

Table S1. Stanardized questionnaire

Questions	
1. How often do you have a drink containing alcohol for the last year?	1. Never 2. times/week
2. How much do you drink on a typical day when you are drinking?	Beer ml/day Sake ml/day Shochu ml/day Whiskey ml/day Wine ml/day
3. Do you often drink sweet beverage?	1. Yes 2. No
4. Do you often eat greasy meat?	1. Yes 2. No
5. Are you in a habit of doing exercise to sweat lightly for over 30 minutes a time, 2 times weekly, for over a year?	1. Yes 2. No