

**Supplementary Table 1.** Content of each question in the RFS questionnaire

## RFS questionnaire items

1. I eat three meals a day.
2. I eat multigrain rice more than once a week.
3. I eat bean at least once a week.
4. I eat soybean paste at least once a week.
5. I eat tofu more than once a week.
6. I drink soy milk at least once a week.
7. I eat cabbage at least once a week.
8. I eat spinach at least once a week.
9. I eat lettuce more than once a week.
10. I eat perilla leaves more than once a week.
11. I eat vegetable salad at least once a week.
12. I eat green vegetables such as shepherd's purse, beet, mallow, and mugwort at least once a week.
13. I eat bean sprouts at least once a week.
14. I eat oyster mushrooms at least once a week.
15. I eat mushrooms other than oyster mushrooms at least once a week.
16. I eat stir-fried vegetables at least once a week.
17. I eat chives/water parsley at least once a week.
18. I eat cucumbers more than once a week.
19. I eat carrot/carrot juice at least once a week.
20. I eat onions at least once a week.
21. I eat green pepper at least once a week.
22. I eat zucchini more than once a week.
23. I eat pumpkin/sweet pumpkin/ pumpkin juice at least once a week.
24. I eat dried seaweed more than once a week.
25. I eat kelp/seaweed at least once a week.
26. I eat oily fish (mackerel, saury etc.) at least once a week.
27. I eat hairtail fish more than once a week.
28. I eat croaker/snapper/flounder fish at least once a week.
29. I eat pollack fish at least once a week.
30. I eat anchovies/stir-fried anchovies at least once a week.
31. I drink milk more than once a week.
32. I eat yogurt/yogurt at least once a week.
33. I eat cheese more than once a week.
34. I eat peanuts, almonds, and pine nuts at least once a week.
35. I drink green tea more than once a week.
36. I eat strawberries more than once a week.
37. I eat melons at least once a week.
38. I eat watermelon more than once a week.
39. I eat peaches/plums at least once a week.
40. I eat bananas more than once a week.
41. I eat persimmons/dried persimmons at least once a week.
42. I eat tangerines more than once a week.
43. I eat pear/pear juice at least once a week.
44. I eat apple/apple juice at least once a week.
45. I eat orange/orange juice at least once a week.
46. I eat grape/grape juice at least once a week.
47. I eat tomato/cherry tomato/tomato juice at least once a week.

RFS, Recommended Food Score.