

Table S2. Correlation coefficients between the intake of functional foods and the intake amount of each food group per visit 12 weeks before the follow-up examinations.

Food groups <sup>1</sup>	White rice with barley	Soy products	Catechin-rich green tea
Eggs	0.10 ***	0.20 ***	0.15 ***
Fish, mollusks, and crustaceans	0.14 ***	0.20 ***	0.17 ***
Fruits	−0.01	0.14 ***	0.07 *
Grain (Cereal) foods	−0.15 ***	−0.24 ***	−0.10 **
Pulses	0.06 *	0.71 ***	0.06 *
Meats	−0.07 **	−0.11 ***	0.01
Milk and milk products	0.03	0.09 **	0.03
Mushrooms	0.13 ***	0.30 ***	0.18 ***
Nuts and seeds	0.10 ***	0.27 ***	0.20 ***
Fats and Oils	0.03	−0.03	−0.02
Potatoes and starches	0.14 ***	0.32 ***	0.09 **
Algae	0.05	0.06 *	0.12 ***
Sugars and sweeteners	0.03	0.10 **	0.06
Vegetables	0.11 ***	0.20 ***	0.12 ***

Spearman's rank correlation coefficient

\*\*\* P < 0.001, \*\* P < 0.01, \* P < 0.05

<sup>1</sup> The groups were based on the classification of the Standard Tables of Food Composition in Japan - 2015 - (Seventh Revised Version).