1.63
Alpha-tocopherol, mg	6.28 (6.10-6.46)	5.78 (5.38-6.18)*	5.02	1.6
Alcohol, g	10.69 (9.26-12.12)	14.53 (11.46-17.60)*	4.94	1.58
10:1 decenoic acid, mg	64.99 (61.65-68.32)	56.00 (48.82-63.17)*	4.97	1.58
Carbohydrate energy ratio 2, %	56.78 (56.20-57.36)	58.32 (57.07-59.57)*	4.85	1.55
18:3 n-6 gamma-linolenic acid, mg	7.19 (6.77-7.60)	6.09 (5.19-6.99)*	4.7	1.52
Polyunsaturated fatty acid, g	15.52 (15.08-15.96)	14.39 (13.44-15.33)*	4.52	1.47
22:1 docosenoic acid, mg	623.93 (594.67-653.20)	549.80 (486.84-612.77)*	4.38	1.44
Magnesium, mg	376.00 (365.67-386.33)	350.51 (328.28-372.74)*	4.16	1.38
Tridecanoic acid, mg	2.77 (2.54-2.99)	3.32 (2.84-3.81)*	4.13	1.37
Vitamin c, mg	110.95 (106.74-115.16)	100.75 (91.69-109.80)*	4.02	1.34
Organic acid, g	0.97 (0.93-1.02)	0.87 (0.77-0.96)*	3.97	1.33
Arginine, mg	4178.26 (4068.99-4287.52)	3915.04 (3679.95-4150.13)*	3.97	1.33
Threonine, mg	2865.66 (2785.27-2946.05)	2672.86 (2499.90-2845.82)*	3.93	1.32
Heptanoic acid, mg	0.87 (0.80-0.95)	1.05 (0.89-1.21)*	3.94	1.32
18:3 n-3 alpha-linolenic acid, mg	1452.10 (1403.00-1501.20)	1334.73 (1229.09-1440.37)*	3.9	1.31
Aspartic acid, mg	6167.76 (5999.88-6335.64)	5770.72 (5409.52-6131.92)	3.82	1.29
Beta-cryptoxanthin, µg	813.38 (767.75-859.01)	708.03 (609.86-806.21)	3.64	1.25
Delta-tocopherol, mg	3.50 (3.38-3.62)	3.23 (2.97-3.48)	3.66	1.25

Alanine, mg	3378.97 (3285.04-3472.91)	3161.86 (2959.76-3363.96)	3.65	1.25
Iodine, µg	2132.29 (2008.92-2255.65)	1848.81 (1583.38-2114.23)	3.61	1.24
Valine, mg	3768.70 (3668.59-3868.82)	3537.76 (3322.36-3753.16)	3.64	1.24
Manganese, mg	3.64 (3.54-3.75)	3.40 (3.16-3.63)	3.59	1.23
Retinol activity equivalent, µg	582.46 (534.08-630.84)	472.35 (368.26-576.45)	3.54	1.22
Cholesterol, mg	269.74 (261.21-278.27)	250.59 (232.25-268.94)	3.45	1.19
Soluble dietary fiber, g	3.05 (2.95-3.15)	2.82 (2.60-3.04)	3.43	1.19
Vitamin B1, mg	0.89 (0.86-0.91)	0.83 (0.78-0.88)	3.26	1.15
Biotin, µg	43.18 (41.82-44.54)	40.19 (37.26-43.12)	3.29	1.15
Gamma-tocopherol, mg	11.99 (11.59-12.40)	11.11 (10.23-11.98)	3.23	1.14
15:0 ant pentadecanoic acid, mg	24.23 (22.63-25.82)	27.68 (24.26-31.10)	3.22	1.14
Sulfur-containing amino acids; meth	1622.31 (1575.36-1669.25)	1520.99 (1419.99-1621.99)	3.18	1.13
Vitamin B2, mg	1.25 (1.21-1.28)	1.17 (1.09-1.25)	3.12	1.11
Lysine, mg	4262.01 (4128.22-4395.79)	3984.63 (3696.79-4272.48)	2.94	1.06
17:0 ant heptadecanoic acid, mg	23.28 (21.76-24.81)	26.42 (23.14-29.70)	2.89	1.05
22:4 n-6 docosatetraenoic acid, mg	12.37 (11.90-12.85)	11.40 (10.37-12.42)	2.91	1.05
Vitamin B12, µg	7.54 (7.12-7.97)	6.67 (5.76-7.59)	2.85	1.04
Aromatic amino acids; tyrosine, mg	2531.06 (2464.31-2597.81)	2395.57 (2251.96-2539.17)	2.82	1.03
10:0 decanoic acid, mg	152.65 (143.30-162.00)	171.58 (151.46-191.70)	2.8	1.02
16:0 iso palmitic acid, mg	11.56 (10.78-12.33)	13.13 (11.46-14.80)	2.8	1.02
Alcohol energy ratio, %	3.70 (3.27-4.14)	4.57 (3.64-5.49)	2.72	1
Sulfur-containing amino acids; total,	2631.55 (2562.00-2701.10)	2494.18 (2344.54-2643.82)	2.67	0.99
Molybdenum, µg	230.93 (225.40-236.45)	220.35 (208.47-232.23)	2.51	0.94
Chromium, µg	6.16 (5.96-6.37)	5.77 (5.32-6.22)	2.45	0.93
Phosphorus, mg	1061.59 (1034.75-1088.43)	1011.96 (954.22-1069.71)	2.34	0.9
6:0 hexanoic acid, mg	115.70 (108.60-122.80)	128.74 (113.47-144.01)	2.31	0.89
Vitamin D, µg	9.04 (8.57-9.52)	8.20 (7.18-9.22)	2.15	0.85
20:4 n-6 arachidonic acid, mg	161.85 (156.13-167.56)	151.73 (139.44-164.03)	2.14	0.84
Water: amino acids, g	1522.96 (1476.92-1569.00)	1443.92 (1344.86-1542.99)	2.01	0.81
22:5 n-6 docosapentaenoic acid, mg	17.34 (16.36-18.33)	15.65 (13.53-17.77)	2.02	0.81
Isoleucine, mg	2773.53 (2697.73-2849.33)	2644.45 (2481.36-2807.54)	1.98	0.8
22:5 n-6 docosapentaenoic acid, mg	121.43 (114.78-128.07)	110.14 (95.85-124.43)	1.97	0.79
Aromatic amino acids; total, mg	5405.71 (5267.78-5543.64)	5173.93 (4877.17-5470.69)	1.93	0.78
Leucine, mg	5093.72 (4957.91-5229.52)	4868.18 (4575.99-5160.37)	1.88	0.77
20:0 arachidic acid, mg	179.01 (173.55-184.47)	169.92 (158.17-181.67)	1.89	0.77
22:6 n-3 docosaheptaenoic acid, mg	673.14 (635.04-711.23)	610.09 (528.12-692.05)	1.87	0.77
Sorbitol, g	0.20 (0.18-0.23)	0.16 (0.10-0.22)	1.86	0.76
Hydroxyproline, mg	165.10 (157.39-172.81)	152.38 (135.79-168.98)	1.86	0.76
20:5 n-3 icosapentaenoic acid, mg	372.53 (350.90-394.15)	336.77 (290.24-383.30)	1.87	0.76
Niacin, mg	18.21 (17.63-18.80)	17.28 (16.03-18.53)	1.75	0.73
20:1 icosenoic acid, mg	549.10 (526.38-571.82)	512.61 (463.72-561.49)	1.76	0.73
18:2 n-6 linoleic acid, mg	9918.24 (9637.18-10199.30)	9466.39 (8861.69-10071.09)	1.77	0.73
N-6 polyunsaturated fatty acids, g	10.35 (10.06-10.64)	9.88 (9.26-10.51)	1.73	0.72
21:5 n-3 heneicosapentaenoic acid, m	13.55 (12.72-14.37)	12.26 (10.49-14.03)	1.67	0.71
18:4 n-3 octadecatetraenoic acid, mg	92.19 (86.68-97.70)	83.66 (71.79-95.52)	1.64	0.7
Aromatic amino acids; phenylalanine	2966.39 (2891.34-3041.45)	2851.12 (2689.63-3012.61)	1.61	0.69
24:1 tetracosenoic acid, mg	60.05 (56.75-63.35)	54.99 (47.89-62.09)	1.61	0.69
20:4 n-3 icosatetraenoic acid, mg	36.63 (34.52-38.74)	33.37 (28.82-37.92)	1.63	0.69
Amino acid composition meter, mg	61275.87 (59643.69-62908.04)	58789.90 (55278.24-62301.56)	1.59	0.68
Serine, mg	2931.06 (2857.29-3004.84)	2820.45 (2661.71-2979.18)	1.54	0.67
16:4 hexadecatetraenoic acid, mg	12.62 (11.84-13.39)	11.44 (9.78-13.11)	1.56	0.67
Lipid energy ratio, %	27.84 (27.39-28.30)	27.21 (26.23-28.20)	1.29	0.59
Lactose, g	5.57 (5.21-5.94)	6.06 (5.27-6.85)	1.2	0.56
20:3 n-6 icosatrienoic acid, mg	24.64 (23.76-25.51)	23.53 (21.65-25.41)	1.1	0.53
Retinol, µg	263.84 (219.20-308.48)	207.81 (111.77-303.86)	1.08	0.52
17:0 heptadecanoic acid, mg	171.03 (165.31-176.75)	163.90 (151.59-176.22)	1.06	0.52
Galactose, g	0.32 (0.29-0.34)	0.29 (0.23-0.34)	1.02	0.51
Monosaccharide equivalent, g	212.35 (208.71-215.99)	216.73 (208.89-224.57)	0.99	0.49
Monounsaturated fatty acid, g	20.36 (19.77-20.95)	19.67 (18.40-20.94)	0.92	0.47

Total sugar, g	195.99 (192.64-199.35)	199.90 (192.69-207.12)	0.93	0.47
12:0 lauric acid, mg	306.20 (285.28-327.12)	329.87 (284.87-374.87)	0.87	0.46
Fructose, g	7.68 (7.32-8.04)	7.28 (6.51-8.05)	0.85	0.45
Fatty, g	57.11 (55.56-58.66)	55.49 (52.15-58.83)	0.74	0.41
Saturated fatty acid, g	14.81 (14.38-15.24)	15.24 (14.33-16.16)	0.71	0.4
Selenium, µg	79.44 (76.74-82.14)	76.74 (70.94-82.55)	0.68	0.39
Sodium, mg	3980.87 (3871.70-4090.05)	4087.96 (3853.06-4322.86)	0.66	0.38
20:2 n-6 icosadienoic acid, mg	67.27 (64.97-69.57)	64.99 (60.04-69.95)	0.67	0.38
Carbohydrate energy ratio, %	51.71 (51.14-52.29)	52.27 (51.04-53.50)	0.64	0.37
Triacylglycerol equivalent, g	52.14 (50.72-53.57)	50.80 (47.73-53.87)	0.61	0.36
Water, g	1478.69 (1432.92-1524.47)	1436.45 (1337.96-1534.94)	0.58	0.35
Ammonia, mg	1226.69 (1196.20-1257.18)	1198.89 (1133.30-1264.49)	0.57	0.35
15:0 pentadecanoic acid, mg	110.59 (106.14-115.05)	114.69 (105.11-124.27)	0.58	0.35
Polyphenol, g	0.01 (0.00-0.01)	0.01 (0.00-0.01)	0.54	0.34
16:0 palmitic acid, mg	8947.70 (8704.05-9191.36)	9165.66 (8641.43-9689.89)	0.55	0.34
16:3 hexadecatrienoic acid, mg	13.97 (13.12-14.82)	13.19 (11.37-15.02)	0.57	0.34
Salt equivalent, g	10.32 (10.04-10.61)	10.57 (9.95-11.18)	0.49	0.32
Glutamic acid, mg	11539.65 (11245.48-11833.81)	11286.25 (10653.35-11919.16)	0.51	0.32
16:1 palmitoleic acid, mg	886.96 (856.22-917.71)	860.44 (794.28-926.59)	0.51	0.32
Dextrose, g	7.55 (7.22-7.87)	7.28 (6.58-7.98)	0.47	0.31
Theobromine, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0.46	0.3
14:1 myristoleic acid, mg	90.12 (86.51-93.72)	93.06 (85.31-100.82)	0.46	0.3
Carbohydrate, g	233.90 (230.02-237.77)	236.97 (228.63-245.30)	0.43	0.29
Ash, g	18.61 (18.20-19.02)	18.29 (17.41-19.17)	0.41	0.28
Calcium, mg	548.15 (530.77-565.54)	535.36 (497.96-572.76)	0.37	0.26
14:0 myristic acid, mg	1514.27 (1458.53-1570.01)	1474.55 (1354.63-1594.48)	0.35	0.25
Starch, g	151.41 (148.35-154.46)	153.19 (146.61-159.76)	0.23	0.2
Lipids, g	53.10 (51.68-54.52)	52.30 (49.24-55.35)	0.22	0.19
4:0 butyric acid, mg	248.91 (236.37-261.44)	254.81 (227.84-281.78)	0.15	0.16
18:1 n-7 cis-baccenic acid, mg	41.42 (39.03-43.81)	40.26 (35.12-45.39)	0.16	0.16
Total fatty acids, g	46.12 (44.88-47.36)	45.55 (42.88-48.21)	0.14	0.15
Proline, mg	3573.05 (3479.24-3666.85)	3533.34 (3331.52-3735.16)	0.12	0.14
Water: carbon hydrate, g	973.50 (942.61-1004.40)	985.82 (919.35-1052.29)	0.11	0.13
17:1 heptadecenoic acid, mg	88.00 (85.03-90.97)	86.79 (80.40-93.19)	0.11	0.13
18:1 count, mg	16241.65 (15774.03-16709.27)	16059.12 (15053.03-17065.22)	0.1	0.13
Energy, kcal	1832.82 (1799.43-1866.21)	1845.05 (1773.21-1916.89)	0.09	0.12
18:0 stearic acid, mg	3583.96 (3474.14-3693.77)	3615.78 (3379.51-3852.06)	0.06	0.09
Caffeine, g	0.22 (0.20-0.23)	0.21 (0.19-0.24)	0.04	0.08
Beta-tocopherol, mg	0.33 (0.32-0.34)	0.32 (0.30-0.35)	0.02	0.06
Tannin, g	0.85 (0.80-0.90)	0.85 (0.74-0.96)	0.01	0.03
Water: fatty acids, g	1071.79 (1039.01-1104.57)	1069.00 (998.47-1139.52)	0	0.03
18:1 n-9 oleic acid, mg	744.43 (673.94-814.92)	750.75 (599.10-902.41)	0.01	0.03
Acetic acid, g	0.05 (0.05-0.05)	0.05 (0.04-0.06)	0	0.01
Unidentified fatty acid, mg	38.12 (35.79-40.45)	38.05 (33.04-43.06)	0	0.01

Table S3. Differences in food and beverage intake among eating styles.

Note. Values are presented as mean values (95% confidence interval). In the multivariable-adjusted model, the values were adjusted for age, sex, educational level, hypertension, diabetes mellitus, BMI, smoking, exercise habits, and LDL and HDL cholesterol levels.

*Bonferroni-adjusted *p* values, *p* < 0.05 versus social eating group.

Variables	Eating Style		F-value	-Log10(p-value)
	Median 1 Social	Median 2 Solitary		
Whisky, g	0.35 (-0.33-1.02)	3.64 (2.20-5.09)*	16.41	4.25
White sugar, g	7.81 (7.51-8.12)	9.24 (8.58-9.90)*	14.89	3.9
Table salt, g	5.16 (5.01-5.31)	5.83 (5.51-6.15)*	13.51	3.59
Potato, g	24.09 (22.87-25.31)	18.68 (16.06-21.31)*	13.42	3.57
Saccharides, g	10.23 (9.65-10.81)	12.74 (11.50-13.99)*	12.81	3.43
Green juice kale, g	0.05 (-0.02-0.11)	0.30 (0.16-0.44)*	10.99	3.02
Mushrooms, g	14.84 (13.94-15.74)	11.26 (9.33-13.19)*	10.89	2.99
Soybean miso, g	8.90 (7.98-9.82)	5.27 (3.30-7.25)*	10.68	2.95
Shellfish, g	8.47 (7.77-9.17)	5.73 (4.21-7.24)*	10.41	2.88
Other vegetables, g	147.30 (140.40-154.20)	124.18 (109.33-139.03)*	7.66	2.24
Vegetables not high in beta-carotene, g	147.12 (140.24-153.99)	124.20 (109.41-138.99)*	7.59	2.22
Pickles, g	23.38 (21.12-25.65)	15.94 (11.06-20.82)*	7.37	2.17
Instant noodles, g	1.73 (0.96-2.50)	4.19 (2.54-5.84)*	7.03	2.09
Sweet sake, g	0.14 (-0.36-0.63)	1.69 (0.63-2.76)*	6.81	2.03
Mayonnaise egg yolk mold, g	2.37 (2.16-2.58)	1.71 (1.26-2.16)*	6.78	2.03
Mottled kidney bean, g	-0.01 (-0.32-0.30)	0.96 (0.30-1.62)*	6.72	2.01
Beef, g	12.90 (11.88-13.92)	9.76 (7.57-11.95)*	6.49	1.96
Noodles, g	47.10 (42.62-51.58)	60.82 (51.17-70.46)*	6.4	1.93
Vegetables high in beta-carotene, g	143.93 (136.12-151.73)	120.69 (103.90-137.49)*	6.05	1.85
Pork, g	23.23 (21.89-24.57)	19.70 (16.83-22.58)*	4.75	1.53
Grains, g	201.68 (196.76-206.60)	214.67 (204.09-225.26)*	4.77	1.53
Regular cow's milk, g	67.37 (60.63-74.12)	84.93 (70.41-99.45)*	4.62	1.5
Boiled macaroni and spaghetti, g	0.37 (-0.39-1.12)	2.26 (0.64-3.89)*	4.32	1.42
Canned tomato juice, no salt added, g	1.12 (-0.54-2.77)	5.27 (1.71-8.83)*	4.31	1.42
Granulated sugar, g	2.03 (1.59-2.48)	3.15 (2.19-4.12)*	4.27	1.41
Regular soy sauce, g	1.96 (1.58-2.33)	1.02 (0.21-1.83)*	4.27	1.41
Orange concentrated juice, g	7.32 (4.71-9.93)	13.77 (8.15-19.38)*	4.17	1.38
Breads, g	23.82 (21.13-26.50)	30.35 (24.57-36.12)*	4.05	1.35
Sake lees, g	0.03 (-0.18-0.23)	0.52 (0.08-0.96)*	3.92	1.32
Udon noodles, g	10.41 (7.99-12.82)	16.05 (10.86-21.24)	3.74	1.27
Fruits, g	83.63 (78.77-88.50)	72.44 (61.97-82.91)	3.61	1.24
Olive oil, g	0.01 (-0.02-0.03)	0.06 (0.01-0.10)	3.5	1.21
Canned coffee, g	17.53 (10.67-24.39)	33.04 (18.28-47.80)	3.49	1.21
Seaweed, g	14.35 (13.35-15.35)	12.08 (9.93-14.24)	3.49	1.21
Miso, g	13.00 (11.87-14.13)	10.53 (8.10-12.95)	3.3	1.16
All kinds of meat, g	59.92 (56.97-62.87)	53.75 (47.40-60.09)	2.99	1.07
All kinds of seafood, g	89.26 (84.42-94.10)	79.27 (68.85-89.68)	2.91	1.05
Sencha leachate, g	316.39 (288.35-344.44)	259.25 (198.91-319.59)	2.84	1.03
Ice cream normal fat, g	3.65 (2.61-4.69)	1.55 (-0.69-3.79)	2.77	1.02
Rice miso aka spicy miso, g	2.58 (1.94-3.21)	3.81 (2.44-5.18)	2.57	0.96
Chinese noodles, boiled, g	2.61 (1.74-3.48)	4.17 (2.31-6.04)	2.22	0.87
Beverage with 30% orange juice, g	10.33 (6.04-14.62)	18.09 (8.87-27.32)	2.24	0.87
Yogurt nonfat-sweetened, g	15.67 (13.18-18.16)	11.17 (5.81-16.52)	2.24	0.87
Shochu, g	16.97 (12.45-21.48)	25.01 (15.29-34.73)	2.17	0.85
Whitefish, g	27.00 (25.12-28.88)	23.69 (19.65-27.74)	2.11	0.83
Soy milk, g	1.35 (-0.08-2.77)	3.75 (0.68-6.82)	1.94	0.78
French dressing, g	1.87 (1.62-2.12)	2.28 (1.74-2.81)	1.78	0.74
Rice unpolished, g	0.99 (-0.04-2.01)	2.62 (0.42-4.83)	1.74	0.73
Candy, g	0.07 (0.03-0.11)	0.00 (-0.09-0.09)	1.61	0.69
Shortcake, g	0.44 (0.10-0.78)	-0.06 (-0.79-0.67)	1.51	0.66
Tofu, g	81.24 (77.00-85.48)	75.00 (65.87-84.13)	1.48	0.65

Cheese, g	3.32 (2.92-3.72)	3.91 (3.05-4.78)	1.49	0.65
Uruchi rice, g	151.41 (146.54-156.27)	144.64 (134.18-155.11)	1.32	0.6
Chicken liver raw, g	0.99 (0.68-1.30)	0.57 (-0.10-1.24)	1.26	0.58
All kinds of milks, g	149.37 (140.58-158.16)	161.32 (142.41-180.23)	1.26	0.58
Sake, g	24.35 (18.68-30.03)	31.74 (19.53-43.94)	1.16	0.55
Confectionery, g	9.37 (8.83-9.91)	8.67 (7.51-9.83)	1.15	0.55
Soybeans natto, g	15.26 (14.11-16.41)	13.79 (11.31-16.26)	1.12	0.54
Black tea, g	4.59 (1.96-7.22)	7.93 (2.26-13.59)	1.1	0.53
Green fish, g	31.66 (29.41-33.91)	28.92 (24.08-33.76)	1.01	0.5
Alcoholic beverage, g	147.32 (128.31-166.33)	170.44 (129.55-211.34)	1.01	0.5
Beer-flavored carbonated drinks, g	4.62 (1.01-8.22)	8.79 (1.03-16.54)	0.91	0.47
Rice varieties, g	158.34 (153.89-162.79)	153.21 (143.63-162.79)	0.91	0.47
Coffee sweetened, g	5.14 (2.84-7.43)	2.56 (-2.38-7.49)	0.86	0.45
Skimmed powdered milk, g	0.27 (0.07-0.48)	0.06 (-0.38-0.49)	0.8	0.43
Blended oil, g	7.28 (6.87-7.69)	6.83 (5.95-7.72)	0.8	0.43
Boiled fish-paste products, g	4.80 (4.45-5.16)	5.18 (4.41-5.94)	0.76	0.42
Rice polished, g	0.68 (-0.02-1.37)	-0.04 (-1.53-1.45)	0.73	0.4
Grapes dried grapes, g	0.07 (0.00-0.14)	0.00 (-0.15-0.15)	0.73	0.4
Milk chocolate, g	0.77 (0.36-1.17)	1.18 (0.31-2.05)	0.72	0.4
Other soybeans, g	6.45 (6.00-6.90)	5.99 (5.03-6.95)	0.71	0.4
Confectioneries, g	13.56 (12.86-14.26)	12.88 (11.37-14.38)	0.66	0.38
Barley miso, g	0.13 (0.00-0.26)	0.00 (-0.29-0.28)	0.64	0.37
Fish having red flesh, g	17.32 (15.68-18.95)	15.76 (12.23-19.28)	0.62	0.36
Coffee whitener milk fat and vegetable fat, g	1.16 (0.85-1.46)	1.43 (0.77-2.08)	0.55	0.34
Coffee whitener powder milk fat, g	0.40 (0.27-0.53)	0.52 (0.23-0.80)	0.53	0.33
Lactic acid bacteria beverages, g	19.13 (16.40-21.87)	21.55 (15.66-27.43)	0.53	0.33
Luxury drink, g	594.61 (562.17-627.05)	566.08 (496.29-635.88)	0.53	0.33
Prune dry, g	0.17 (-0.04-0.37)	-0.01 (-0.45-0.43)	0.51	0.32
Skim milk, g	0.17 (-0.10-0.44)	-0.07 (-0.65-0.52)	0.51	0.32
Flaxseed oil, g	0.00 (0.00-0.01)	0.00 (-0.01-0.01)	0.51	0.32
Bonito shavings, g	0.00 (0.00-0.01)	0.00 (-0.01-0.01)	0.48	0.31
Processing milk thick, g	0.36 (-0.10-0.81)	-0.03 (-1.01-0.96)	0.48	0.31
Strawberry jam, high sugar content, g	0.52 (0.39-0.65)	0.63 (0.34-0.91)	0.44	0.3
Sports drink, g	1.59 (-0.24-3.43)	0.12 (-3.83-4.06)	0.44	0.3
Soy milk prepared by soybean, g	0.49 (-0.17-1.14)	-0.04 (-1.45-1.37)	0.44	0.29
Coconut oil, g	0.02 (-0.01-0.04)	0.00 (-0.05-0.05)	0.4	0.28
Chicken eggs whole eggs raw, g	29.24 (28.08-30.39)	28.37 (25.88-30.86)	0.39	0.27
Unsalted butter, g	0.30 (0.18-0.41)	0.39 (0.13-0.64)	0.39	0.27
All kinds of eggs, g	29.24 (28.08-30.39)	28.37 (25.88-30.86)	0.39	0.27
Peanut butter, g	0.01 (0.00-0.02)	0.00 (-0.03-0.03)	0.36	0.26
Meat processing, g	4.79 (4.35-5.23)	5.11 (4.16-6.05)	0.35	0.26
Orange marmalade, high sugar content, g	0.01 (-0.01-0.02)	0.00 (-0.03-0.03)	0.3	0.24
Soy sauce cracker, g	1.17 (0.84-1.50)	1.39 (0.68-2.10)	0.31	0.24
Fortified rice, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0.31	0.24
Beans & bean products, g	17.08 (15.05-19.12)	18.48 (14.10-22.86)	0.32	0.24
Sesame paste, g	0.01 (0.00-0.02)	0.00 (-0.02-0.02)	0.29	0.23
Aloe leaves fresh, g	0.18 (-0.13-0.48)	-0.02 (-0.68-0.64)	0.28	0.22
Avocado, g	0.26 (-0.20-0.72)	-0.03 (-1.01-0.96)	0.27	0.22
Mekabu wakame raw, g	0.33 (-0.25-0.91)	-0.04 (-1.29-1.21)	0.28	0.22
Coffee, g	250.95 (231.59-270.30)	263.31 (221.67-304.96)	0.28	0.22
Ume plum pickled in salt, g	0.02 (-0.01-0.05)	0.00 (-0.07-0.07)	0.26	0.21
Krill, g	0.00 (0.00-0.01)	0.00 (-0.01-0.01)	0.23	0.2
Infant formula, g	0.02 (-0.01-0.05)	0.00 (-0.07-0.07)	0.23	0.2
Nuts and bolts, g	2.41 (2.00-2.82)	2.65 (1.77-3.54)	0.24	0.2
Dried young sardines, semi-dried, g	0.01 (-0.01-0.03)	0.00 (-0.05-0.05)	0.22	0.19
Fruit granola, g	0.05 (-0.04-0.14)	0.00 (-0.20-0.20)	0.21	0.19
Other grains, g	0.05 (-0.04-0.14)	0.00 (-0.20-0.20)	0.21	0.19
Fats and oils, g	8.46 (7.97-8.95)	8.18 (7.13-9.24)	0.22	0.19
Processed milk low fat, g	13.92 (10.15-17.68)	11.92 (3.82-20.03)	0.19	0.18
Japanese dressing type seasoning, g	1.09 (0.82-1.37)	0.95 (0.36-1.54)	0.19	0.18

All kind of Noodles, g	27.57 (23.65-31.50)	29.70 (21.25-38.15)	0.2	0.18
Maple syrup, g	0.01 (-0.01-0.02)	0.00 (-0.03-0.03)	0.18	0.17
Potato chips, g	0.36 (0.15-0.56)	0.25 (-0.18-0.69)	0.18	0.17
Pure cocoa, g	0.01 (-0.01-0.02)	0.00 (-0.03-0.03)	0.18	0.17
Chicken, g	18.00 (16.76-19.24)	18.61 (15.94-21.28)	0.16	0.16
Garlic, apples stem, raw, g	0.01 (-0.01-0.03)	0.00 (-0.04-0.04)	0.14	0.15
Blueberry jam, g	0.01 (0.00-0.02)	0.00 (-0.02-0.02)	0.15	0.15
Soba, boiled, g	2.19 (1.13-3.24)	1.79 (-0.48-4.05)	0.1	0.12
Lard, g	6.65 (6.23-7.07)	6.81 (5.90-7.72)	0.09	0.12
Cider, g	7.27 (4.09-10.44)	8.43 (1.59-15.27)	0.09	0.12
Somen, hiyamugi (boiled noodles), g	2.23 (0.97-3.49)	2.65 (-0.07-5.36)	0.08	0.11
Margarine, g	0.85 (0.67-1.02)	0.91 (0.53-1.29)	0.08	0.11
Grain, g	4.89 (2.68-7.11)	5.60 (0.85-10.36)	0.07	0.1
Yogurt full-fat unsweetened, g	15.68 (13.08-18.28)	16.47 (10.87-22.07)	0.06	0.1
Beer, g	102.94 (86.49-119.39)	107.57 (72.18-142.95)	0.05	0.09
Honey, g	0.38 (0.21-0.55)	0.34 (-0.03-0.71)	0.03	0.06
Red wine, g	2.71 (1.49-3.94)	2.49 (-0.15-5.13)	0.02	0.06
Ume plum, pickled and salted, g	0.07 (-0.01-0.16)	0.06 (-0.12-0.24)	0.02	0.05
Yogurt low fat unsweetened, g	8.26 (6.10-10.41)	7.91 (3.28-12.55)	0.02	0.05
Bet on wheat, g	0.37 (0.19-0.54)	0.35 (-0.03-0.73)	0	0.02
Ball of bean , g	1.40 (0.80-1.99)	1.44 (0.16-2.73)	0	0.02
Rice miso, sweet miso, g	1.40 (0.80-1.99)	1.44 (0.16-2.73)	0	0.02
Enbaku oatmeal, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Premix flour for okonomiyaki, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Nan, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Instant cup noodle abura-age, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Ricen half-polished, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Rice polished to remove the bran, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Germinated brown rice, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Rice-malt, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Mochi rice cakes, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Rice bran, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Buckwheat flour whole-wheat flour, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Corn flakes, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Girasole, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Solidified jelly made , g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Sweet potato, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Sweet potato steamed and dried, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Taro spherical stem raw, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Harusame dry, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Brown sugar, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Three pots of sugar, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Dark sweetened sugar, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Hfcs, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Brown sugar syrup, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Whole azuki beans dry, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Boiled whole azuki beans, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Boiled soybeans, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Iried soybeans yellow soybeans, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Soybeans daiizu iridai soybeans black soybeans, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Soybeans steamed soybeans yellow soybeans, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Soybean flour, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Hyacinth bean, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Daiizu soy milk drink and malt coffee, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Soybean yuba, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Daiizu kinzanji miso, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Lentils boiled, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Sesame dry, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Fried cashews seasoned, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Boiled ginkgo nuts, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0

Sesame - irrigation , g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Cucurbita maxima, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Dried radish, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Canned tomato juice, salt added, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Carrot juice canned, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Chinese cabbage pickles kimchi, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Strawberry jam low sugar, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Ume plum pickles seasoning pickles, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Pickled ume plum seasoning, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Oyster dried oyster, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Yuzu rind fresh, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Coconut milk, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Grapes jam, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Blueberry dry, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Apples peeled raw, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Apple jam, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Psychoactive mushroom, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Toasted seaweed, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Seasoned nori , g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Dried arame, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Shaved kelp, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Gelidium jelly strips , g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Dried herring roe, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Simmered yellowtail , g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Dried sardine, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Aim, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Sardines canned seasoned, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Chub mackerel , g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Canned chum salmon boiled in water, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Mackerel canned with miso, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Canned mackerel, seasoned, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Tuna, canned, seasoned, flaked, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Dried sakuraebi , g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Spear squid , g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Horse red meat raw, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Pig gelatin, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Cake weight with fatty meat, raw, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Poultry egg yolk raw, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Chicken egg, egg white, raw, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Dairy beverages coffee, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Milk with sugar, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Whipping cream milk fat, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Coffee whitener vegetable fat, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Milk and sherbet, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Sesame oil, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Rice bran oil, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Safflower oil, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Canola oil, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Grape oil, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Chinese steamed bun, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Melon bread, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Jelly orange, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Cracker, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Shaoxing wine, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Vodka, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Green tea, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Sencha green tea, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Milk cocoa, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Kombucha, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Worcestershire sauce, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0

Medium-concentrated sauce, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Tomato puree, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Tomato ketchup, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Rice miso - light-colored spicy miso, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Vinegared miso, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Mustard paste, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Garlic powder, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Curry beef retort pouch, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Cream of corn soup, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Calorie mate, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
Soy granola, g	0.00 (0.00-0.00)	0.00 (0.00-0.00)	0	0
