

**Prospect of Nutritional Epidemiology in Japan:  
Consideration of the Possibility through the Experience of the INERMAP Study**

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**< Summary >**

Although nutrition is essential for life, it is difficult to analyze the relationship between nutrition and life style related diseases because everybody consumes various kinds of nutritional factors daily. Thus, the basic knowledge and techniques should be shared among researchers for the development of nutritional epidemiology. Among all, the development and maintenance of the food composition table for Japanese foods dedicated to epidemiological studies is essential.