

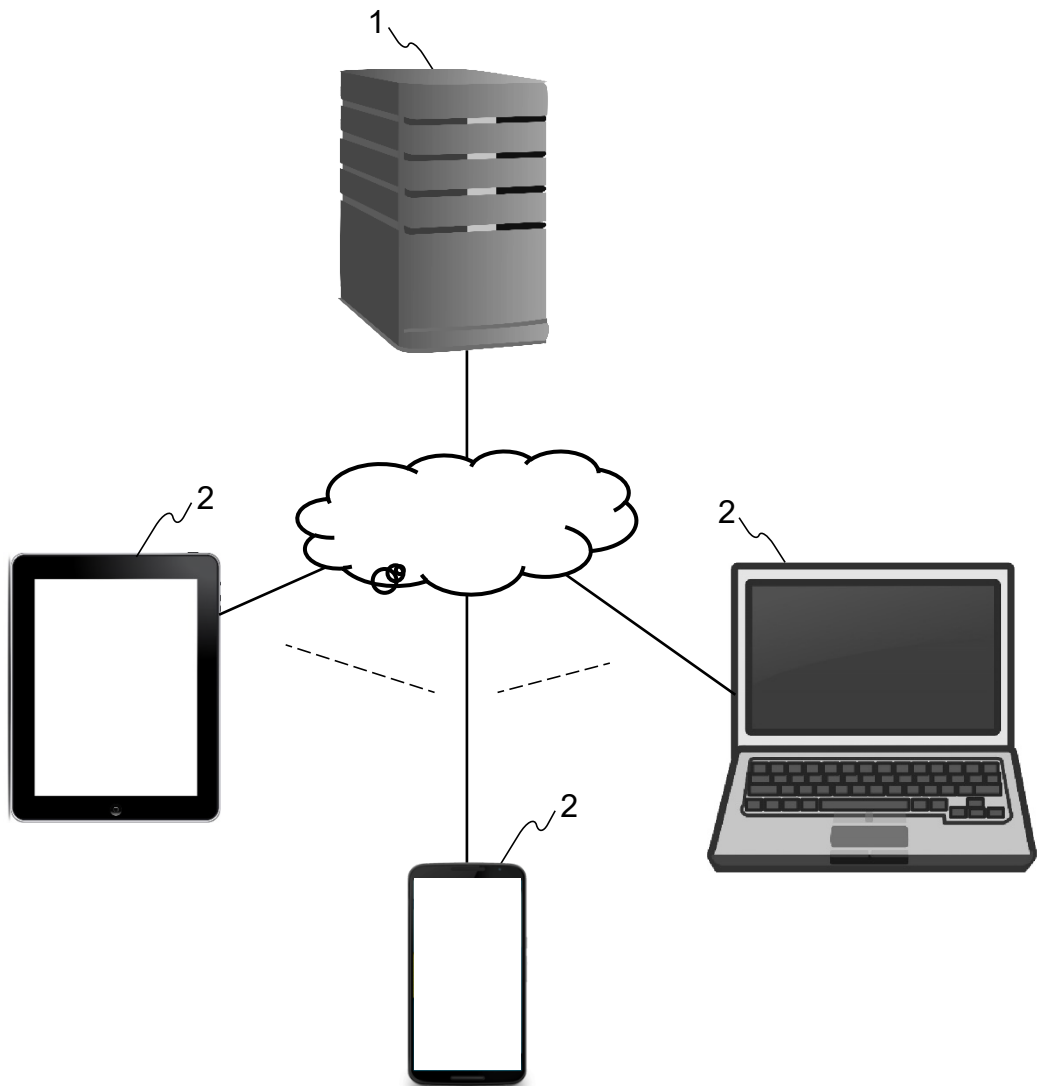
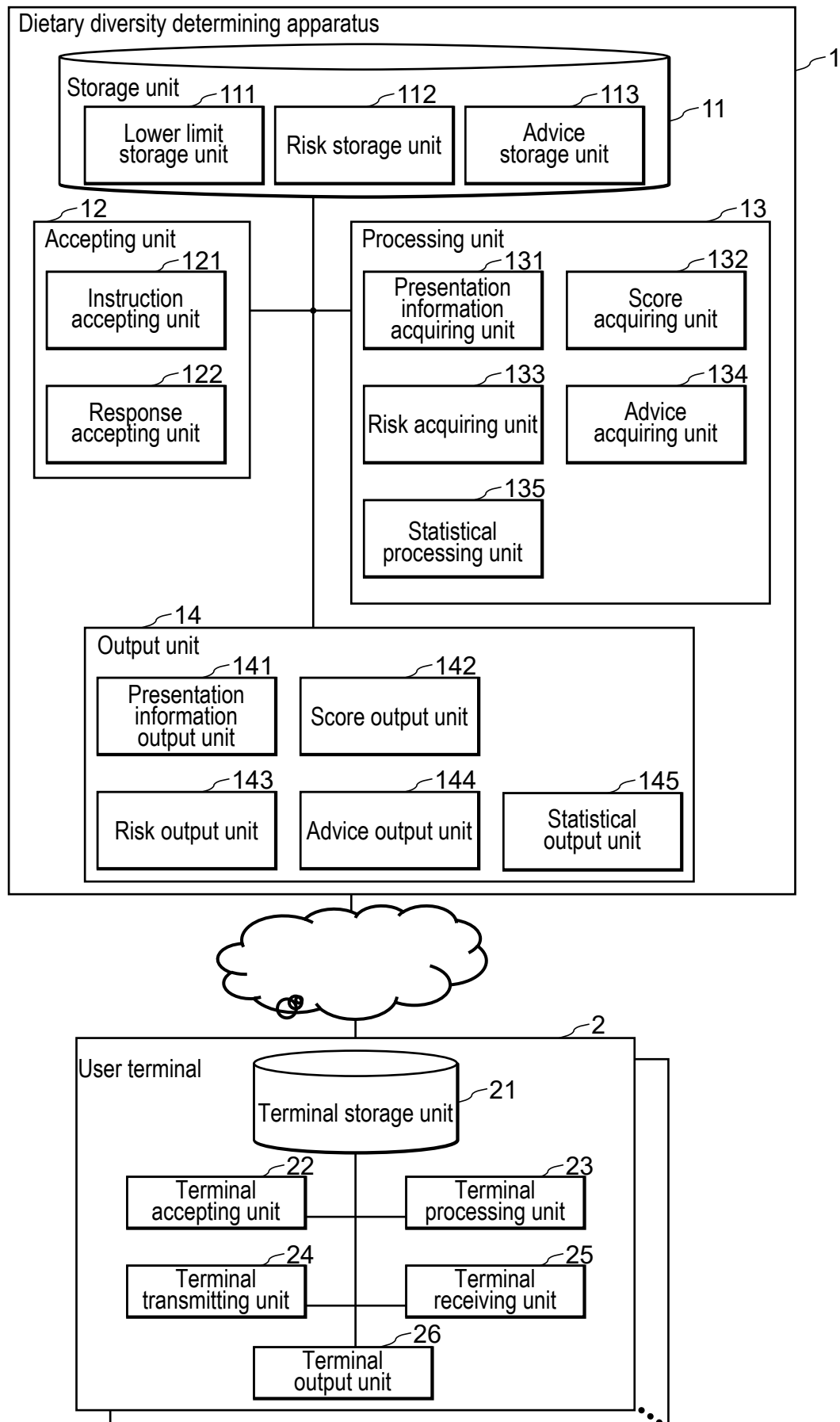
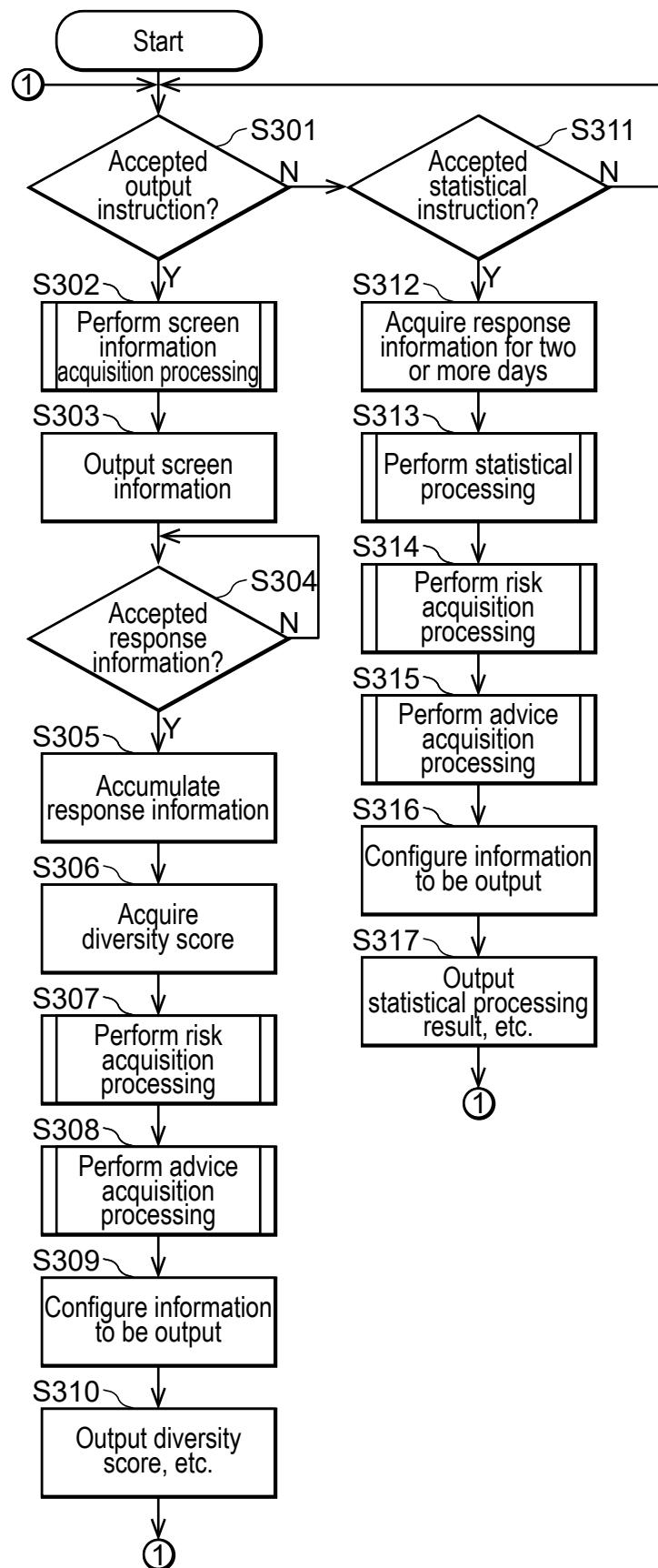
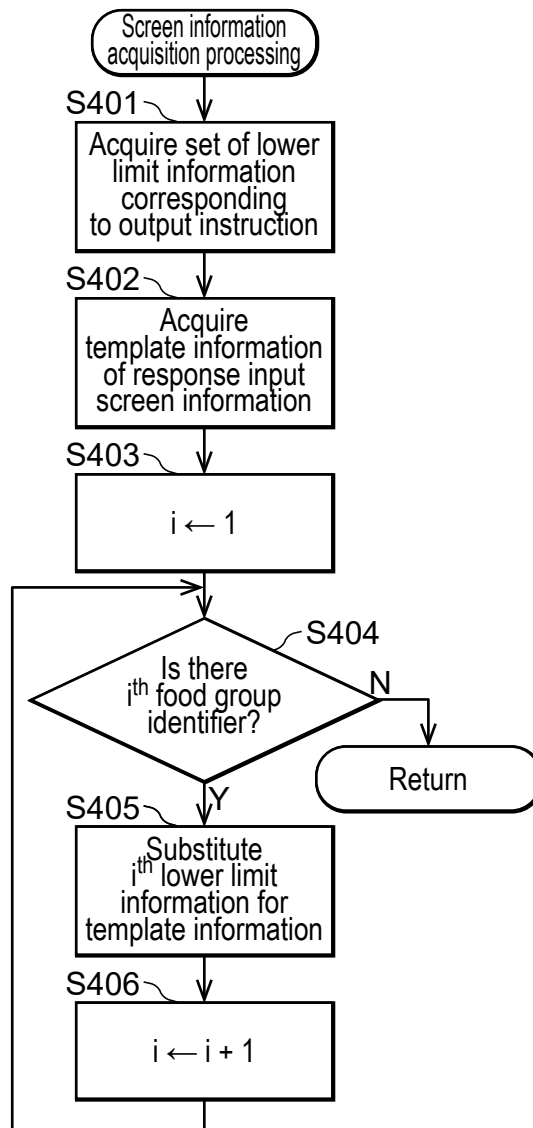
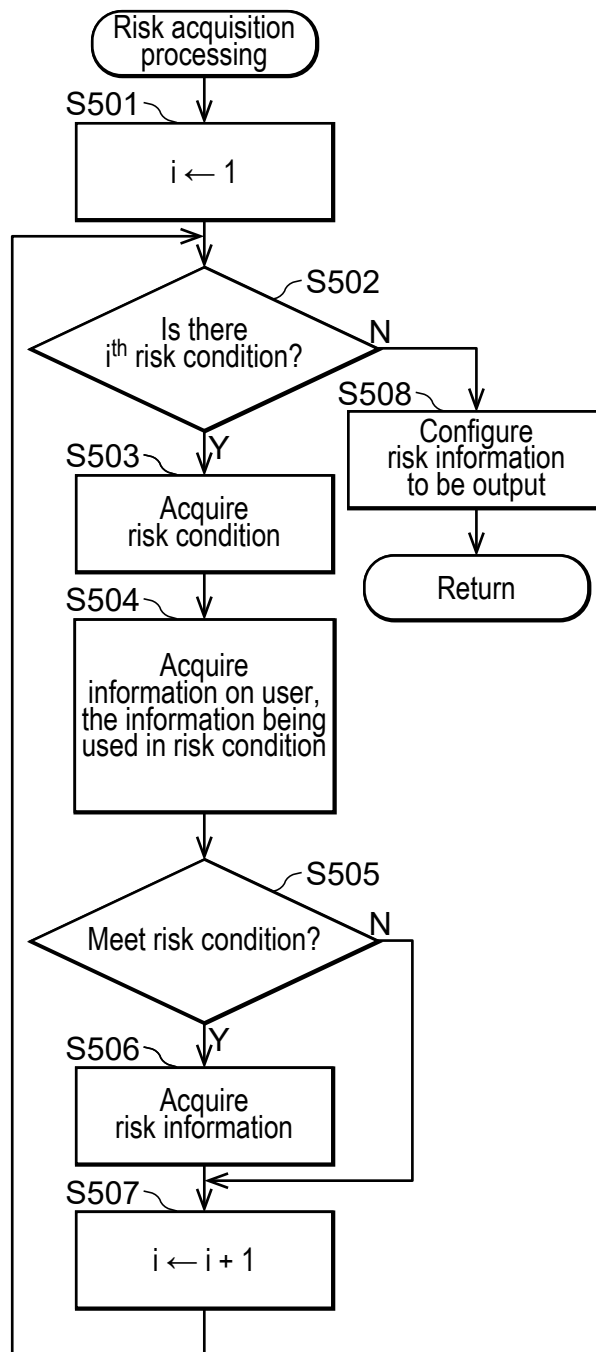


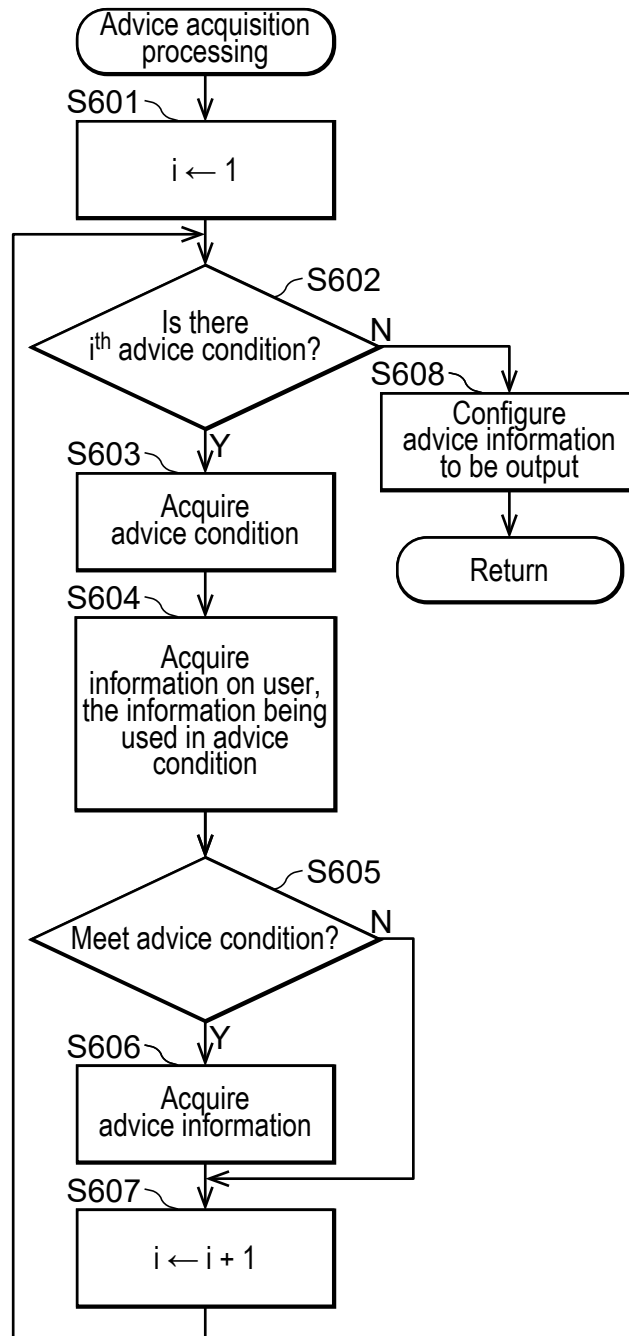
FIG.1

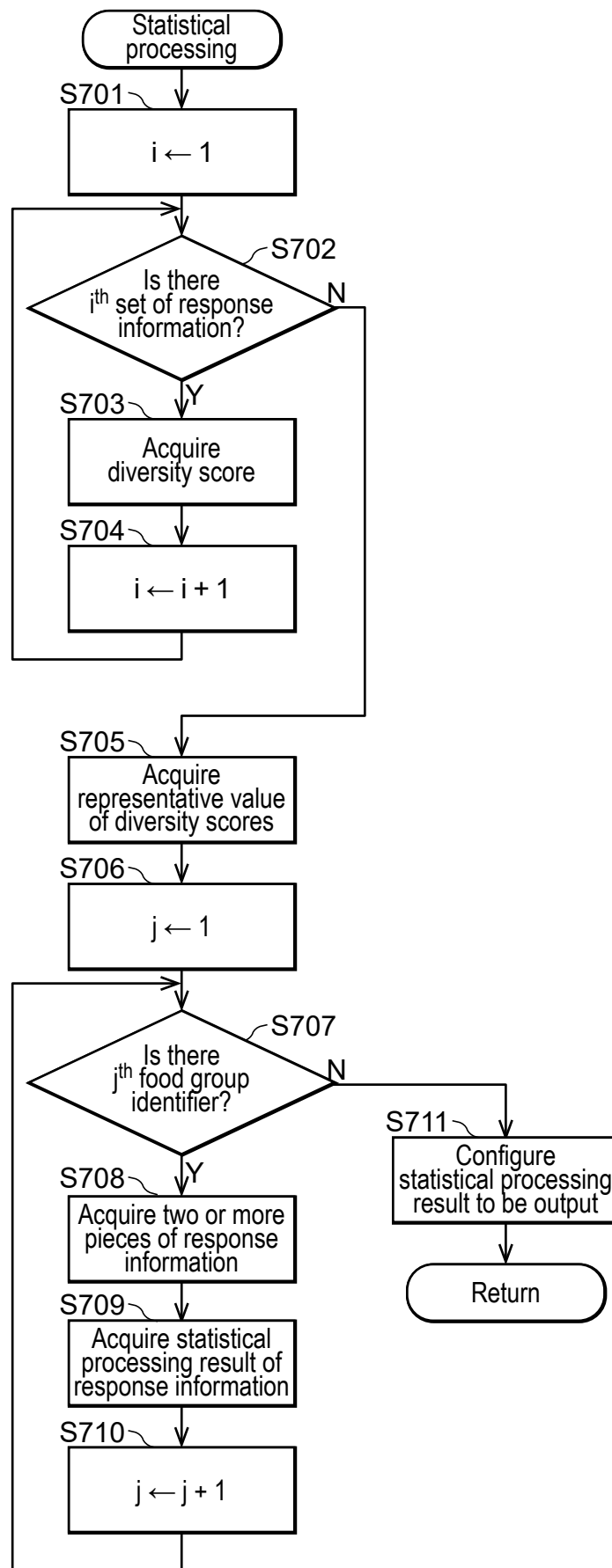
**FIG.2**

**FIG.3**

**FIG.4**

**FIG.5**

**FIG.6**

**FIG.7**

<Table>							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<loop variable = food group identifier>							
<text lower limit information><image lower limit information ><food group identifier>							
<field value=Yes or No (empty)> <field value=Yes or No (empty)>							
<field value=Yes or No (empty)> <field value=Yes or No (empty)>							
<field value=Yes or No (empty)> <field value=Yes or No (empty)>							
<field value=Yes or No (empty)>							
</loop>							
</Table>							

FIG.8

Food group identifier	User condition 1	User condition 2	
	Text lower limit information	Text lower limit information	Image lower limit information
Grains	Rice small serving 1/8	Rice small serving 1/4	
Potatoes	Sweet potato 1.5 chunks	Sweet potato 3 chunks	
Green and yellow vegetables	Tomato 1/4	Tomato 1/2	
Other vegetables	Onion 1/4	Onion 1/2	
Fruits	Orange 1/2	Orange 1	
Meats	Thin-sliced loin 1/4	Thin-sliced loin 1/2	
Seafoods	Sashimi 1 slice	Sashimi 2 slices	
Eggs	Egg 1/4	Egg 1/2	
Beans	Natto 1/2 cup or Tofu miso soup 1/2 cup	Natto 1 cup or Tofu miso soup 1 cup	
Dairy products	Yogurt 1/2 cup or Milk 1/4 glass	Yogurt 1 cup or Milk 1/2 glass	

FIG.9

ID	Risk information		Risk condition
	Risk identifier	Degree information	Specifying information
1	Cognitive decline	0.68	Diversity score $\geq$ 9
		▪	▪
		▪	▪
2	Hippocampal atrophy	0.74	Mean diversity score $\geq$ 9
		0.82	Mean diversity score $\geq$ 8
		▪	▪
3	Cardiovascular system diseases	0.75	Diversity score $\geq$ 8
		▪	▪
		▪	▪
4	Sarcopenia	0.45	Diversity score $\geq$ 9
5	Frailty	0.45	Diversity score $\geq$ 8
▪	▪	▪	▪
▪	▪	▪	▪
▪	▪	▪	▪

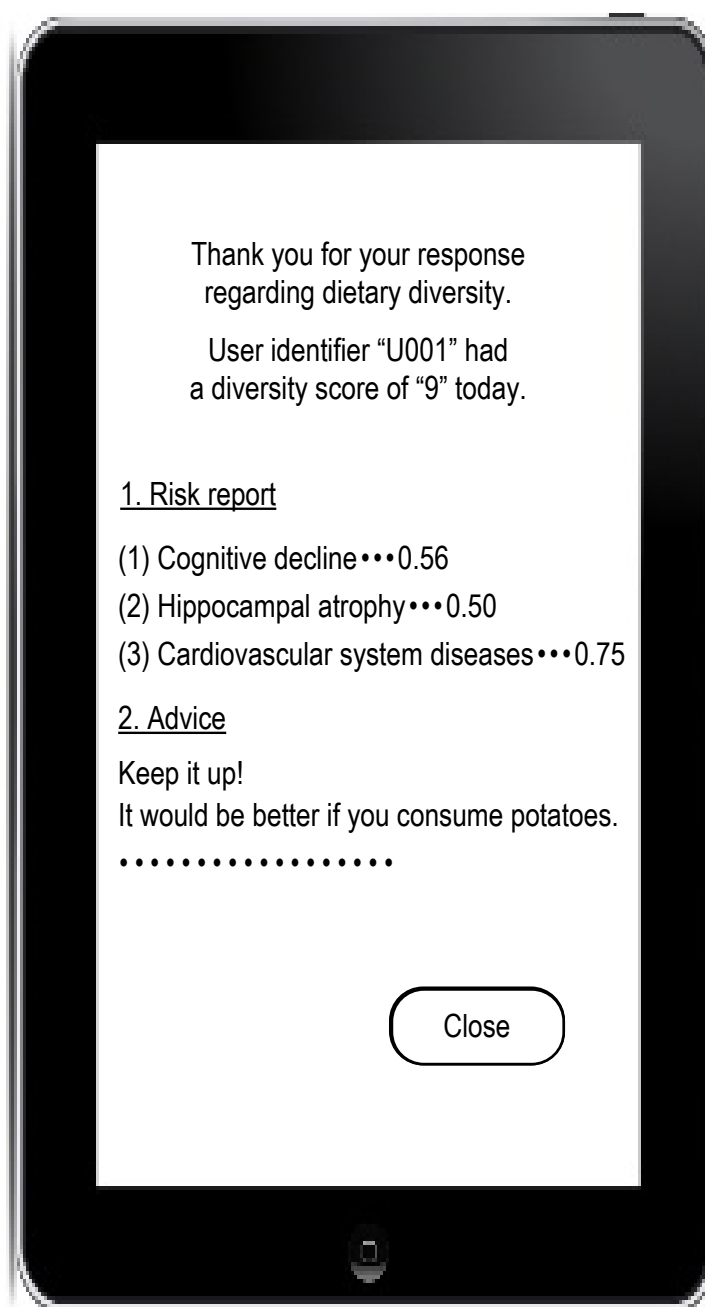
FIG.10

ID	Advice condition	Advice information
1	Diversity score $\leq$ 5	Your diet is unbalanced.
2	Mean diversity score $\leq$ 9 AND Score with specific food group identifier $\leq$ 4	The intake of <\$ specific food group identifier> is too low.
3	Diversity score=9	Keep it up! It would be better if you consume <food group identifier with \$ value of 0>.
• • •	• • •	• • •

FIG.11

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
 Rice small serving 1/4							
 Sweet potato 3 chunks							
 Tomato 1/2							
 Onion 1/2							
 Orange 1							
 Thin-sliced loin 1/2							
 Sashimi 2 slices							
 Egg 1/2							
 Natto 1 cup or Tofu miso soup 1 cup							
 Yogurt 1 cup or Milk 1/2 glass							

FIG.12

**FIG.13**

May 29 to June 4

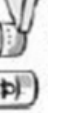
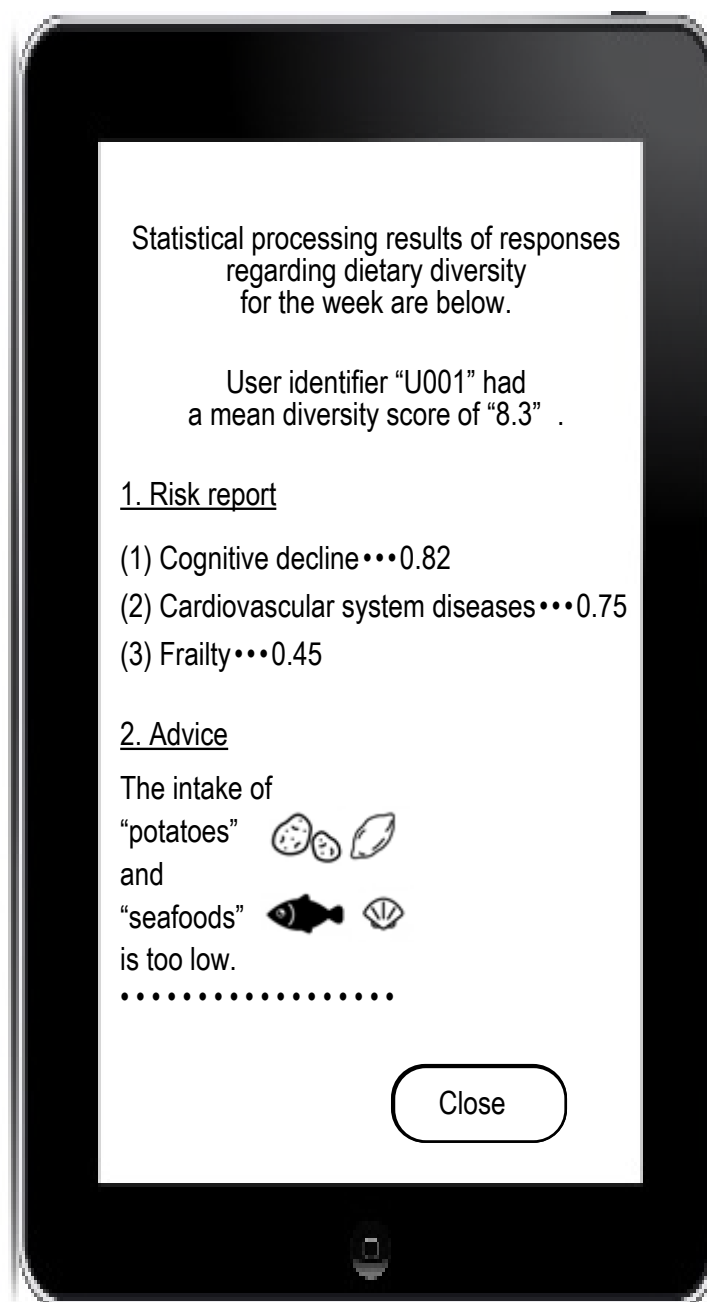
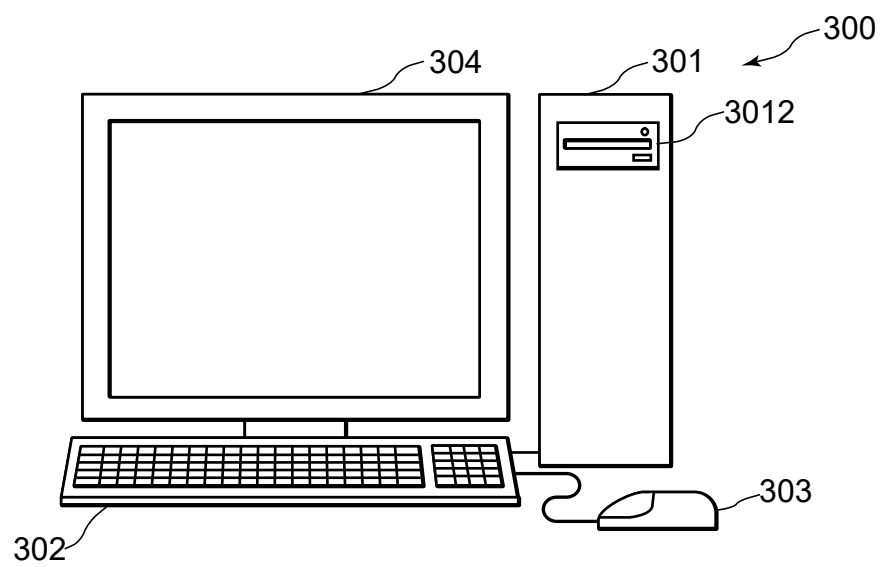
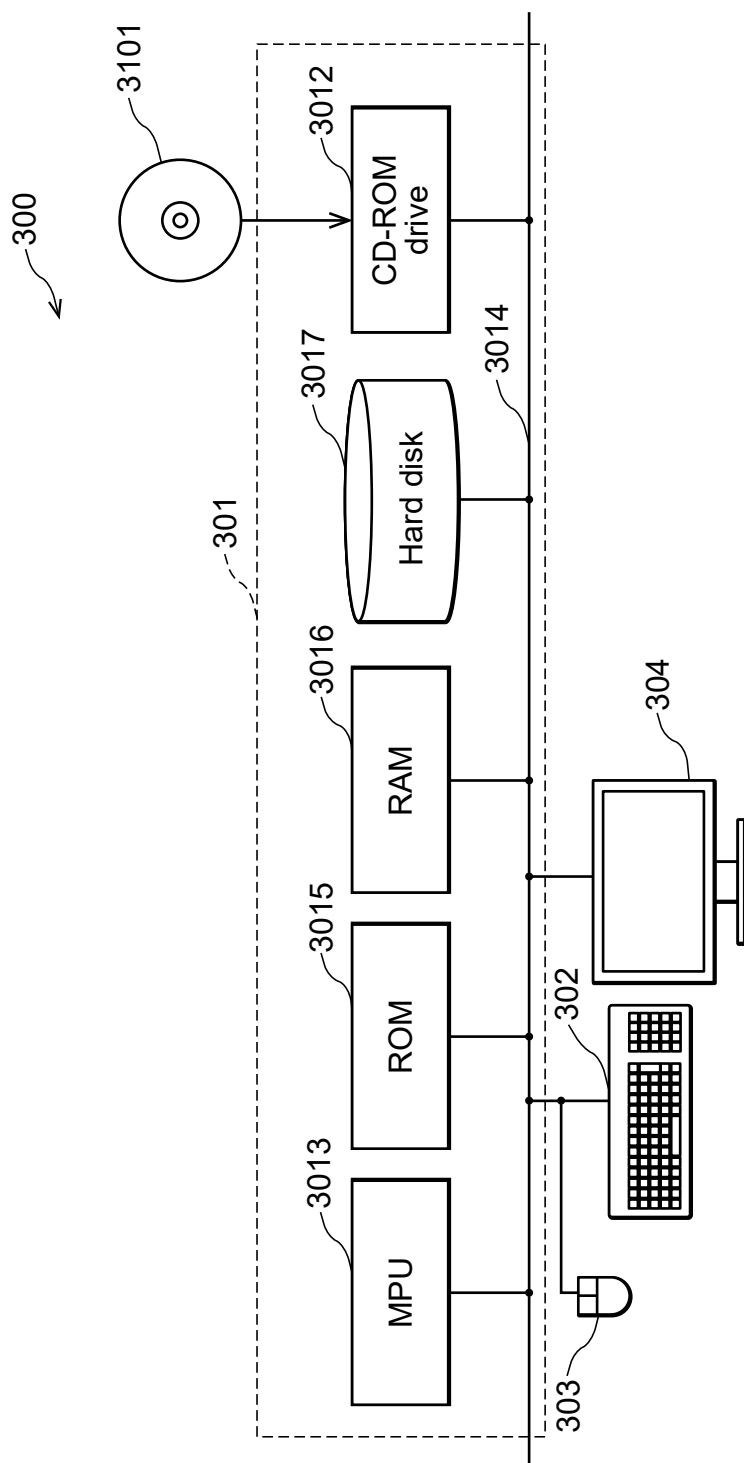
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
 Rice small serving 1/4	☐	☐	☐	☐	☐	☐	☐
 Sweet potato 3 chunks							☐
 Tomato 1/2	☐	☐	☐	☐	☐	☐	☐
 Onion 1/2	☐	☐	☐	☐	☐	☐	☐
 Orange 1	☐	☐	☐		☐	☐	☐
 Thin-sliced loin 1/2	☐	☐	☐	☐	☐	☐	☐
 Sashimi 2 slices	☐	☐			☐		☐
 Eggs	☐	☐	☐	☐	☐	☐	
 Natto 1 cup or Tofu miso soup 1 cup	☐	☐	☐	☐	☐		☐
 Yogurt 1 cup or Milk 1/2 glass	☐	☐	☐	☐	☐	☐	☐

FIG.14

**FIG.15**

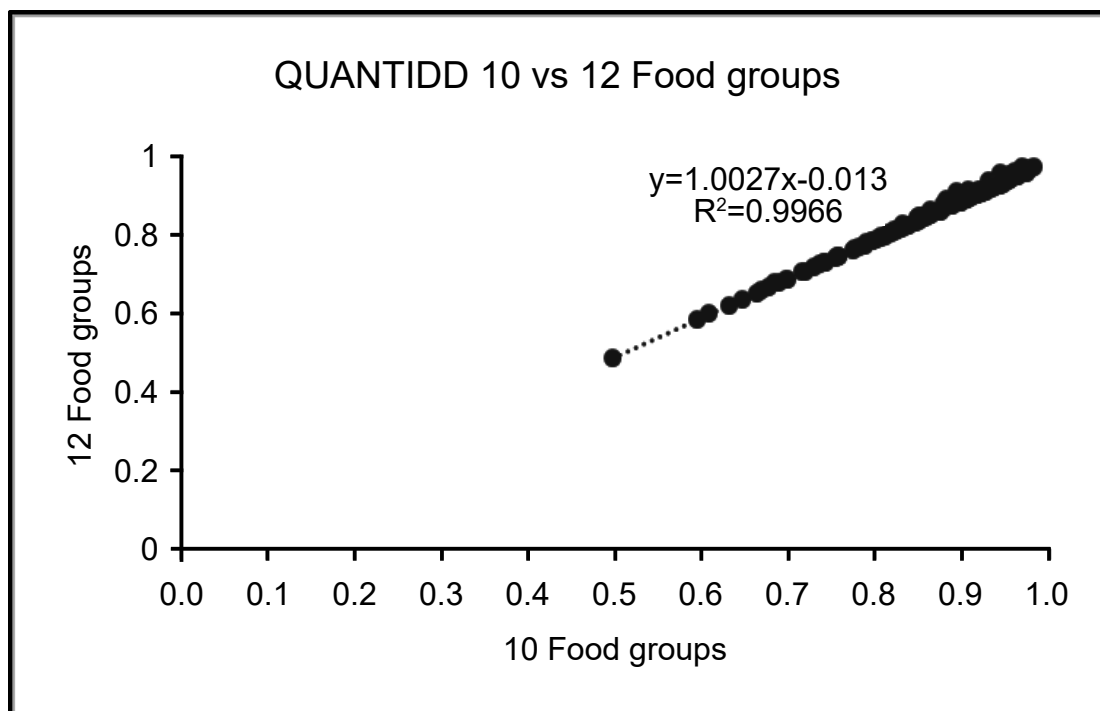
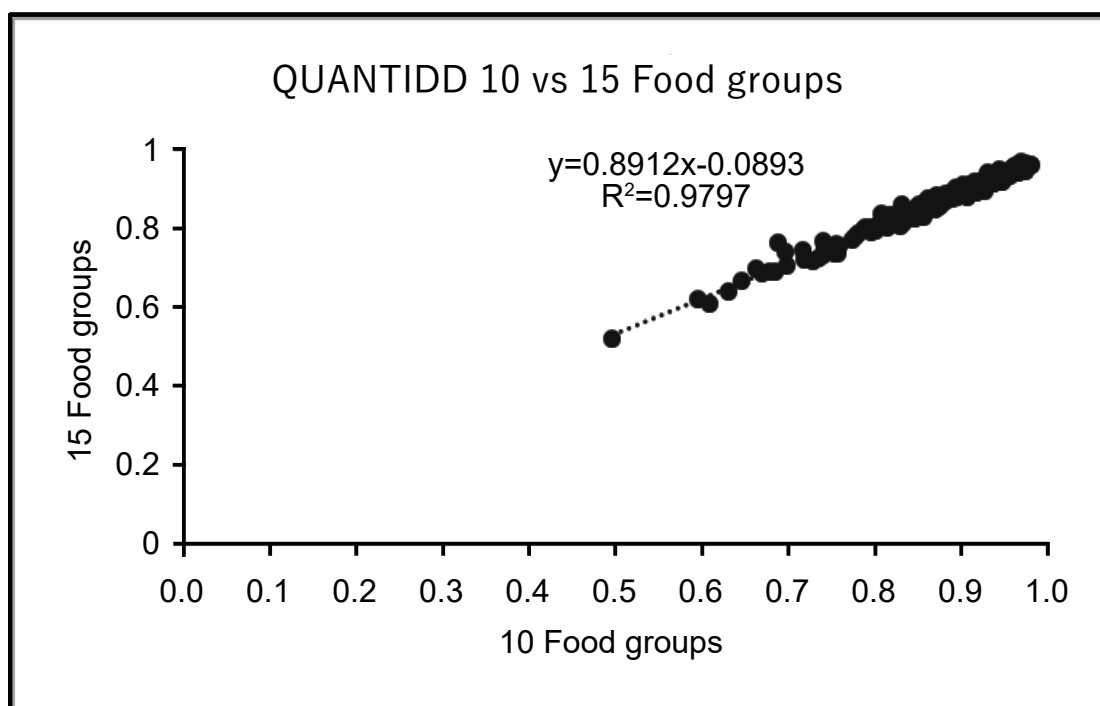
**FIG.16**

**FIG.17**

	Mean	Standard deviation
Age (years old)	66.2	5.2
Sex	M/F n =85/123	
BMI(kg/m ²)	22.7	2.9
Energy(kcal/day)	1659.2	499.9
Protein(g/day)	65.3	23.1
Fat(g/day)	54.7	20.6
Carbohydrate(g/day)	213.3	69.6
Grains(g/day)	336.6	131.9
Potatoes(g/day)	32.0	27.6
Beans(g/day)	65.2	41.0
Seafoods(g/day)	72.7	46.0
Meats(g/day)	63.8	33.8
Eggs(g/day)	44.0	30.1
Green and yellow vegetables(g/day)	94.0	65.5
Other vegetables*(g/day)	142.6	87.9
Light colored vegetables(g/day)	119.9	75.3
Mushrooms(g/day)	10.5	10.1
Seaweeds(g/day)	12.2	11.8
Fruits(g/day)	113.8	98.9
Dairy products(g/day)	125.7	94.7
Sugar/sweeteners(g/day)	4.0	4.4
Fats and oils(g/day)	11.3	5.3
Confectioneries(g/day)	49.7	43.5
QUANTIDD (10 food groups)	0.884	0.086
QUANTIDD (12 food groups)	0.874	0.087
QUANTIDD (15 food groups)	0.877	0.078

* Light colored vegetables+Mushrooms+Seaweeds

FIG.18

**FIG.19(a)****FIG.19(b)**

10 → 12 Food groups

10 Food groups	12 Food groups
----------------	----------------

1.00	0.99
0.90	0.89
0.80	0.79
0.70	0.69
0.60	0.59
0.50	0.49

FIG.20(a)

10 → 15 Food groups

10 Food groups	15 Food groups
----------------	----------------

1.00	0.98
0.90	0.89
0.80	0.80
0.70	0.71
0.60	0.62
0.50	0.53

FIG.20(b)

10 ← 12 Food groups

10 Food groups	12 Food groups
----------------	----------------

1.01	1
0.91	0.9
0.81	0.8
0.71	0.7
0.61	0.6
0.51	0.5

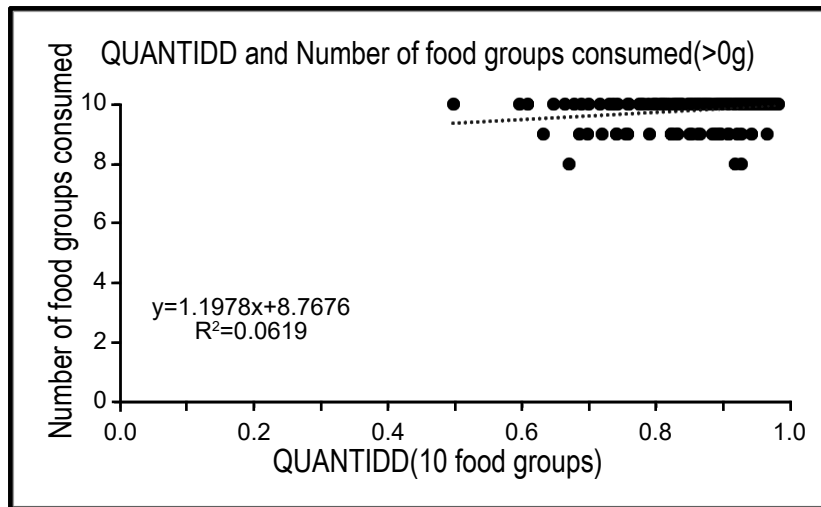
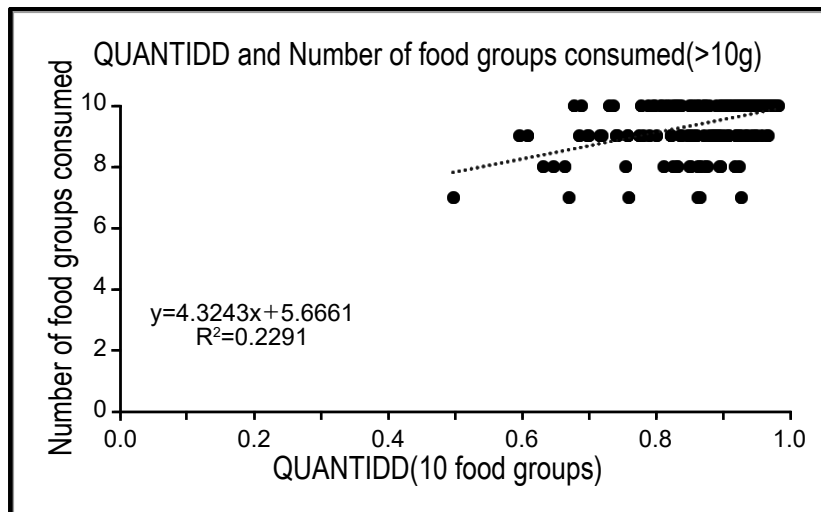
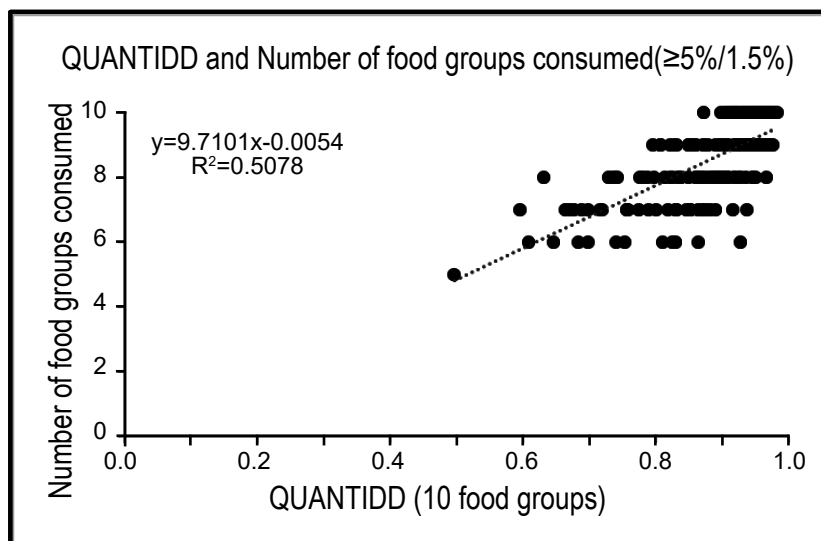
FIG.20(c)

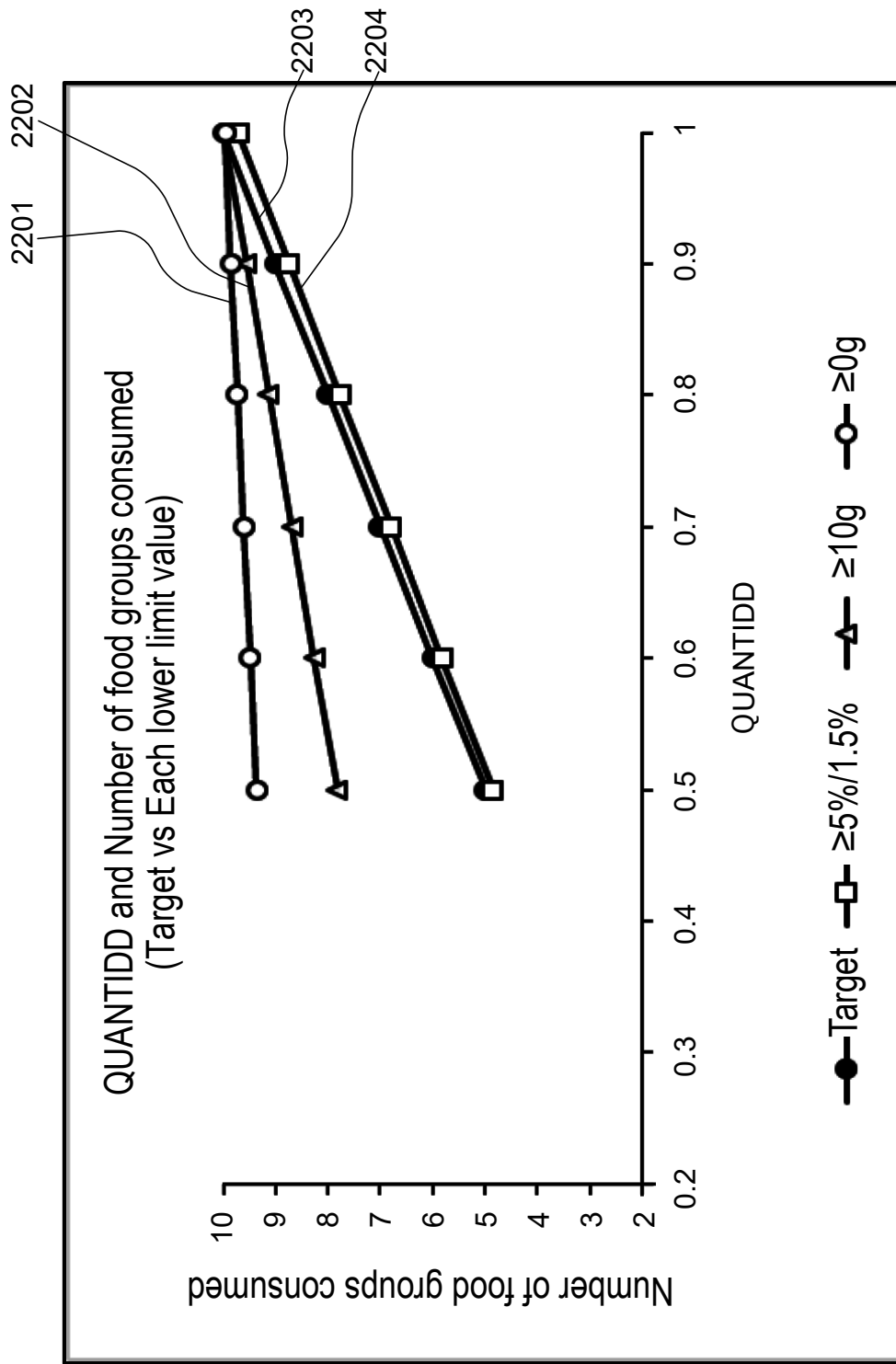
10 ← 15 Food groups

10 Food groups	15 Food groups
----------------	----------------

1.02	1.00
0.91	0.90
0.80	0.80
0.69	0.70
0.57	0.60
0.46	0.50

FIG.20(d)

**FIG.21(a)****FIG.21(b)****FIG.21(c)**

**FIG.22**

QUANTIDD	Number of food groups consumed (for each lower limit value)			
	Target	$\geq 5\%/1.5\%$	$\geq 10g$	$>0g$
1	10	9.70	9.99	9.97
0.9	9	8.73	9.56	9.85
0.8	8	7.76	9.13	9.73
0.7	7	6.79	8.69	9.61
0.6	6	5.82	8.26	9.49
0.5	5	4.85	7.83	9.37

FIG.23