



Source: "The National Health and Nutrition Survey in Japan" from Ministry of Health, Labor and Welfare

- The quantities shown in the above table are obtained by multiplying the quantity of sodium included in foodstuffs taken in by a factor of 2.54 and not by actually measuring the quantities of salt.

* "The National Health and Nutrition Survey in Japan" was canceled due to the effects of COVID-19 on 2020 and 2021, so no data exists for these years.