

Are popular books about diet and health written based on scientific evidence?: A comparison of citations between the US and Japan. F Oono et al.

Supplemental Table 1 Stratification of categories and URLs used in this study

Bookstores	Stratification of categories	URL
Amazon (for the US)	Health, Fitness & Dieting >Diets & Weight Loss	<a href="https://www.amazon.com/Best-Sellers-Books-Diets-Weight-Loss/zgbs/books/4613/ref=zg_bs_nav_b_2_10">https://www.amazon.com/Best-Sellers-Books-Diets-Weight-Loss/zgbs/books/4613/ref=zg_bs_nav_b_2_10</a>
Barnes & Noble (for the US)	Diet, Health & Fitness Books >Diet & Nutrition	<a href="https://www.barnesandnoble.com/b/books/diet-health-fitness/diet-nutrition/_/N-29Z8q8Z11j8">https://www.barnesandnoble.com/b/books/diet-health-fitness/diet-nutrition/_/N-29Z8q8Z11j8</a>
Amazon Japan (for Japan)	Life, health, and childcare >Home medicine & Health >Diet & Nutrition	<a href="https://www.amazon.co.jp/gp/bestsellers/books/2133616051/ref=zg_bs_nav_b_3_2133603051">https://www.amazon.co.jp/gp/bestsellers/books/2133616051/ref=zg_bs_nav_b_3_2133603051</a>
<i>honto</i> (for Japan)	Life and practical >Health & Home medicine >Nutrition & Diet	<a href="https://honto.jp/ebook/search_0750_0229006080900_09-salesnum.html?cid=eb_genre15&amp;tbty=2">https://honto.jp/ebook/search_0750_0229006080900_09-salesnum.html?cid=eb_genre15&amp;tbty=2</a>

Accessed on 19th Dec 2021.

Supplemental Table 2 Title and ISBN 13 code of 100 US books about diet and health in this study

ISBN 13	Title
9781984825643	The Skinnytaste Air Fryer Cookbook: The 75 Best Healthy Recipes for Your Air Fryer
9781426221941	The Blue Zones Challenge: A 4-Week Plan for a Longer, Better Life
9781401958459	Medical Medium Cleanse to Heal: Healing Plans for Sufferers of Anxiety, Depression, Acne, Eczema, Lyme, Gut Problems, Brain Fog, Weight Issues, Migraines, Bloating, Vertigo, Psoriasis, Cys
9781439190272	The New Atkins for a New You: The Ultimate Diet for Shedding Weight and Feeling Great
9780358004417	The Defined Dish: Whole30 Endorsed, Healthy and Wholesome Weeknight Recipes
9781401961961	Beat Cancer Kitchen: Deliciously Simple Plant-Based Anticancer Recipes
9781401935436	The Body Ecology Diet: Recovering Your Health and Rebuilding Your Immunity
9781426221033	The What to Eat When Cookbook
9781250066114	How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease
9798579816306	Keto Cookbook For Beginners: 1000 Recipes For Quick & Easy Low-Carb Homemade Cooking
9781507216453	Gut Health Hacks: 200 Ways to Balance Your Gut Microbiome and Improve Your Health!
9781250757623	Fast. Feast. Repeat.: The Comprehensive Guide to Delay, Don't Deny® Intermittent Fasting-- Including the 28-Day FAST Start
9780358345411	Women, Food, and Hormones: A 4-Week Plan to Achieve Hormonal Balance, Lose Weight, and Feel Like Yourself Again
9781615190614	Forks Over Knives—The Cookbook: Over 300 Simple and Delicious Plant-Based Recipes to Help You Lose Weight, Be Healthier, and Feel Better Every Day
9781401952556	Bright Line Eating: The Science of Living Happy, Thin and Free
9781426220135	The Blue Zones Kitchen: 100 Recipes to Live to 100
9781939754448	The Easy 5-Ingredient Ketogenic Diet Cookbook: Low-Carb, High-Fat Recipes for Busy People on the Keto Diet
9781250277756	The Shift: 7 Powerful Mindset Changes for Lasting Weight Loss
9781771641258	The Obesity Code - Unlocking the Secrets of Weight Loss (Book 1)
9781250127761	The How Not to Die Cookbook: 100+ Recipes to Help Prevent and Reverse Disease
9780316536820	This Is Your Brain on Food: An Indispensable Guide to the Surprising Foods That Fight Depression, Anxiety, PTSD, OCD, ADHD, and More
9781507211281	The Everything Gluten-Free & Dairy-Free Cookbook: 300 Simple and Satisfying Recipes without Gluten or Dairy
9780385345620	The Skinnytaste Cookbook: Light on Calories, Big on Flavor
9781538714621	Eat to Beat Disease: The New Science of How Your Body Can Heal Itself
9781623152161	Juicing for Beginners: The Essential Guide to Juicing Recipes and Juicing for Weight Loss
9780544609716	The Whole30: The 30-Day Guide to Total Health and Food Freedom
9780316537087	The Pegan Diet: 21 Practical Principles for Reclaiming Your Health in a Nutritionally Confusing World

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- 9781641520935 The 30-Minute Mediterranean Diet Cookbook: 101 Easy, Flavorful Recipes for Lifelong Health
- 9781939457318 The 20/20 Diet: Turn Your Weight Loss Vision Into Reality
- 9781635651911 Run Fast. Cook Fast. Eat Slow.: Quick-Fix Recipes for Hangry Athletes: A Cookbook
- 9781628603132 Southern Keto: 100+ Traditional Food Favorites for a Low-Carb Lifestyle
- 9781250255198 Intuitive Eating, 4th Edition: A Revolutionary Anti-Diet Approach
- 9781623158088 The Complete Ketogenic Diet for Beginners: Your Essential Guide to Living the Keto Lifestyle
- 9780594839934 Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body
- 9781623151010 The Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Good Health
- 9781984825537 Fix It with Food: More Than 125 Recipes to Address Autoimmune Issues and Inflammation: A Cookbook
- 9781642504842 Flavcity's 5 Ingredient Meals: 50 Easy & Tasty Recipes Using the Best Ingredients from the Grocery Store (Heart Healthy Budget Cooking)
- 9780063042018 The Plant-Based Athlete: A Game-Changing Approach to Peak Performance
- 9780062427137 The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain (The Plant Paradox, 1)
- 9781583334003 Prescription for Nutritional Healing, Fifth Edition: A Practical A-to-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Herbs & Food Supplements
- 9781628600018 The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting
- 9780063027718 Metabolical: The Lure and the Lies of Processed Food, Nutrition, and Modern Medicine
- 9781623366810 Run Fast. Eat Slow.: Nourishing Recipes for Athletes: A Cookbook
- 9780553459609 Skinnytaste Fast and Slow: Knockout Quick-Fix and Slow Cooker Recipes: A Cookbook
- 9780316537919 Eat Smarter: Use the Power of Food to Reboot Your Metabolism, Upgrade Your Brain, and Transform Your Life
- 9780399584169 Eat Right 4 Your Type (Revised and Updated): The Individualized Blood Type Diet® Solution
- 9781401948320 Medical Medium Life-Changing Foods: Save Yourself and the Ones You Love with the Hidden Healing Powers of Fruits & Vegetables
- 9781401957131 The Official Bright Line Eating Cookbook: Weight Loss Made Simple
- 9781771642651 The Diabetes Code: Prevent and Reverse Type 2 Diabetes Naturally (The Wellness Code Book Two) (The Code Series, 2)
- 9780593084564 Fiber Fueled: The Plant-Based Gut Health Program for Losing Weight, Restoring Your Health, and Optimizing Your Microbiome
- 9780063005730 The Energy Paradox: What to Do When Your Get-Up-and-Go Has Got Up and Gone
- 9780967089737 Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and Diet Dictocrats
- 9780778801818 The Juicing Bible
- 9780593233986 Dr. Kellyann's Bone Broth Diet: Lose Up to 15 Pounds, 4 Inches-and Your Wrinkles!-in Just 21 Days, Revised and Updated
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- 9781583335543 The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles
- 9781501100109 10-Day Green Smoothie Cleanse
- 9781328839206 The Whole30 Fast & Easy Cookbook: 150 Simply Delicious Everyday Recipes for Your Whole30
- 9781426216558 The Blue Zones Solution: Eating and Living Like the World's Healthiest People
- 9781623151256 The Mediterranean Diet for Beginners: The Complete Guide - 40 Delicious Recipes, 7-Day Diet Meal Plan, and 10 Tips for Success
- 9780593189993 Mastering Diabetes: The Revolutionary Method to Reverse Insulin Resistance Permanently in Type 1, Type 1.5, Type 2, Prediabetes, and Gestational Diabetes
- 9781119578925 Keto Diet For Dummies
- 9780446561983 Earl Mindell's New Vitamin Bible
- 9781628603842 The Ultimate Guide to Keto Baking: Master All the Best Tricks for Low-Carb Baking Success
- 9781250036414 Weight Watchers 50th Anniversary Cookbook: 280 Delicious Recipes for Every Meal
- 9780062376589 The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health
- 9780062986511 Plant Over Processed: 75 Simple & Delicious Plant-Based Recipes for Nourishing Your Body and Eating From the Earth
- 9780801094576 The 40-Day Sugar Fast: Where Physical Detox Meets Spiritual Transformation
- 9780399574009 Brain Food: The Surprising Science of Eating for Cognitive Power
- 9780062843371 The Plant Paradox Cookbook: 100 Delicious Recipes to Help You Lose Weight, Heal Your Gut, and Live Lectin-Free
- 9781401959074 Rezoom: The Powerful Reframe to End the Crash-and-Burn Cycle of Food Addiction
- 9781583333006 Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure
- 9781939754110 The Heart Healthy Cookbook for Two: 125 Perfectly Portioned Low Sodium, Low Fat Recipes
- 9781939754202 Renal Diet Cookbook for the Newly Diagnosed: The Complete Guide to Managing Kidney Disease and Avoiding Dialysis
- 9780062843395 The Longevity Paradox: How to Die Young at a Ripe Old Age (The Plant Paradox, 4)
- 9780062847096 Beyond the Pill: A 30-Day Program to Balance Your Hormones, Reclaim Your Body, and Reverse the Dangerous Side Effects of the Birth Control Pill
- 9781914112195 DR. SEBI'S TREATMENT BOOK: Dr. Sebi Treatment For Stds, Herpes, Hiv, Diabetes, Lupus, Hair Loss, Cancer, Kidney Stones, And Other Diseases.
- 9780593136034 The Mediterranean Method: Your Complete Plan to Harness the Power of the Healthiest Diet on the Planet -- Lose Weight, Prevent Heart Disease, and More! (A Mediterranean Diet Cookbook)
- 9781603582865 The Art of Fermentation: New York Times Bestseller
- 9781939754707 The Gastric Sleeve Bariatric Cookbook: Easy Meal Plans and Recipes to Eat Well & Keep the Weight Off
- 9780525479970 Undo It!: How Simple Lifestyle Changes Can Reverse Most Chronic Diseases
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- 9781941631560 The China Study: Revised and Expanded Edition: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss, and Long-Term Health
- 9781942411253 The Anti-Inflammatory Diet & Action Plans: 4-Week Meal Plans to Heal the Immune System and Restore Overall Health
- 9780307589781 American Heart Association Low-Salt Cookbook, 4th Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet
- 9798572080162 The Diabetic Cookbook for Beginners: 500 Easy and Healthy Diabetic Diet Recipes for the Newly Diagnosed | 21-Day Meal Plan to Manage Type 2 Diabetes and Prediabetes
- 9780593233641 The 10-Day Belly Slimdown: Lose Your Belly, Heal Your Gut, Enjoy a Lighter, Younger You
- 9781118180877 Betty Crocker Diabetes Cookbook: Great-tasting, Easy Recipes for Every Day
- 9781401957650 Medical Medium Celery Juice: The Most Powerful Medicine of Our Time Healing Millions Worldwide
- 9780063031715 Eat to Beat Depression and Anxiety: Nourish Your Way to Better Mental Health in Six Weeks
- 9781939754646 The Low Cholesterol Cookbook and Action Plan: 4 Weeks to Cut Cholesterol and Improve Heart Health
- 9780062249302 Eat for Life: The Breakthrough Nutrient-Rich Program for Longevity, Disease Reversal, and Sustained Weight Loss
- 9781426220869 What to Eat When: A Strategic Plan to Improve Your Health and Life Through Food
- 9781646115952 The Mediterranean Diet Cookbook for Two: 100 Perfectly Portioned Recipes for Healthy Eating
- 9780062883629 The F\*ck It Diet: Eating Should Be Easy
- 9780063012400 100 Days of Real Food Meal Planner
- 9781945256585 The Complete Diabetes Cookbook: The Healthy Way to Eat the Foods You Love
- 9781328557476 No Crumbs Left: Whole30 Endorsed, Recipes for Everyday Food Made Marvelous
- 9780399184772 The Wahls Protocol Cooking for Life: The Revolutionary Modern Paleo Plan to Treat All Chronic Autoimmune Conditions
- 9780143114963 In Defense of Food: An Eater's Manifesto
- 9781641520041 The Easy 5-Ingredient Healthy Cookbook: Simple Recipes to Make Healthy Eating Delicious
- 9781939457592 The Lose Your Belly Diet: Change Your Gut, Change Your Life
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ISBN, International Standard Book Number

Supplemental Table 3 Title and ISBN 13 code of 100 Japanese books about diet and health in this study

ISBN 13	Title (English/Japanese)
9784478114568	How to lose weight naturally in 3 months: change your body if you lack willpower! 3-day working and 1-day rest diet program/ 3 か月で自然に痩せていく仕組み 意志力ゼロで体が変わる! 3 勤 1 休ダイエットプログラム
9784906993468	Illustrated textbook on carbohydrates and blood sugar levels that is the easiest to understand/イラスト図解 1 番わかりやすい糖質と血糖値の教科書
9784908925887	Anti-aging without spending money! A nutritional method that keeps you young/お金をかけないアンチエイジング! 若さを保つ栄養メソッド
9784791622887	The definitive edition Encyclopedia that fully understands the basics of nutrition science/決定版 栄養学の基本がまるごとわかる事典
9784799327319	One habit each week: pharmacologic dietary habits that keep the body from getting tired/ 1 週間に 1 つずつ 体がバテない食薬習慣
9784837666547	Lose weight! Lower blood pressure and blood sugar! Adzuki bean recipe to excrete poison/ やせる! 血圧、血糖値が下がる! アズキ毒出しレシピ
9784837673408	The most powerful vegetable soup: testimony of 40 people (build immunity and antioxidant power to fight cancer and infectious diseases)/ 最強の野菜スープ 40 人の証言 (がんや感染症に負けない免疫力&抗酸化力をつける)
9784776210191	"Hunger" is the best medicine/ 「空腹」こそ最強のクスリ
9784405086944	Women's muscle training & muscle diet/ 女子の筋トレ&筋肉ごはん
9784908925597	Don't rely on doctors or medicine! You can fix all your problems yourself/ 医師や薬に頼らない! すべての不調は自分で治せる
9784837666585	Magic spice/ 魔法のスパイス
9784774518282	New cancer therapy found by Italian doctor: many cancers can be cured by themselves with baking soda sterilization and true antioxidant diet therapy/ イタリア人医師が発見したガンの新しい治療法 重曹殺菌と真・抗酸化食事療法で多くのガンは自分で治せる
9784405093799	Diet to cure the intestines/ 腸を治す食事術
9784594089320	Live well until the age of 120: the best supplement & healthy longevity technique 120 歳まで元気に生きる 最強のサプリ&健康長寿術
9784405093751	"Hunger time" determines health/ 「空腹の時間」が健康を決める
9784492046937	The world's most delicious "professional Japanese cuisine" Abe's meal: best 102 recipes: created by a "food professional" over 15 years! "Magic seasoning" saves time! Additive-free 102 items! / 世界一美味しい「プロの手抜き和食」安部ごはん ベスト 102 レシピ: 「食品のプロ」が 15 年かけて考案! 「魔法の調味料」で本気の時短! しかも無添加 102 品!
9784405094062	The science of muscle training and nutrition: new edition / 新版 筋トレと栄養の科学
9784837613664	The best recipe for cancer to disappear (secret of diet therapy with a success rate of over 60%)/ ガンが消えていく最強のレシピ (成功率 60% 超の食事療法の極意)
9784405093706	If you change your diet, dementia will definitely get better! / 食事を変えれば、認知症は必ずよくなる!



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- 9784763198662 Meals and treatments that bring out the body's natural healing power/ からだの自然治癒力をひきだす食事と手当て
- 9784815612306 The 101 scientific evidence and a 92% success rate have revealed, a body that doesn't gain weight even if you eat fully/ 101 の科学的根拠と92%の成功率からわかった 満腹食べても太らない体
- 9784087816990 A doctor's idea of simple dishes to enjoy life: Kamada-style healthy omission meal / 医師が考える 楽しく人生を送るための簡単料理 鎌田式 健康手抜きごはん
- 9784776211129 Improve memory x improve concentration x prevent dementia: 1 cup a day soup for cleansing the brain/ 記憶力アップ×集中力アップ×認知症予防 1日1杯脳のおそうじスープ
- 9784528013933 Citric acid keeps the doctor away: new healthy method/ クエン酸で医者いらず 新健康法
- 9784065238752 The changes is big and it depends on when you eat, introduction to Chrono nutrition: the body clock influences obesity, aging, and lifestyle-related diseases/ 食べる時間でこんなに変わる 時間栄養学入門 体内時計が左右する肥満、老化、生活習慣病
- 9784837672845 Useful recipe for the most powerful vegetable soup (instructed by a global authority on anticancer drugs!)/ 最強の野菜スープ 活用レシピ (抗がん剤の世界的権威が伝授!)
- 9784405092969 The 67 truths to get a flat abdomen and a lean body: the science of muscle training and nutrition/ お腹を凹ませて、太らないカラダになるための真実 67 筋トレと栄養の科学
- 9784620326856 Eat delicious and not gain weight: healthy protein recipes: 1 item in 15 minutes! Quick and easy professional taste/ おいしく食べて太らない 健康たんぱく質レシピ 1品15分! 時短、かんたんにプロの味
- 9784837672623 The most powerful vegetable soup (directly instructed by a global authority on anticancer drugs!)/最強の野菜スープ (抗がん剤の世界的権威が直伝!)
- 9784799109229 Impressively energetic in 2 weeks! Doctor's "colored meal"/ 2週間で感動的に元気になる! 医者「色着きごはん」
- 9784944063734 Effective for dieting and diabetes prevention! Control blood sugar levels with simple recipes "Breakfast designed by a doctor to lose weight"/ ダイエット&糖尿病予防に効く! 簡単レシピで血糖値をコントロール「お医者さんが考えた痩せる朝ごはん」
- 9784837666318 Warm up with ginger! Sick-free/ ショウガで温活! 病気知らず
- 9784046051004 Taught by female trainers who are always fully booked: the way to lose weight with eating and without muscle training! Seven-day dieting to become really thin/ 予約の取れない女性専門トレーナーが教える 筋トレなし、食べてやせる!神やせ7日間ダイエット
- 9784837666448 Magic honey/ 魔法のハチミツ
- 9784058012376 Dieting recipe to make oatmeal like rice / オートミール米化ダイエットレシピ
- 9784837665304 You can lose weight with a bang! The disease will be cured! Ginger special recipe/ ドカンとやせる! 病気が治る! ショウガ特効レシピ
- 9784838755196 Tarzan special edition: slimming life/ Tarzan 特別編集 痩せる生活
- 9784072931431 Kansai electric power hospital's delicious diabetes recipes (No. 1 practical series of *Shufu no Tomo*)/ 関西電力病院の美味しい糖尿病レシピ (主婦の友実用No.1 シリーズ)
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- 9784074351466 Pharmacologic food method to extend healthy life expectancy/ 健康寿命を延ばすための薬食術
- 9784908925689 Strengthen your mind and body! Megavitamin health method (Tokumi Fujikawa's 3rd series)/ 心と体を強くする! メガビタミン健康法 (藤川徳美先生シリーズ第三弾)
- 9784074408689 How to eat to be healthy and not to become senile until you're 100 years old/ 100歳まで元気でボケない食事術
- 9784537217360 Talk about protein which is so interesting that you can't sleep: illustrated/ 眠れなくなるほど面白い 図解 たんぱく質の話
- 9784815609511 How to eat without getting old and staying beautiful/ きれいな人の老けない食べ方
- 9784295405580 A small-eating lifestyle recommended by doctor/ 医師がすすめる 少食ライフ
- 9784866672830 Rice balls to lose weight easily: you can lose weight in 21 days, stress-free! Lose weight quickly with blood sugar control! / ラクやせおにぎり 21日間でOK! ストレスゼロ! 血糖値コントロールでみるみるやせる!
- 9784344037878 Invented by Yuto Nagatomo, exclusive chef: a magical recipe to eat and burn fat/ 長友佑都専属シェフが考案 食べて脂肪が燃える魔法のレシピ
- 9784837926924 How to not gain weight no matter how much you eat: illustrated/ 図解 食べても食べても太らない法
- 9784478113783 Ai Tominaga: the diet that creates beauty/ 富永愛 美をつくる食事
- 9784944063710 Doctor-recommended immune-boosting recipes: prevention of cancer & antivirus with easy and delicious meals/ お医者さんが薦める免疫力をあげるレシピ~かんたん美味しくがん&ウイルス対策
- 9784405093164 The science of low carbohydrate and nutrition/ 糖質オフと栄養の科学
- 9784838731589 Fermented meal of Shirasaki tea party: body-friendly menu and prep meal/ 白崎茶会の発酵定食 体にやさしい献立と作りおき
- 9784799102671 The meal to beat cancer and the meal to lose cancer/ がんを勝つ食事負ける食事
- 9784837666578 Boost your immune system with koji power! The most powerful amazake/ こうじパワーで免疫力アップ! 最強の甘酒
- 9784074211098 Hemoglobin A1c steadily drops <Diabetes> Powerful & delicious recipe 153/ ヘモグロビンA1cがぐんぐん下がる<糖尿病>強力&美味レシピ153
- 9784492046241 The World's simplest, scientifically proven ultimate diet/ 世界一シンプルで科学的に証明された究極の食事
- 9784815600891 The most powerful one soup and one dish devised by a doctor to keep cancer and illness away/ 医者が考案したがん・病気をよせつけない最強の一汁一菜
- 9784837613923 Fluffy dizziness gets better with food: how to cure "floating dizziness" that worries 22 million people/ フワフワするめまいは食事でよくなる 2200万人が悩む「浮動性めまい」の治し方
- 9784478110256 The meal that excretes toxins from the brain/ 脳の毒を出す食事
- 9784062161473 The daily menu that cured my late-stage cancer/ 私の晩期がんを治した毎日の献立
- 9784837666417 Boost your immune system with fermented food! (easy) You can lose weight! / 発酵食で免疫力アップ! (楽)やせる!
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9784418133444	<i>Toshiko Okuzono's Soup Jar Bento: homemade soup is good for your body!</i> / 奥菌壽子のスープジャーのお弁当 手づくりスープはカラダにやさしい!
9784093106672	The best dietary approaches shown by the world's latest medical data ~how to create the ultimate "health asset" learned from Nutrition in Harvard~/ 世界最新の医療データが示す最強の食事術 ~ハーバードの栄養学に学ぶ究極の「健康資産」の作り方~
9784295404552	The diet that doesn't make you fat and builds immunity/ 食べても太らず、免疫力がつく食事法
9784816367847	From <i>Kokugan</i> east hospital, meals for individuals undergoing anticancer drugs and radiation therapy/ 国がん東病院発 抗がん剤・放射線治療をしている人のための食事
9784058010310	Tips to lose weight even if you eat without restrictions for individuals over 40/ 40歳からの食べてもやせるコツ
9784872426526	Recommendation of molecular nutrition (health voluntary management system 1)/ 分子栄養学のすすめ (健康自主管理システム 1)
9784837665434	You can lose weight fast! The disease will be cured! Cabbage's most powerful recipe/ グングンやせる! 病気が治る! キャベツ最強レシピ
9784405092297	Juice and soup to beat cancer in 100 days/ 100 日でがんを勝つジュース&スープ
9784791626229	Nutrition that you can understand and is useful for life/ 一生役立つ きちんとわかる栄養学
9784837666431	Keep the gut healthy with radish! Lower blood pressure!/ ダイコンで腸活! 血圧が下がる!
9784838754274	Tarzan special edition, definitive version, regulate the autonomic nervous system/ Tarzan 特別編集 決定版 自律神経を整える
9784046046802	An encyclopedia of pharmacologic diet that works for women's "somehow unwell"/ 女性の「なんとなく不調」に効く食薬事典
9784295003120	Protect yourself from SIBO (Small Intestinal Bacterial Overgrowth), which is creeping up on Japanese people now! / 小腸を強くすれば病気になる! 今、日本人に忍び寄る「SIBO」(小腸内細菌増殖症)から身を守れ!
9784799324820	One habit each week: pharmacologic dietary habits that keep the brain from getting tired/ 1週間に1つずつ 心がバテない食薬習慣
9784837665229	Bone soup makes it easy to lose weight! The disease will be cured! / 骨スープで楽々やせる! 病気が治る!
9784344984837	The fastest way to lose visceral fat: the biggest physical weakness of the Japanese and how to overcome it/ 内臓脂肪を最速で落とす 日本人最大の体質的弱点とその克服法
9784837613107	Stop eating bread and milk now! (Your body will be reborn in 3 weeks)/ パンと牛乳は今すぐやめなさい! (3週間で体が生まれ変わる)
9784046020130	The best way to eat by business elites who have muscle training / 筋トレビジネスエリートがやっている最強の食べ方
9784806132219	You will not get sick: Kampo life/ 病気になる! 漢方生活
9784569803593	<i>Hisako Okuzono's super easy!</i> [super delicious] low salt lesson/ 奥菌壽子の超かんたん! [極うま]減塩レッスン
B00E0HFI9M (ASIN)	Miracle low-carbohydrate sweets directly from pâtissier/ パティシエ直伝 奇跡の糖質オフ・スイーツ

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- 9784106108860 Domestic foods that are truly dangerous: "diet" causes "disease"/ 本当は危ない国産食品 — 「食」が「病」を引き起こす—
- 9784837986706 Why people who don't say "itadakimasu" get fat/ 「いただきます」を言わない人が太るワケ
- 9784418203208 Discomfort keeps disappearing: convenience notes for pharmacologic diet according to your concerns/ 不調がどんどん消えていく お悩み別 食薬ごはん便利帖
- 9784074316977 Change your diet when childcare, work, or relationships are tough: understand from the manga/ まんがでわかる 子育て・仕事・人間関係 ツライときは食事を変えよう
- 9784594085193 No exercise, no hunger, but a quick weight loss: truly quick "fat" diet/ 運動ゼロ空腹ゼロでもみるみる痩せる ガチ速“脂”ダイエット
- 9784908925405 Diet that makes depression disappear/ うつ消しごはん
- 9784418173082 That way of cooking throws away 90% of the nutrition! / その調理、9割の栄養捨ててます!
- 9784777824687 How to eat to dramatically lower cholesterol and triglycerides/ コレステロールと中性脂肪を劇的に下げる食べ方
- 9784058017289 Healthy voluminous recipe to make oatmeal like rice/ オートミール米化がつつりヘルシーレシピ
- 9784074376209 Reimi Aso style: a new way of eating by people who look young every time we see them/ 麻生れいみ式 いつ会っても若い人の食べ方の新常識
- 9784866514246 You can eat and lose weight, rejuvenate, and prevent illness! Protein: the best way to take protein taught by a professor of the medical department/ 食べてやせる! 若返る! 病気を防ぐ! たんぱく質・プロテイン 医学部教授が教える最高のとり方大全
- 9784594079673 Djokovic's reborn diet: a 14-day program that will drastically change your life/ ジョコビッチの生まれ変わる食事 あなたの人生を激変させる 14日間プログラム
- 9784391154863 Healthy soup made with basic seasonings/ 基本調味料で作る体にいいスープ
- 9784062159692 The daily menu that cured my cancer/ 私のがんを治した毎日の献立
- 9784909249234 Easy to understand with manga! contaminated food that only Japanese people don't know about ~the scary truth of the dining table taught by a doctor/ まんがで簡単にわかる! 日本人だけが知らない汚染食品~医者が教える食卓のこわい真実
- 9784478102213 A doctor's best textbook on how to eat: The 68 medically correct ways to eat, which were learned by examining 200,000 people/ 医者が教える食事術 最強の教科書——20万人を診てわかった医学的に正しい食べ方 68
- 9784789518406 6 g of salt per day: impress a selfish man: delicious! reduced-salt meal/ 塩分 1日 6g わがまま男をうならせる うまい! 減塩めし
- 9784776209591 Lactic acid bacteria solves everything/ 乳酸菌がすべてを解決する
- 9784777826100 Takuro Mori's diet to lose weight/ 森 拓郎のやせる食事
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ISBN, International Standard Book Number

A researcher translated the title in English.

Supplemental Table 4 Associations between doctoral degrees and citation of systematic reviews or meta-analyses in books written by medical doctors, non-medical doctors, and registered dietitians in the US and Japan

	US			Japan		
	All	With SR <sup>†</sup>	p <sup>*</sup>	All	With SR <sup>†</sup>	p <sup>*</sup>
	n	n (%)		n	n (%)	
Books written by medical doctors <sup>3</sup>						
Doctoral degree			-			0.19
No	30	26 (87)		18	1 (6)	
Yes	0	0 -		21	5 (24)	
Books written by non-medical doctors <sup>‡</sup>						
Doctoral degree			0.002			1.00
No	59	15 (25)		55	3 (5)	
Yes	11	8 (73)		6	0 (0)	
Books written by registered dietitians <sup>‡</sup>						
Doctoral degree			0.48			-
No	8	3 (38)		12	0 (0)	
Yes	1	0 (0)		0	0 -	

<sup>†</sup> With SR, the number of books with systematic reviews or meta-analyses of human studies  
<sup>\*</sup> p values for the chi-square test. When the expected frequency was less than five in more <sup>‡</sup>  
Based on licenses of the first author.

Supplemental Table 5 The number of books with disagreement and discussion needed during the double-checking process (n = 100, each country)

	US	Japan
Target readers	8	7
Main theme	52	31
Affiliation of the first author		
University	4	3
Company	0	0
Hospital/clinic	6	3
Licenses of the first author		
Doctoral degree	10	6
Medical doctor	3	4
Registered dietitian	1	1
Other licenses related to nutrition	4	0
Any reference citation	9	14
Number of references	3	2
Reference format (identifiable)	0	4
Citation of a specific source of references		
Any research papers	0	3
Research papers on humans	0	4
Systematic reviews of human studies	1	0
Dietary Reference Intakes	1	2
National dietary guidelines	1	0

The W-check processes were conducted without independent.